

TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

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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.

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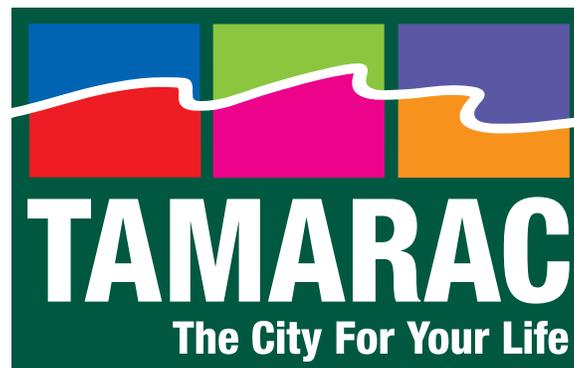
Elise Boston, Editor

2 Welcome New Commissioners

3 Transparency Builds Trust

6 Maintaining Community Standards

9 Celebrating African-American Art



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		

Changes Ahead

In the words of new Nobel laureate Bob Dylan, “the times they are a-changin’...”. Change is all around us – from the national level to our own City government. Tamarac has welcomed two new members to the City Commission: Marlon Bolton from District 1, and Julie Fishman representing District 3. They each bring their own vision for moving Tamarac toward the future.

Part of a successful future includes developing new leaders. That’s why we’ve launched Leadership Tamarac, an outreach program to area high school students modelled after the Tamarac University program for adults. It’s an opportunity to educate students about the City, how they can become part of the process and opportunities in public service. With support from administrators from J.P. Taravella and Piper high schools, the inaugural class is comprised of a bright group of students who may well help shape our future. Leadership Tamarac is helping to prepare the next generation to make a difference in their communities.

Another way to make a difference is by putting Tamarac to work. The City’s first Career Fair did just that: connecting residents with job opportunities offered by a dozen employers.

As the coming year unfolds, we’ll see many initiatives come to fruition that will positively impact the City and its future:

- Construction of the first phase of the long-awaited buffer walls;
- Dedication of the newly constructed Fire Station #78 on Commercial Boulevard at the Turnpike, along with

the significant sculpture honoring fire service that will adorn one side of the building;

- Demolition and the start of construction of a new clubhouse at Colony West that will not only support the golf course, but also provide meeting and dining space for the 120-room hotel that will be built next door;
- Submittal of the site design for Tamarac Village, an upscale mixed-use project that will include residential, commercial, and open space;
- Installation of newly designed gateway and neighborhood signs that foster a sense of place; and
- The unveiling of “Inspiration Way on Nob Hill”, a public art exhibition of outdoor sculpture along one of the City’s well-travelled streets.

Tamarac is changing; it’s becoming much more vibrant and the City is initiating a variety of projects that will help us realize our long-term potential. While change can sometimes be unsettling, many times it’s just a different way to take us down a better path.



Welcome New Commissioners

Commissioners Marlon Bolton of District 1 and Julie Fishman of District 3 have officially been sworn in to office. Bolton is the senior pastor at Praise Experience World Outreach Church in North Lauderdale. In addition, he volunteers with a number of organizations including the Driven Project, which provides art, academic and athletic programs for teens, and the ESUBA program to rehabilitate inmates in prisons in the South Florida area.

An Air Force veteran, Fishman has worked as a legislative aide in Tallahassee, and as the governmental affairs and community outreach director for the Community Advocacy Network (CAN). Her civic involvement includes having served on the board of the Parks and Recreation Foundation of Tamarac, Tamarac Chamber of Commerce, Tamarac Kiwanis Club and as co-chair for the Tamarac Relay for Life.



Fond Farewell

There were numerous accolades and a tear or two as the City and community wished retiring Commissioner Diane Glasser a fond farewell. She spent a lifetime in public service, including serving as the City's District 3 Commissioner for the last eight years.



Transparency Builds Trust



BSO's Tamarac District has begun using body camera technology, which is being introduced in all BSO districts. Why? Body cameras can enhance safety, improve evidence collection and help protect both citizens and police officers from false accusations. But perhaps the most important reason is that they reinforce the public's trust of law enforcement officers.

