

TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

JULY | AUGUST | SEPTEMBER | 2016



GETTING DOWN TO BUSINESS

Tam-A-Gram is the official publication of the City of Tamarac, Florida. The magazine is published quarterly and mailed to residents and businesses within the City.

Reader questions and comments are welcome. Please send your comments to:

Public Information Office
Attn.: Tam-A-Gram
7525 N.W. 88th Avenue
Tamarac, Florida 33321

You may also email your comments or questions to the Public Information Office at: pio@tamarac.org. Please include Tam-A-Gram in the subject line of your email.

To submit pictures, please send high-resolution photos to pio@tamarac.org.

Tam-A-Gram and other City publications are available online at www.tamarac.org.

CITY COMMISSION:

Harry Dressler, Mayor
Harry.Dressler@Tamarac.org

Diane Glasser,
Vice Mayor District 3
Diane.Glasser@Tamarac.org

Pamela Bushnell,
Commissioner District 1
Pamela.Bushnell@Tamarac.org

Michelle J. Gomez,
Commissioner District 2
Michelle.Gomez@Tamarac.org

Debra Placko,
Commissioner District 4
Debra.Placko@Tamarac.org

CITY MANAGER:

Michael C. Cernech

PUBLIC INFORMATION OFFICE:

Elise Boston, Editor

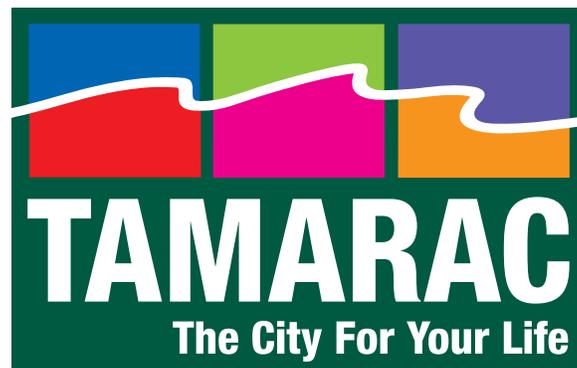
2 Formula for Success

4 Memorial Day Ceremony

6 New Options in Education

8 Reduce Your Risk

10 Home Rehab Help



IMPORTANT NUMBERS

MAIN NUMBER	(954) 597-3500	Financial Services	(954) 597-3550	Public Works	(954) 597-3700
ADA Coordinator/Accessibility	(954) 597-3505	Purchasing	(954) 597-3570	Engineering	(954) 597-3712
Voice	1 (800) 955-8770	Customer Service	(954) 597-3590	Recycling & Trash Hotline	(954) 597-3740
TTY	1 (800) 955-8771	Fire Rescue (Non-Emergency)	(954) 597-3800	Utilities (Water)	(954) 597-3750
Citizen Hotline	(954) 718-1800	Florida Power & Light	(954) 797-5000	Billing Inquiries	(954) 597-3590
(Activated During Emergencies)		Human Resources	(954) 597-3600	Utilities (leaks, breaks, etc.)	(954) 597-3750
Building Services	(954) 597-3420	Job Line	(954) 597-3615	Water Treatment Plant	(954) 597-3775
Building Inspections		Risk Management	(954) 597-3613	(Also used for afterhours Utilities Emergencies.)	
Building Permitting and Inspection Results		Mayor and Commission	(954) 597-3460	Service Providers:	
City Clerk's Office	(954) 597-3505	Parks & Recreation	(954) 597-3620	Waste Management	(866) 684-3142
City Commission	(954) 597-3460	Community Center	(954) 597-3620	Comcast Cable	(954) 252-1937
City Manager's Office	(954) 597-3510	Caporella Aquatic Center	(954) 597-3660	Library (Tamarac Branch)	(954) 765-1500
PIO (Media)	(954) 597-3523	Caporella Fitness Center	(954) 597-3661	Post Office (Tamarac Branch)	(954) 722-3152
Community Development	(954) 597-3530	Social Services	(954) 597-3642		
Code Compliance	(954) 597-3425	Transit/Shuttle Bus	(954) 597-3649		
Business Revenue	(954) 597-3537	Police/BSO Tamarac District (Non-Emergency)	(954) 720-2225		

Getting Down to Business

What does it take to make a thriving community? At the very least, quality housing options and a good supply of jobs. Tamarac has both.

Developers and homebuyers alike have realized that there's something special about the City. Witness the rapid sellout of homes at Central Parc in the eastern part of Tamarac, and the excitement over the 239 new homes under construction at the companion development, Manor Parc.

Accessibility, quality of life and ease of doing business are what have drawn local, national and international companies to Tamarac. From time to time, we'll use Tam-A-Gram to share more about this key component of our community.

City Furniture was one of the first major corporations to recognize this area's potential. They built their headquarters here and are committed to a long future in Tamarac: expanding their facilities to serve expanding operations throughout the state.

Another longstanding member of the Tamarac business community is Interplex Sunbelt, which offers a comprehensive range of manufacturing solutions.

The businesses we've welcomed cover a broad spectrum. In recent years, 3dcart has moved to the City. They provide ecommerce solutions to build, market and grow an online store. And, one of the latest additions to the Tamarac Commerce Park is IQ Formulations. Profiled on the following page, this thriving young company makes health and nutritional supplements.

Aside from choosing to call Tamarac home, these businesses have something else in common: all have job openings they're looking to fill. The positions range from warehouse and support staff to

computer programming. One company will even train you to learn the intricacies of manufacturing.

Quality of life and economic development are the City's strongest areas of focus. More and better jobs will help strengthen our economy, with a positive ripple effect on housing, retail and support services. All of which are critical as we continue to build a strong foundation for Tamarac's future.

Looking for a career opportunity? These businesses are among those with openings in Tamarac:

City Furniture

<http://jobs.cityfurniture.com/jobs>

Interplex Sunbelt

<http://www.interplex.com/careers>

Email cover letter and resume to:
recruitment@us.interplex.com

Unipharma:

<http://www.unipharmausa.com/careers/>

<https://unipharmallc.gethired.com/>

IQ Formulations

<http://www.iqformulations.com/contact-us/>

employment-opportunities
email: careers@iqformulations.com

3dcart

<http://www.3dcart.com/careers.htm>

email: hr@3dcart.com

Fax: (954) 582-5081



Formula for Success

With a business-friendly environment, central location, and excellent quality of life, Tamarac is a great place for companies to call home. An increasing number of high caliber businesses are doing just that.

IQ Formulations, a fast-growing health and nutritional supplement company, is a prime example.

Founded in 2010 by Chief Executive Officer Jay Cohen, IQ Formulations handles each function in house – from the selection of ingredients to manufacturing, sales, marketing and distribution. This allows the company to control quality every step of the way. It also brings jobs and manufacturing to South Florida.

This approach proved to be a formula for success, and after a few years, the company was ready for a larger facility.

Cohen chose Tamarac because of the City's willingness to work together to help grow his business. Just last year, IQ Formulations relocated to its 40,000 square-foot, state-of-the-art manufacturing and packaging facility.

The company's success is getting attention. IQ Formulations was one of just 100 small businesses named a 2016 U.S. Chamber of Commerce Blue Ribbon Award Winner in recognition of its strategic planning, employee development, customer service and community involvement.

Now, the company is at another juncture in its growth and needs additional space, and Cohen wants to remain right here in Tamarac.

"We're here, and we're here to stay," he said. We're looking for good people to hire and good people to work with, and believe a very bright future is in store for IQ Formulations and the City of Tamarac."



Clockwise from left: CEO Jay Cohen, (photo courtesy of IQ Formulations), IQ Formulations warehouse and packaging facility.



Honor Flight

Twenty Tamarac veterans had once-in-a-lifetime experiences on a mission to Washington, D.C., thanks to Honor Flight South Florida. This non-profit organization provides veterans with all-expenses paid trips to our nation's capital to visit memorials honoring their service and sacrifice.

While most Honor Flights include World War II and terminally ill veterans, this unique flight paired Vietnam vets with WWII vets to serve as their elite guardians and assist them throughout the day.

The Tamarac veterans joined more than 200 others from South Florida at Miami International Airport, where they boarded a charter flight to D.C. While there, they visited Arlington National Cemetery, the Tomb of the Unknown Soldier, the WWII Memorial and the Vietnam Veterans Memorial Wall.

But the Honor Flight was about much more than sightseeing.

“The way people treated us was more important than

what we saw. It was really quite an event,” said David Gitlan, a Tamarac resident and WWII veteran who served with the Army. “Everywhere we went, everyone thanked us for our service.”

When they returned home after a long day, they were greeted at the airport by a water cannon salute and cheering crowds.

The City of Tamarac played its part in this meaningful program by providing bus transportation to and from the Miami airport.

“It was a great way to start the day, and that high level of service was repeated at every stage of our trip,” said James Griffin of Tamarac, a Vietnam veteran. “So many people made such special efforts to recognize us, it was truly extraordinary.”



Photos courtesy of Honor Flight South Florida

Unique Memorial Day Honors

This year's very special Memorial Day Ceremony drew a record crowd of 1,800 attendees to pay tribute to veterans who gave their lives to protect our freedom. It also highlighted the City's efforts to honor all our veterans by becoming a Purple Heart City and a United States of America Vietnam War 50th Anniversary Commemoration partner. Vietnam veterans were recognized at the ceremony with commemorative pins.

The grand finale was the unveiling of the much-anticipated Veterans Honor Wall, consisting of lighted tempered glass panels encircling the eternal flame sculpture at Veterans' Memorial Park. Six panels are etched with the names, rank, military branch and years of service of 600 veterans who lived in Tamarac, and received an honorable discharge.

If you or a loved one missed being included in the first series of panels, it's not too late. More panels are planned as names are collected. For information, call (954) 597-3621 or visit www.tamarac.org.



Keynote speaker Captain A.J. Tolbert, U.S. Air Force (RET)



Unveiling of the Veterans Honor Wall

All Who Served



Attendees look for their names, or those of friends and loved ones.



Photo courtesy of Susan Buzzi

New Options in Education

A proposal has been made to open a collegiate academy on the campus of Millennium Middle School. If approved by the school board, it will provide an innovative high school option in Tamarac, something residents have been asking for.

City officials strongly support the academy, where students will be able to get a quality education and, in addition to their high school diplomas, earn college credits and even an associate degree at no cost.

To help ensure Tamarac residents get enrollment preference, the City is submitting a school attendance zone boundary change proposal to the school board.