"Transparency builds trust," said BSO Tamarac District Chief Neal Glassman. "We've worked hard to develop relationships with the community; using these cameras demonstrates that we believe our deputies are doing the right thing, and that we're willing to be transparent and open with those we serve."

The City will invest more than \$150,000 into launching this technology. This includes the cost of the equipment as well as the necessary infrastructure to support the program.

An Inside View of City Government

Ever wonder how local government works? Tamarac University is an eight-week interactive program that provides a behind-the-scenes look at how the City functions. It's only offered once a year, and is a great primer for civic-minded people who want to volunteer or serve on boards or committees.

Interested parties can apply online at www.tamarac.org, or email TU@tamarac.org for more information. This year's application deadline is January 27th.



New Utility Bonds Earn High Marks

Tamarac's recent utility bond issue raised \$21.9 million and received high marks from Moody's Investor Service and Fitch Ratings – Aa2 and AA, respectively – thanks to the utility system's strong financials. They received a coveted green designation due to the environmental benefits of the project they will fund.

An estimated \$11 million of the revenue generated will be



used to improve the City's wastewater system by lining sewer pipes to reduce the amount of groundwater seeping into the wastewater system. This will significantly decrease the amount the City pays Broward County for wastewater treatment.

The remainder of the revenues will be used to refund debt issued in 2009, creating future savings of over \$1.4 million.

COMING SOON

We've got lots of great events and activities coming this year, but final details are still in the works for some. Keep an eye on the City's website and Facebook page for information about the following:

- The 2017 Neighborhood Meetings; there will be one for each of the City's four districts
- A ribbon cutting ceremony for a new public art project on Nob Hill Road
- The dedication of the new Fire Station 78

For updates, visit www.tamarac.org and www.facebook.com/tamarac.florida/, or email pio@tamarac.org with questions.

Chess Success

An impressive crowd of local chess enthusiasts joined Tamarac's Mayor and several Commissioners for a great time at the annual Mayors' Chess Challenge.



Citizen Hero

Imagine you're home, going about a normal day, when suddenly you hear people calling for help. You run outside, and see someone drowning. What do you do?

When faced with this scenario, Tamarac resident Tim Hornbaker didn't think twice: he jumped into a lake to save a woman who nearly drowned. She had been playing on the golf course at Woodmont Country Club and fell into the lake trying to retrieve her ball.

For his heroic action, the Broward Sheriff's Office presented Hornbaker with a Life Saving Award.

Whether you call 911 or are able to personally help someone in a life-threatening situation, every second counts. Thanks to his quick reaction, Hornbaker saved a life and became a hero.



County Gives Veterans a Lift

Broward veterans can get door-to-door transportation to the William “Bill” Kling VA Clinic through the County’s TOPS Program. Paratransit vehicles that can accommodate most wheelchair and scooter devices will be used, and the cost is \$1.75 each way. Because it’s a shared-ride program, users may be riding with other customers.

To make sure no one gets stranded, veterans can call and coordinate a new pick-up time if there’s a delay in a scheduled return trip from the VA clinic.

For more information, or to register to use the service, visit www.broward.org/BCT or call (954) 357-8400.



State of the City

On February 8th, Tamarac Mayor Harry Dressler will give the State of the City address, sharing insights and perspective on 2016 and the vision for the coming year. The speech will open the regularly scheduled City Commission meeting, which begins at 7 pm in the Commission Chambers at City Hall and is open to the public.

Don’t miss out on hearing this important update to the community. If you can’t attend, watch it live or on demand – just visit www.tamarac.org and click the “Commission Meetings” button on the home page.

Arts & Crafts Festival Returns

After a successful first year, the Tamarac Arts & Crafts Festival will be back even bigger and better than before. This two-day event will feature exhibits from artists and artisans, a children’s area, and a diverse range of entertainment.