The academy will be smaller than standard high schools, accommodating only 300 students, 75 per grade level. To attend, students will need to formally apply and meet academic requirements.

It will be a good fit for high achieving students who don't mind forgoing some traditional high school experiences, like football games and other sporting events, for increased academic opportunities. While the academy won't offer athletic programs or a marching band, there will be other clubs and activities.

Millennium Middle School Principal Dr. Cheryl Cendan plans to house the academy in a three-story building at the back of the middle school campus, which will be re-configured for the high school students.

School administrators say if the academy is approved, it will open on a rolling basis. Starting with a 9th grade class in the 2017-2018 school year, they'll add one grade level per year.

Stay tuned for more details as the plan goes through the school board's approval process.

Manor Parc Groundbreaking

Developer 13th Floor Homes has broken ground on its second residential development in the City, Manor Parc. Tamarac Mayor Harry Dressler and City Commissioners Pam Bushnell, Debra Placko and Michelle Gomez helped kick off construction.

Located on the south side of Commercial Boulevard, just west of the Florida Turnpike, Manor Parc will offer 239 new homes. The developer's first project in Tamarac, the 253-home Central Parc Community, sold out in less than two years, demonstrating a strong demand for new homes in "The City For Your Life."



The Do's and Don'ts of Bulk Collection



Whether you've re-landscaped your yard, replaced furniture, or are cleaning out the garage, bulk trash collection is a convenient service the City offers residents.

However, there are some rules and limitations about what and how much you can put out for collection. Below are some do's and don'ts to ensure smooth service.

Pick up is weekly for single family residences, and on a quarterly basis

for condominium developments. Don't forget, if you have old paint, chemicals or electronics to dispose of, there are household hazardous waste drop-off events throughout the year.

For more information about any of Tamarac's garbage or recycling programs, visit www.tamarac.org, or contact (954) 597-3700.

DO	DON'T
Use bulk collection for large household items such as furniture, mattresses, carpet and appliances	Put out household hazardous waste for bulk collection
Use bulk collection to dispose of yard trimmings, tree limbs and palm fronds	Put out loose yard waste
Bag or tie/bundle yard waste in batches not more than four feet long, and no heavier than 50 pounds	Put out more than three cubic yards of bulk and yard waste per week (Three cubic yards is approximately 3 feet deep, 9 feet wide, and 3 feet high.)
Check with your condominium community's property management about when and where to place bulk waste for collection	Place your single family home bulk collection out for pick up until after 7 pm the day before the scheduled collection

It's important to note that if you hire a landscaper or contractor to do work, they're responsible for removing and disposing of yard waste, tree trimmings or remodeling debris.

HOA Liaison Seminars

The City regularly hosts HOA Liaison Seminars to help board members of homeowner associations meet the demands of their positions, as well as to provide valuable information to residents. There are two more scheduled through the end of 2016.

The meetings are free, but require an RSVP. They are held at the Tamarac Community Center.

To register or for more information, call (954) 597-3549.

DATE/TIME	TOPIC	SPEAKER
August 22nd 7 pm	PAGE Program	Florida Pace Funding Agency, EVEST Florida – Administrator
November 15th 6 pm	Open Forum for HOAs	Kaye Bender Rembaum Attorneys At Law

Reduce Your Risk

While the overall crime rate was down 8% in Tamarac during the first four months of 2016, burglaries of a conveyance, or the burglary of items from unoccupied cars, increased by 43%. BSO Tamarac District needs your help to reverse that trend.

Car break-ins are most often crimes of convenience, and can happen in even the safest of communities. Leaving valuables in plain sight in an unoccupied or unlocked car makes an easy target for petty crooks.

Fortunately, there are some simple precautions you can take to help protect yourself and others from being burglarized:

- **Lock it up.** Lock your car every time you park, even when you are pumping gas or coming back in a few minutes.
- **Put it away.** Never leave anything valuable in plain sight in your unattended car. Don't even leave anything out that a burglar might suspect contains something valuable, like a shopping bag.

- **Keep an eye out.** Call BSO if you notice anyone trespassing or behaving suspiciously in a parking lot or driveway.

Remember, it only takes seconds to open an unlocked door or break the window of an unattended vehicle. That's less time than it takes to run into the store to pay for your gas, or into your child's school for pick up or drop off.

Tamarac is a safe community, but we should never be complacent. You can reduce your chances of becoming a statistic, as well as the aggravation of becoming a victim, by staying aware and following these simple steps.



Keeping the Faith

To build relationships with Tamarac's religious leaders, BSO Tamarac District recently hosted an interfaith "meet and greet". It was attended by more than a dozen representatives from Tamarac temples, churches and religious schools.

In an informal setting, BSO Tamarac Captain Neal Glassman and Tamarac Mayor Harry Dressler had the opportunity to answer a variety of questions about

issues ranging from traffic safety, vagrancy and homeless outreach programs, to when to call 911 or non-emergency numbers.

"We're always happy to meet with our partners in the community. Making sure their needs are met and ensuring we have good communications help us maintain a safe and peaceful environment," said Glassman.



Volunteer of the Quarter

We are pleased to recognize Lolene Luke, a dedicated and loyal volunteer who has served in different areas of the City for six years.

Lolene began volunteering with the Utilities department, where she helped with filing, before serving as a greeter at City Hall.