Festivalgoers can also take in an exhibition featuring interactive robot demonstrations by middle and high school students. This exhibition will be held April 1st in the Tamarac Community Center ballroom.

Whether you are an art aficionado, love homemade crafts and goodies, or would like to introduce your children to art or science and technology, this year’s festival offers something for everyone to enjoy.

So, save the date – and join us in supporting the arts in the “City For Your Life”.

Dates: April 1st - 2nd
Time: 10 am - 5 pm

TAMARAC
arts & crafts festival



Maintaining Community Standards

Tamarac's code of ordinances sets the standards for how residential and nonresidential properties in Tamarac are maintained, protecting public safety as well as community appearance and property values. The code is regularly reviewed and modified, as needed.

The Commission recently made several updates to clarify sections of the code, including the portion addressing hurricane shutters. All shutters (including plywood coverings) must now be removed from the windows of occupied buildings within 15 days after a hurricane watch or warning. The City can rely on water usage measurements to determine if a property is occupied.

CITY CODE NOW DEFINES BULK TRASH AS:

HOUSEHOLD GOODS: Appliances, furniture, mattresses, box springs, toys, carpet, draperies, and other miscellaneous materials as are normally found in a residential household.

HORTICULTURAL MATERIALS: Trimmings from bushes, shrubs, and trees which do not exceed four inches in diameter at the base or four feet in length.

BUILDING MATERIALS: Wooden fence sections four feet or less in height and length, wooden doors, sinks, commodes, small wood scraps and other small building or repair materials.*

MISCELLANEOUS TRASH: Bulk trash not previously defined that is of household, noncommercial, nonindustrial and nonhazardous nature.

** This does not include construction or demolition debris.*

This update addresses fire safety concerns. It ensures that windows can provide an alternate exit for occupants in case of a fire, and additional points of entry for firefighters.

The Commission also modified the section of the code addressing bulk trash collection, more clearly defining bulk trash (see accompanying chart). The changes also expanded the timeframe bulk trash can be put out for pickup: up to forty-eight hours before the scheduled collection date. In addition, the amount that can be left out for collection was increased from three to four cubic yards (approximately 5 feet high, 6.5 feet wide and 4 feet deep).

Family Fun Day



A family fun day was held at Heathgate Sunflower Park, where more than 200 people enjoyed games, bounce houses, a fishing tournament, and more.

Stylish Seating

A new group of mosaic benches installed around the City are providing both style and seating, reflecting the vibrancy of the community and creating a sense of place.

While completing the benches, artists from Cero Design gave children from Tamarac's Fast Track aftercare program a hands-on demonstration about the mosaic art process, and the kids got to help complete a bench.

The benches have been placed throughout the City: at the Caporella Aquatic Complex (2); Mainlands Park (2); Veterans' Memorial Park; in front of City Hall; at the Community Center; at the Tamarac Multi-Purpose Center; near the baseball fields at Tamarac Sports Complex; and at the Tamarac Wildlife Preserve located off West Prospect Road.



Putting Tamarac to Work

Connections were made and jobs were filled at Tamarac's first Career Fair. It was attended by 12 employers and approximately 150 job seekers.



Tops in Technology

Tamarac is leading the nation in its use of technology to provide services, enhance transparency and engage with the community. The City achieved top ranking in the 2016 Digital Cities Survey in the population category of 75,000 or under.

Conducted by the Center for Digital Government, the survey evaluates 10 key characteristics of a digital city: open, mobile, engaged, collaborative, secure, staff/supported, connected, efficient, resilient and innovative. Tamarac received kudos for our fiber network, which has been consistently upgraded to meet the community's evolving technology needs, and top-notch cybersecurity.

If I Were Mayor...

Civic-minded 7th graders have an opportunity to share how, as Mayor, they'd make their city the best place to live. Winners of the essay contest by the Florida League of Mayors will receive gift cards and special recognition at their hometown commission meetings.

But you'd better act quickly, the deadline is coming soon. The contest requires entries to be mailed and postmarked by January 13, 2017. The essays must be 250 words or less, and start with the statement "If I were elected Mayor,...". Send entries to the Florida League of Mayors, P.O. Box 1757, Tallahassee, FL 32302.

The official entry form and additional details about the contest are available at <http://www.floridamayors.org>.



Volunteer of the Quarter



Joan Pacheco has volunteered with the Social Services division for six years, becoming a valued member of the team. Every year she updates the City's vulnerable population registry and condominium association list. The registry consists of residents who are at risk due to disability, frailty or health issues – regardless of age – who elect to stay at home in the event of an emergency such as a hurricane. In addition, Social Services keeps a list of condo associations to coordinate with in delivering goods and services to residents in emergency situations.

Pacheco also helps with many administrative tasks including data entry, handling transportation calls and filing.

The City relies on dedicated volunteers like Pacheco to help us provide the community with excellent service, and we thank her for her hard work and assistance.

High School Program Launched

Leadership Tamarac offers high school students interested in leadership and public service the opportunity to learn how local government works. During the full day sessions, spread over four months, the inaugural class is meeting with the City's elected officials and staff and participating in hands-on activities. Graduates will receive their certificates at the February 8th Commission meeting.



Celebrating African-American Art

In honor of Martin Luther King Day and Black History Month, the Community Center will feature African-American art with a two-month exhibit by artist Sharon Thomas Duca that includes colorful portraits, still life and abstract art.

A reception will be held on Friday, January 13th for those who want to meet Duca and learn more about her work. Her art has been featured at the African-American Research Library and Cultural Center and at the Urban League of Broward County Community Empowerment Center.

In February, Duca will be working with children from the City's Fast Track aftercare program. Creations by the artist and program participants will be displayed at the Community Center at a reception on Friday, February 24th at 6 pm.

MEET THE ARTIST RECEPTION

Friday, January 13th
Tamarac Community Center
6 pm
Cost: Free

Veterans Day Ceremony



36th Annual Turkey Trot

The turnout for the 36th Annual Turkey Trot matched the year: we had a record-breaking 2,016 participants. The overall winners were Christopher Mills (male) and Danielle Brown (female).



Holiday Lighting Festival



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.

Save your Spot for Summer

If you're looking for fun and affordable child care this summer, Camp Tamarac provides eight weeks of supervised activity for children ages 5-14. It includes one field trip and one swim trip every week.

Registration begins well before summer – on March 6th for Tamarac residents and on March 13th for non-residents – and is completed by mail only. You can pick up registration packets at the following locations starting February 27th:

Tamarac Recreation Center:

9 am - 9 pm (Mon – Fri) and
9 am - 4:30 pm (Sat)

Tamarac Community Center:

8:30 am - 9 pm (Mon - Sat)

Note: All campers must be 5 years of age or older on or before September 1, 2017. (Copy of birth certificate required).

2017 CAMP INFORMATION

Dates: June 19th - August 11th

Times: 7:30 am - 6 pm

Location: Tamarac Recreation Center

CAMP FEE (Ages 5-12):

1st Child/Resident \$611;

Non-Resident \$740

2nd Child/Resident \$568;

Non-Resident \$688

TWEEN CAMP FEE

(Ages 13-14/space is limited):

1st Child/Resident \$630;

Non-Resident \$756

2nd Child/Resident \$586;

Non-Resident \$703

One camp T-shirt is included with fee.

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 admission fees and rental information, or for additional details on the classes listed below.

POOL HOURS

Weekdays: 10 am – 6 pm
Slide and Sprayground:
3 pm – 6 pm

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

Sundays: 10 am – 4 pm
Slide and Sprayground:
10 am – 4 pm

Pool closed January and February for open swim.

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
10 – 11 am
Fee: Senior Program Members: Free
Others: \$4/Class

WATER AEROBICS

When: Monday and Wednesday
6 – 6:45 pm
Fee: Residents: \$45; Non-residents: \$55
(*Four-week session*)

TAMARAC SWIM TEAM

TS Aquatics offers a competitive swim team program for children ages 5 – 18, and a master's program for adults ages 18 – 90 at the Caporella Aquatic Complex. Free tryouts are held Monday – Thursday, between 5 – 7 pm. Receive 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.tsaquatics.com.