She currently volunteers with the Parks and Recreation department, where she works with people of all ages. Whether Lolene is assisting with the Senior Program, the Tiny Tots or helping out at special events, she shows genuine compassion for others.

We thank Lolene for her dedication to the City.



Helping Firefighters Breathe Easier

Firefighters risk their lives each time they enter a smoke-filled building to protect people and property. Protecting their health and safety is of the utmost importance; that includes ensuring they have the best possible equipment.

That's why the City took the lead in pursuing a regional Assistance to Firefighter Grant to purchase high-tech self-contained breathing apparatus (SCBA) equipment and accessories for not only Tamarac Fire Rescue, but several other local fire departments as well.

This equipment provides a longer air supply, and lets incident commanders track firefighters and their remaining air. The new equipment also uses a standard emergency alarm, which will be beneficial when the different fire

departments work together on automatic aid incidents.

A \$3 million grant was awarded for the region. Tamarac Fire Rescue received almost \$480,000 to buy SCBA equipment and accessories. Each fire department paid a 10% match for the equipment they received.



Home Rehab Help

Do you need financial assistance to bring your home up to the City's code, or to address a health or safety concern? For a limited time, Tamarac homeowners can apply for assistance through the City's annual Home Rehabilitation Program. This year's open enrollment is August 22nd – September 2nd.

This program provides eligible Tamarac homeowners with funds to repair or rehab their houses to correct health and safety hazards, or to address any building or code deficiencies. To qualify, homeowners must meet income requirements and be able to verify income and assets. They have to own and occupy the home, and are required to sign recapture loan documents.

After applications are received during open enrollment, recipients will be selected using a lottery system. Names will be randomly drawn, at which time

the selected applicant's documentation is reviewed for eligibility. The process will continue until all program funds have been utilized.

For more information on eligibility requirements or to apply for this program, visit www.tamarac.org or contact the Housing division at (954) 597-3549.

Income Requirements:

Family Size	Maximum Household Income - 2016
1	\$40,600
2	\$46,400
3	\$52,200
4	\$58,000
5	\$62,650
6	\$67,300
7	\$71,950
8	\$76,600

New Boat Dock

Construction of several new amenities at Veterans' Memorial Park is complete, in time for residents to enjoy them this summer.

A 700-square-foot fixed dock was added to the boat ramp that makes it easier to launch your boat and enjoy the waterways. The City secured funding for this project through a Broward Boating Improvement Program Grant.

In addition, the City built two new picnic shelters that provide shaded gathering spots. They can be reserved, or used on a first-come, first-served basis.



Adopt-A-Street

If you're looking for a way to help keep the community looking good, Adopt-a-Street might be for you. It's a litter removal program that provides civic-minded people, companies, groups and organizations the opportunity to take responsibility for keeping half-mile stretches of the City's streets clean. It is administered by Broward County's Keep Broward Beautiful program.

At the time of publication, 2 of the 12 stretches of Tamarac road managed through the program are available for adoption. If you are interested in adopting a street in Tamarac, contact Broward County's Solid Waste and Recycling Services at (954) 765-4999 or visit www.broward.org/wasteandrecycling.

Litter removal is an important part of maintaining the City's appearance, and keeping your neighborhood streets free of debris not only helps protect property values, it creates a sense of pride and a more vibrant community.

AVAILABLE FOR ADOPTION

Street	From	To
Nob Hill Road	McNab Road	NW 76 th Street
Nob Hill Road	Southgate Boulevard	NW 80 th Street



Tamarac's newly renovated Sunset Point Park officially re-opened in March with an updated playground, shade structure and fitness stations as well as an additional picnic shelter. Some of our youngest residents lent their helping hands at the ribbon cutting ceremony.



Events like the inaugural Tamarac Arts and Crafts Festival continue to enhance the quality of life in the City. With activities, entertainment and more than 70 vendors selling art, crafts and food, there was something for everyone to enjoy. Plans are already underway for next year's event.



DISCOVERY

Discover the Benefits of Tamarac Parks and Recreation



Playability

The extent to which a city makes it easy for all kids to get balanced and active play

#playability

Tamarac Parks and Recreation e-Newsletter

The Parks and Recreation department's monthly e-newsletter, called P&R e-News, highlights department happenings including events, trips, classes and services.

To subscribe, sign up online at: www.tamarac.org
click the "Notify Me" tab in the left column and click the "Online Newsletter" box.

The Gift of Time

One of the most precious gifts you can give in today's busy world is time. Olive Smith, a long-time Tamarac volunteer, recently received a Silver President's Volunteer Service Award for giving 422 hours of her time in 2015 to the Parks and Recreation department and the Tamarac Historical Society.

This award celebrates those who make a positive impact on their communities by volunteering significant amounts of time. The recognition includes a congratulatory letter from the President of the United States.

Olive typically works with Tamarac's senior program four times a week. In addition, she volunteers at special events and senior program dances, and helps organize the food pantry for residents in need. When we're really lucky, she bakes goodies for the senior program.

We thank Olive, and the many other volunteers, who generously give the City the gift of their time.