FITNESS CENTER

The Caporella Fitness Center 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 help you get familiar with the equipment. We also have personal training sessions available by appointment. For more information, visit the fitness center, contact us at (954) 597-3661, or visit 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.

BE STRONG TOTAL BODY FITNESS CLASS

When: Saturdays, 1:30 – 2:30 pm
Fee: Resident: \$7; Non-Resident: \$8 per class, or free to fitness class members

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 FLAG FOOTBALL

Registration for Youth Flag Football begins January 9th. The league is for boys and girls ages 5-14. Season begins in March and concludes in May. Space is limited. Volunteer coaches are needed.

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

YOUTH BASEBALL

Registration for youth baseball continues until January 19th. The league is for boys and girls ages 4-16. Season begins in February and concludes in May. Space is limited. Volunteer coaches are needed.

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

FIELD RENTAL

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

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

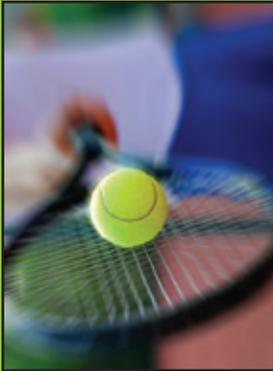
FOR THE FOLLOWING ATHLETIC LEAGUE INFORMATION PLEASE CALL (954) 597-3620:

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) 292-6119

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	Wed.	6 - 6:45 pm	10 - 14 yrs.	\$30/\$40	4-week	Multi-Purpose Center
Drama	Sat.	9:30 - 11:30 am	6 - 13 yrs.	\$150/\$160	10-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	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. Tues. 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
Tai Chi	Tues.	6:45 - 7:45 pm	16 & over	\$45/\$55	4-week	Recreation Center
Wing Chun	Tues. & Thurs.	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
RECREATION CENTER FITNESS SCHEDULE						
Salsa Fitness	Mon.	6 - 7 pm				
Pilates	Sat.	9:30 - 10:30 am				
Total Fitness Training	Tues. & Thurs.	6 - 7 pm				
Zumba Fitness	Mon. & Wed. Tues. Wed. Thurs. Sat.	7 - 8 pm 9:30 - 10:30 am 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. Wed. & Thurs. Sat.	5:30 - 6:30 pm 7 - 8 pm 9:30 - 10:30 am				
Zumba	Wed. & Fri.	7 - 8 pm				
CAPORELLA FITNESS CENTER FITNESS SCHEDULE						
Be Strong Total Body Fitness	Sat.	1:30 - 2:30 pm				

Participants can enjoy these fitness classes with a 10 class punch card, or with a 6 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 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 is facilitated by a licensed clinician in partnership with Goodman Jewish Family Services. Please call (954) 370-2140 for more information.

When: First and third Tuesday of each month at 10:30 am

INDIVIDUAL COUNSELING

Free limited sessions for Tamarac residents only. Please call counselors Lakshmi at (954) 655-7040 or Jessica at (954) 317-3460 to make an appointment. Program is grant funded and income verification is needed prior to sessions. 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: Call for dates



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



VETERANS ADVISOR

When: Last Friday of each month
8 – 11 am

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.



TRANSPORTATION AND EXPRESS SHUTTLE SERVICES

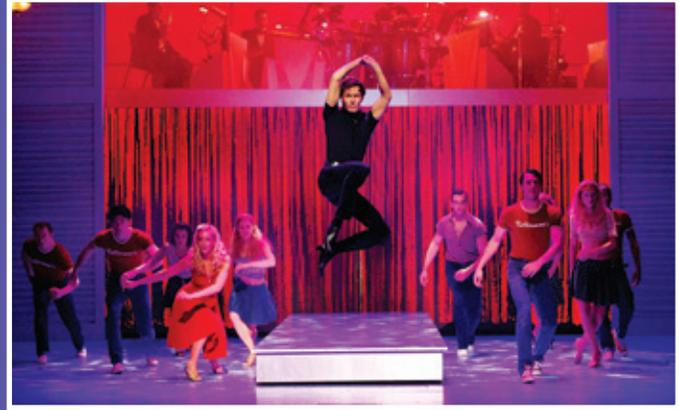
Door-to-door paratransit service is available to the disabled and to people over age 60 with no other transportation. For additional information, please call (954) 597-3649.