CAPORELLA AQUATIC COMPLEX

Visit the Caporella Aquatic Complex and enjoy its many amenities including a 25-meter heated swimming pool with zero-depth entry, a slide and children's water sprayground. The complex also offers a 3,000- square-foot fitness center, locker rooms and outdoor picnic tables. Please call (954) 597-3660 for Aquatic Complex admission fees and rental information, or for additional information on the classes and lessons listed below.

POOL HOURS

Weekdays: Pool: 10 am – 6 pm
Slide and Sprayground*:
10 am – 6 pm
*September: 2:30 – 6 pm

Saturdays: Pool, Slide, and Sprayground:
10 am – 6 pm

Sundays: Pool, Slide, and Sprayground*:
10 am – 6 pm
*September: 10 am – 4 pm

SWIM LESSONS

Tot: Ages 3-5

Levels 1 and 2: Ages 5 & over

Adult Level 1: Ages 13 & over

When: Call for days and times

Fee: Residents: \$45; Non-residents: \$55

PROACTIVE ARTHRITIS WATER EXERCISE CLASS

When: Monday and Wednesday*
9 am – 10 am
*September class time: 10 – 11 am

Fee: Senior Program Members: Free
Others: \$4/Class

WATER AEROBICS

When: Monday and Wednesday
6 pm – 6:45 pm

Fee: Residents: \$45; Non-residents: \$55
(Four week session)

TAMARAC SWIM TEAM

Tamarac Swimming offers a competitive swim team program for children aged 5 – 18, and a masters program for adults aged 18 – 90. The programs are held at the Caporella Aquatic Complex. Free tryouts are held Monday through Thursday, any time between 5 – 7 pm. Tamarac Swimming is offering a second month FREE when you try out and sign up for a month. Rates start as low as \$50/month.

For additional information please email tamaracswimming@gmail.com or visit www.tamaracswimming.com.

FITNESS CENTER

We invite you to visit the Caporella Fitness Center, which offers a friendly, non-competitive workout environment with a variety of free weights, Life Fitness machines, treadmills, elliptical cross trainers,



recumbent lifecycles, stationary bikes and more. On your first visit, our qualified staff will show you around and help you get familiar with the equipment. We also have personal training sessions available by appointment. For more information, visit the Fitness Center today, contact us at (954) 597-3661, or visit our website at www.tamarac.org/parks.

Annual Fitness Membership Fees:

Adult Membership:	\$150
Senior/Military/Vets Membership:	\$135
Teen Membership (16-17 years old):	\$95
Teen Membership (13-15 years old):	\$65

Three month and six month membership options are also available.

FACILITY LOCATIONS

Caporella Aquatic Complex and Fitness Center

9300 NW 58th Street

Caporella Park

5200 Prospect Road

Colony West Golf Club

6800 NW 88th Avenue

Gary B Jones Park for People and Pups

8101 Southgate Boulevard

Mainlands Park

4500 Monterey Drive

Sunset Point Park

11000 West McNab Road

Tamarac Community Center

8601 West Commercial Boulevard

Tamarac Multi-Purpose Center

7531 North University Drive

Tamarac Park Recreation Center

7501 North University Drive

Tamarac Sports Complex

9901 NW 77th Street

Tephford Park

10003 Southgate Boulevard

Veterans' Memorial Park

7825 Southgate Boulevard

For more information on any of the programs or activities listed in the Discovery section of Tam-A-Gram, please contact Tamarac Parks and Recreation at (954) 597-3620. Times and locations may be subject to change without notice.

ATHLETIC LEAGUES

The following sports leagues are offered in the City of Tamarac. Registration is available at the Tamarac Community Center.

YOUTH SOCCER

Registration for Youth Soccer begins August 29th. The league is for boys and girls ages 4-15. Practices begin in November with games starting in December. The season concludes in February. Space is limited. Volunteer coaches are needed.

Fee: Residents: \$85; Non-Residents: \$95

FALL BASEBALL

Registration for Fall Baseball continues until August 22nd. The league is for boys and girls ages 4-8 (T-ball and coach pitch). Practices and games begin in September. The season concludes in November. Space is limited. Volunteer coaches are needed.

Fee: Residents: \$85; Non-Residents: \$95

For additional information on start dates and costs, please call (954) 597-3620.

FOR MEN'S SOCCER CALL (786) 367-0972

FOR THE FOLLOWING YOUTH ATHLETIC LEAGUE INFORMATION PLEASE CALL (954) 597-3620:

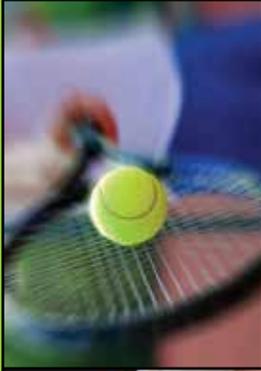
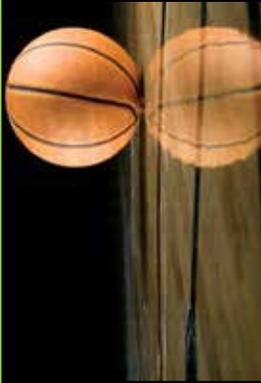
Youth Baseball, Youth Flag Football, Youth Soccer, Youth Basketball, Men's Basketball, Adult Softball, Adult Kickball and Adult Flag Football.

FOR YOUTH TACKLE FOOTBALL/ CHEERLEADING CALL (954) 721-5131

FIELD RENTAL: Athletic fields are available to rent at a nominal fee. Call (954) 597-3620 for more information.

For information on field closures due to rain or maintenance, call (954) 597-3667.





YOUTH RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Session	Location
Art & You	Mon.	6 - 7:30 pm	7 - 12 yrs.	\$60/\$70	4-week	Recreation Center
Basketball Fundamentals (Starts Sept.)	Wed.	6 - 6:45 pm	10 - 14 yrs.	\$30/\$40	4-week	Multi-Purpose Center
Cartooning Class	Sat.	10:30 - 11:30 am	10 & over	\$40/\$50	4-week	Recreation Center
Fashionista	Sat.	12:30 - 1:15 pm	6 - 14 yrs.	\$40/\$50	4-week	Community Center
Gymnastics	Thurs.	6 - 6:45 pm	5 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Hip Hop/Cheerleading /Tumbling	Sat.	11 am - 12 pm	5 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Imagination Mornings	Wed.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center
I-Imagine Art	Sat.	11:45 am - 12:30 pm	5 - 14 yrs.	\$40/\$50	4-week	Community Center
Kempo Karate	Mon. & Wed.	5:30 - 6:30 pm	7 - 18 yrs.	\$70/\$80	4-week	Recreation Center
Kids Cooking	Tues. (1st & 3rd)	6 - 8 pm	7 - 12 yrs.	\$40/\$50	2-week	Recreation Center
Krafty Kids	Mon.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center
Level 1 & 2 Ballet, Tap & Jazz	Sat.	10 - 11 am	3 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Lil Sprouts Cooking	Tues.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center
Start Smart Sports (Starts Sept.)	Thurs.	6 - 6:45 pm	4 - 6 yrs.	\$30/\$40	4-week	Multi-Purpose Center
Taekwondo (Advanced)	Tues. & Thurs.	5:30 - 8:30 pm	7 - 12 yrs.	\$80/\$90	4-week	Recreation Center
Teen Club	Thurs.	7 - 8 pm	12 - 17 yrs.	\$25/\$35	Annually	Multi-Purpose Center
Tennis Lessons	Tues.	5:30 - 6:30 pm	6 - 12 yrs.	\$40/\$50	4-week	Sports Complex
Zumbatomic	Wed.	5 - 6 pm	4 - 12 yrs.	\$20/\$30	4-week	Multi-Purpose Center

For more activity information, please call the Tamarac Community Center at (954) 597-3620 or the Recreation Center at (954) 597-3674.
Registration is also available online for some programs at <https://webtrac.tamarac.org>.

ADULT RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Session	Location
Aerobic Cycling	Mon. Thurs. Sat.	7:15 - 8:15 pm 7:15 - 8:15 pm 6 - 7 pm 8:30 - 9:30 am	16 & over	\$7/\$8 \$85/\$100 \$140/\$160	Per Class 6 months Annual	Community Center
Badminton	Mon. & Wed. Sat.	6 - 9 pm 5 - 9 pm	13 & over	\$3/\$5	Per Class	Community Center
Mixed Art	Wed.	9:30 - 11:30 am	18 & over	\$35/\$45	4-week	Recreation Center
Hand Building Ceramics	Thurs.	6 - 8:30 pm	16 & over	\$45/\$55	4-week	Recreation Center
Table Tennis	Sat.	2 - 9 pm	18 & over	\$1/\$2	Per Class	Community Center
Tennis Lessons	Sat.	9 - 10 am	13 & over	\$40/\$50	4-week	Sports Complex
Wing Chun	Mon. & Wed.	6:30 - 8:00 pm	13 & over	\$80/\$90	4-week	Recreation Center
Volleyball	Mon. Thurs. Sat.	6:30 - 8:30 pm 7:15 - 8:30 pm 1:30 - 4 pm	16 & over	\$5/\$6	Per Class	Multi-Purpose Center

ADULT FITNESS CLASS SCHEDULE

RECREATION CENTER FITNESS SCHEDULE	
Salsa Fitness	Mon. 6 - 7 pm
Yoga	Sat. 9 - 10 am
Total Fitness Training	Tues. & Thurs. 6 - 7 pm
Zumba Fitness	Mon. & Wed. 7 - 8 pm Tues. Wed. Thurs. 9:30 - 10:30 am Sat. 11 am - 12 pm
COMMUNITY CENTER FITNESS SCHEDULE	
Body Sculpting	Thurs. & Fri. 6 - 7 pm
Kickboxing	Mon. 6 - 7 pm
Strength Training Aerobics	Wed. 6 - 7 pm
Tone and Sculpt	Tues. 6 - 7 pm
Yoga	Mon. 5:30 - 6:30 pm Wed. & Thurs. 7 - 8 pm Sat. 9:30 - 10:30 am
Zumba	Wed. & Fri. 7 - 8 pm

Participants can enjoy fitness classes at both facilities with a 10 class punch card, or with a six month or annual membership.

Fees: Per Class: Residents: \$7; Non-residents: \$8
 10 Classes: Residents: \$55; Non-residents: \$65
 6 Months: Residents: \$85; Non-residents: \$100
 Annual Membership: Residents: \$140; Non-residents \$160
 Annual Membership/Seniors: Residents: \$110; Non-residents \$130

For more activity information, please call the Tamarac Community Center at (954) 597-3620 or the Recreation Center at (954) 597-3674. Registration is also available online for some programs at <https://webtrac.tamarac.org>.