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).



KRAVIS CENTER - DIRTY DANCING

Thursday, January 5th, 4 – 11 pm
Residents: \$75; Non-residents: \$85

BROWARD CENTER - CABARET

Thursday, January 12th, 4 – 11 pm
Residents: \$85; Non-residents: \$95

KRAVIS CENTER - BEAUTIFUL THE CAROLE KING MUSICAL

Thursday, February 2nd, 5 – 10 pm
Residents: \$80; Non-residents: \$90



BROWARD CENTER - DISNEY'S THE LITTLE MERMAID

Thursday, February 23rd, 5 – 10 pm
Residents: \$85; Non-residents: \$95

KRAVIS CENTER - THE PHANTOM OF THE OPERA

Thursday, March 23rd, 4 – 11 pm
Residents: \$85; Non-residents: \$95

SPECIAL EVENTS



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

FOOD TRUCK HUMP DAYS

Where: Tamarac Park
When: Every Wednesday
5:30 – 9:30 pm



YOU'VE GOT FITNESS OPTIONS

Are you ready to get in shape after the holidays? There are plenty of opportunities to do so right here in Tamarac.

The Caporella Fitness Center offers a variety of workout machines, free weights and cardio equipment in a friendly environment, and they're currently offering a promotion. If you purchase an annual membership by February 1st, you'll receive an extra month free.

In addition, the City offers a variety of classes at the Community Center and Recreation Center for both children and adults, and a senior program with a number of exercise and movement classes. From



COMMUNITY GARAGE SALE

Where: Tamarac Park
When: Saturday, February 11th
7:30 am – Noon

CONCERTS IN THE PARK

Join us for two live, outdoor concerts that will include bounce houses for the kids and food trucks offering a variety of food and snacks.

Mainlands Park

The "Solid Brass" band will play classic rock and R&B songs from the 60s through the 80s.

When: Sunday, February 26th, 1 – 3 pm

Tamarac Sports Complex

"The Motowners" will perform hits by The Temptations, The Four Tops, The Supremes and more.

When: Friday, March 10th, 7 – 9 pm



aerobic cycling to tennis, yoga, Zumba and more, there is something for everyone.

If you prefer to exercise in the great outdoors, now's the time of year to do it. We've got fitness stations and multi-purpose paths at many of the City's parks. For more information on park equipment and locations, visit www.tamarac.org/parks.

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

- Adult Coloring:** Tues. 10 am
- 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 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

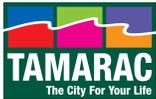
GAMES & RECREATION

- Badminton:** Thurs. 12:30 pm
- Bingo:** Mon. 12:30 pm
- Pickleball** △△: (Beg) Mon. 12:30 pm; (Adv) Tues. 11:30 am; (Int) Wed. (Int & Adv) Fri. 12:30 pm
- Pickleball Fundamentals:** Thurs. 1:30 pm
- 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
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Tamarac, Florida 33321-2401

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STAY CONNECTED

The City shares news and information with the community in a variety of formats. To stay connected, just visit www.tamarac.org.

From there you can:



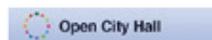
Follow us on Facebook and Twitter: *Get real-time updates about City news, event pictures and more*



Register for Notifications: *Sign up for targeted notifications based on your interests*



Report a Concern: *Use this feature to make requests and report concerns*



Participate in an Online Forum: *Join the discussion on Open City Hall*



Access Publications: *View back issues of Tam-A-Gram and City brochures*