SOCIAL SERVICES

All services are provided at the Tamarac Community Center (TCC) unless noted otherwise. Call the information and referral line at (954) 597-3642 for more information on these and other social service programs that may be available in Broward County.

BLESSED AND STRESSED - CARING FOR YOURSELF: A CAREGIVER SUPPORT GROUP

Are you a caregiver for a loved one? Do you feel stressed out and overwhelmed? Meet others who share similar experiences caring for a loved one. This free group meets the 1st and 3rd Tuesday of each month at 10:30 am. The group is facilitated by a licensed clinician in partnership with Goodman Jewish Family Services.

INDIVIDUAL COUNSELING

Free limited sessions for Tamarac residents only. Please call counselor Lakshmi at (954) 655-7040 to make an appointment. Please leave your name and phone number and your call will be returned within 24 hours.

LOWER YOUR PRESCRIPTION COSTS

Start saving today with the City of Tamarac Prescription Discount Card program for those without insurance.

Benefits include an average savings of 20%, free enrollment and coverage for all family members. No income requirements.



Pick up at Tamarac Community Center.

TEEN PARENTING GROUP BY MEMORIAL HEALTHCARE SYSTEM

The City of Tamarac, in partnership with Memorial Healthcare System, cordially invites you to participate in FREE parenting sessions that provide different perspectives on adolescent development, parenting styles, communication, and working together as a family to improve relationships and strengthen family bonds.

When: Wednesdays, 6:30 – 7:30 pm

POSITIVE ADJUSTMENT GROUP

Learn coping skills and how to adjust to life changes including losing a loved one, health,

daily living activities, moving, etc. A licensed mental health therapist will facilitate this important group for all seniors.

When: Mondays, 10:30 – 11:30 am

CENTER FOR COMMUNICATIONS - FREE AMPLIFIED PHONE

Provides amplified phones and TDDs free of charge to Florida residents who are deaf or hard of hearing.

When: Thursday, August 4th



FREE 911 CELL PHONES FOR SENIORS

Call (954) 597-3642 to set up an appointment. Donations of cell phones are accepted.

When: Second Monday of each month at 9 am

SENIOR SOCIAL

Join us for light refreshments and an educational lecture.

When: Third Tuesday of each month at 11 am*

*The July lecture will be on July 26th.

SHINE COUNSELOR

Serving Health Insurance Needs for the Elderly. Have questions regarding your Medicare/Medicaid insurance? Call the Area Agency on Aging and Disability Resource Center to speak to a SHINE counselor: (954) 745-9779.



VETERANS ADVISOR

When: Last Friday of each month
8 – 11 am
No appointment necessary,
no service June - August.

TRANSPORTATION AND EXPRESS SHUTTLE SERVICES

Door-to-door paratransit service is available to the disabled and to people over age 60 with no other transportation. For additional information, please call (954) 597-3649.

Tamarac also offers two community bus routes – the Red and Red Extension Transit Routes – to locations across the City. Schedules and fees are available at www.tamarac.org and at City facilities.

Additionally, the City runs an Express Shuttle once a month. The shuttle starts at 10 am at the Tamarac Community Center and visits the following stops: Coral Square Mall, BJ's, Home Depot, Whole Foods, Sam's Club, Doris Italian Market & Bakery, Michaels, and Panera Bread. The shuttle costs \$1 roundtrip, and no sign up is required. Please call (954) 597-3649 for dates.



ADULT TRIPS

Register for all trips at the Tamarac Community Center from 8 am - 8 pm. All bus trips will leave from this location. For information, call (954) 597-3620. Trips are subject to cancellation. No refunds one month prior to trip date (no exceptions).

MYSTERY TRIP

Thursday, July 14th, 4 – 11 pm
Residents: \$40; Non-residents: \$50

MARLINS VS. CARDINALS

Thursday, July 28th, 4 – 11 pm
Residents: \$40; Non-residents: \$50



NORTON MUSEUM OF ART - ART AFTER DARK

Thursday, August 11th, 4:30 – 10 pm
Residents: \$10; Non-residents: \$15

MARLINS VS. ROYALS

Thursday, August 25th, 4 – 11 pm
Residents: \$40; Non-residents: \$50



PARKER PLAYHOUSE - DONOVAN: THE SUNSHINE SUPERMAN 50TH ANNIVERSARY TOUR

Thursday, September 8th, 4 – 10 pm
Residents: \$45; Non-residents: \$55

MARLINS VS. BRAVES

Thursday, September 22nd, 4 – 11 pm
Residents: \$40; Non-residents: \$50

SPECIAL EVENTS

4TH OF JULY

PATRIOTIC SPLASH PARTY

Celebrate the 4th of July with some fun in the sun. There will be a DJ, raffle prizes, games and much more.

Where: Caporella Aquatic Complex

When: Monday, July 4th

Noon – 4 pm

Fee: \$3.50 (17 & under);

\$4 (Adults)

ALL-AMERICAN CELEBRATION

Celebrate the biggest and best birthday party in the City of Tamarac! The event includes a free outdoor concert by *Free Radicals*, food trucks, and a kid's area with inflatables, face painting, games, and arts and crafts. Take a picture with Uncle Sam and Betsy Ross as they make their appearance.



The night's not over until after the choreographed fireworks display, which kicks off promptly at 9 pm.

Limited on-site parking. Please use the FREE shuttle buses from Tamarac City Hall and the Tamarac Community Center. For more information, call the Parks and Recreation department at (954) 597-3620.

Where: Tamarac Sports Complex

When: Monday, July 4th

6 – 9:30 pm

FOOD TRUCK HUMP DAYS

Where: Tamarac Park

When: Every Wednesday

5:30 – 9:30 pm



COMMUNITY FARMERS MARKET

The market is a great place to shop for fresh produce, honey, sauces, baked goods, pickles, and other artisanal goodies. Come meet the producers and sample their locally prepared, all natural products.

Where: Veterans' Memorial Park

When: Every Sunday, 9 am – 2 pm

DIVE-IN MOVIE

Where: Caporella

Aquatic Complex



When: Saturday, August 27th, 8 pm

Fee: \$3.50 (17 & under); \$4 (Adults)

7TH ANNUAL PLAY DAY

Tamarac has been named a Playful City for the 7th consecutive year. We're leading the way for play and growing the next generation of healthy and productive adults. The City's "Day of Play" will consist of organized games, inflatable rides, prizes, giveaways and more.

Where: Tamarac Park

When: Thursday, September 15th

1:30 – 3:30 pm (Early Release Day)

Fee: Free

PIRATE & PRINCESS CRUSADE PARTY

Ahoy, me hearties! Enjoy cupcakes, cookies, punch, games, crafts and giveaways. We'll be dressing up, hunting treasure and having fun! Sign up at the Tamarac Community Center. Pre-registration is required (space limited to the first 50 children).

Ages: 3-7 years old

Where: Tamarac Community Center

When: Saturday, October 1st, 10 am – Noon

Fee: Residents: \$10

Non-residents: \$20

SENIOR PROGRAM

Want to have fun, try new activities, make friends and get in shape? Tamarac's Senior Program offers more than 40 different activities every week, Monday-Friday, 8:30 am – 4 pm. This program is for seniors aged 55 and up. For additional information, including full descriptions of the classes and programs listed below, please call (954) 597-3620.

▣ Indicates degree of physical challenge

CREATIVE CLASSES

Card Making: Thurs. 1 pm

Clay Class: Fri. 10 am

Happy Hookers Knitting Group: Mon. 1 pm

Painting Club: Tues. 1 pm

Writing Group: Tues. 10 am

EXERCISE & MOVEMENT

Carol's Cardio ▣▣▣▣: Fri. 11 am

Carol's Cardio Kickboxing Plus Muscle Training ▣▣▣▣: Tues. 9:15 am

Chair Yoga ▣: Tues. and Thurs. 11:30 am

Core Yoga ▣▣: Wed. 11:30 am

Gentle Yoga ▣: Fri. 12:15 pm

Jazzercise ▣▣: Mon., Tues., Thurs., Fri. 10 am

Line Dancing ▣▣: Mon. and Thurs. 11 am

Movement Mix ▣▣: Wed. 10 am; Fri. 11:15 am

Proactive Arthritis Water Exercise Class ▣▣: Mon. and Wed. 10 am (Aquatic Complex)

Senior Cycling ▣▣▣▣: Mon. 10:30 am

Senior Dance: Ballroom. Thurs. 1 pm

Sit & Fit Aerobics ▣: Tues. and Thurs. 10:30 am

Small Group Strength Training ▣▣▣▣:

Wed. 10:15 am (Advance sign up required, RSVP Monday mornings)

Tai Chi / Qigong ▣: Mon. 9 am; Fri. 9:30 am

Yoga ▣▣: Mon. 10:30 am

Zumba Sentao ▣▣▣: Fri. 10 am

Zumba Gold ▣▣: Mon. 12 pm; Wed. 11:15 am

GAMES & RECREATION

Badminton: Thurs. 12:30 pm

Bingo: Mon. 12:30 pm

Pickleball ▣▣: (Beg) Mon. 12:30 pm; (Int & Adv) Tues. 11:30 am; (All levels) Wed. and Fri. 12:30 pm

Pickleball Fundamentals: Wed. 9 am

Ping Pong: Thurs. 12:30 pm; Fri. 10 am

Trivia: Fri. 2 pm

Volleyball ▣▣: Mon. 11:15 am; Wed. 10:30 am; Thurs. 11:30 am



BECOME A SPONSOR!

Sponsoring a special event is a great way to reach your target audience. Partnering with the City of Tamarac provides an opportunity to promote your business and increase visibility in the community. Contact the Tamarac Parks and Recreation department at (954) 597-3632 for more information.



CITY OF TAMARAC
7525 N.W. 88th Avenue
Tamarac, Florida 33321-2401

Prst Std
US Postage
PAID
Miami, FL
Permit No. 4603

COMMUNITY SURVEY RESULTS

We've asked and you answered!

Our 2016 Community Survey measured satisfaction with the City's services, communication and the quality of life in Tamarac. How'd we rate?

You'll find out when we share the survey results and highlight priorities for the future.

2016 COMMUNITY SURVEY RESULTS PRESENTATION

WHEN: Wednesday, September 14th, at 6 pm

WHERE: City Hall Commission Chambers
7525 NW 88th Avenue

