

TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

APRIL | MAY | JUNE | 2017



MAKING A STATEMENT

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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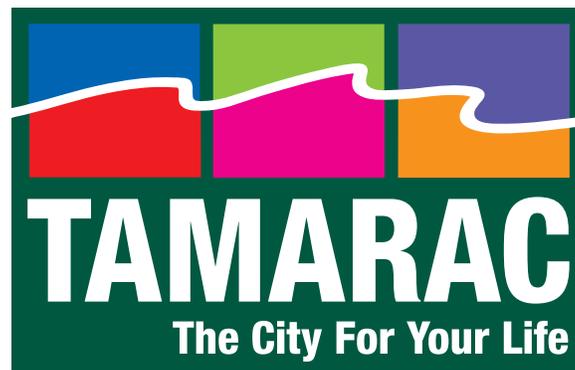
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IMPORTANT NUMBERS

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 (<i>Non-Emergency</i>)	(954) 597-3800	Utilities (Water)	(954) 597-3750
Citizen Hotline	(954) 718-1800	Florida Power & Light	(954) 797-5000	Billing Inquiries	(954) 597-3590
(<i>Activated During Emergencies</i>)		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	(<i>Also used for afterhours Utilities Emergencies.</i>)	
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 (<i>Non-Emergency</i>)	(954) 720-2225		

Making a Statement

The face of Tamarac is changing – literally and figuratively. It’s reflecting the evolution from a low-key retirement community to a vibrant City in which more and more people are choosing to raise a family or build a business.

One element that’s changing is our overall look. Installation has begun on a comprehensive signage program, placing distinctive new welcome and location signs throughout Tamarac. Following that will be directional and wayfinding signs around the City.

We’re also continuing the multi-year construction of buffer walls along several major roadways, providing a visual as well as sound barrier. A significant segment is already underway on Commercial Boulevard, in the eastern portion of Tamarac.

We’re even breathing vitality into a normally bland structure: the water tank at the Sports Complex. It has been spruced up with striking new graphics depicting a variety of athletes in action.

Why are we doing this? It’s all part of a long-term initiative to have the community visually reflect the City’s revitalization. Also included in that effort are the significant sculptures that grace public buildings

or parks. Part of the public art program, these works are paid for solely through developers’ contributions and grants.

A magnificent sculpture, a tribute to firefighters by renowned artist Albert Paley, adorns the walls of the about-to-be completed Fire Station 78 on Commercial Boulevard by the turnpike. You’ll find details about Paley and his work on the following pages.

New signs, significant pieces of art, buffer walls – they all make a statement. They say Tamarac is on the upswing, join us for the resurgence.



Creating a Sense of Community



Photo courtesy of Paley Studios

Vigilance, a sculpture honoring firefighters, is the latest addition to Tamarac's growing collection of public art. It is displayed on the side of Fire Station 78, facing Commercial Boulevard. The 4,200 pound, 43-foot-long, stainless steel artwork created by renowned artist Albert Paley features the Maltese Cross, a historical firefighting symbol, and stylized versions of traditional firefighting tools.

While Vigilance honors firefighters, it does so much more. Along with the City's many other public art projects, including the Veterans Honor Wall at Veterans' Memorial Park and Dawn and Dusk at the Tamarac Community Center, Vigilance enriches the community in a variety of ways.

Public art improves the City's aesthetics, and creates a sense of place that helps connect the community and instill a sense of pride. It's part of what makes Tamarac an attractive place to live, work and play. The City's public art is paid for from developer fees on new construction – and sometimes grants – and administered by

the residents who comprise the Public Art Committee.

Paley, known internationally, has completed more than 60 site-specific sculptures. Vigilance, however, is one of only two of his works that feature literal symbolism, inspired by both its location and the importance of the service firefighters provide.

A strong believer in the power of public art, Paley noted that, "In almost every locale there are certain things that go beyond the individual to create a sense of community and bring people together. Art can do that."

Vigilance was created from stainless steel to avoid corrosion, and the paint finish offers UV protection that will withstand Florida's heat and sunlight. The sculpture was fabricated and finished in three sections in Rochester, New York. They were then trucked to Florida for installation.

Paley's design was selected from more than 150 applicants. For more details on the artist and his work, visit www.albertpaley.com.



State of the City

In his State of the City address, Mayor Harry Dressler noted that after years of planning, building partnerships and infrastructure, we're seeing many long-term projects begin to fall into place. Some highlights of what's to come in the year ahead include:

- A site plan for the new Colony West Clubhouse should be submitted in the next few months, and construction is expected to start this summer.
- The City will break ground on the almost six acre Waters Edge Park.
- After much behind-the-scenes work, the developers of Tamarac Village are preparing a site plan that should be presented later this year.
- We will be placing a new temporary fire station in the northwest quadrant of the City.

- Tamarac will unveil Inspiration Way – a public art exhibition of outdoor sculptures on Nob Hill Road – later this year.

- New signage and buffer walls will be installed which will help create a sense of place.



Want to hear more? Mayor Dressler's full address is available for viewing on demand at www.tamarac.org. Just click the "Commission Meetings" button on the home page to watch the recording of the February 8th meeting.

During the address, the Mayor unveiled a video highlighting recent achievements. "Tamarac: A Year of Accomplishments" is posted on the "Publications" page of the City's website.

To Better Serve You

A few years ago, the City determined that demolishing and rebuilding Fire Station 78, at 4801 West Commercial Boulevard, would provide Fire Rescue with a better base of operations from which to serve east Tamarac. The original station, built in 1978, no longer met today's needs.

Fast forward and the City is ready to celebrate the opening of the new station, which boasts important updates to help Fire Rescue maintain its excellent response times and high level of service.

The station has been reconfigured so that fire trucks enter and exit onto 47th Terrace instead of busy Commercial Boulevard, and boasts garage doors that open

significantly faster than older models. In addition, the new building is hurricane rated and is built to accommodate future growth, as needs change.

Join us for a ribbon cutting and dedication ceremony where you can tour the station and meet Albert Paley, the internationally renowned artist who created Vigilance, the sculpture on the station that pays tribute to firefighters.

RIBBON CUTTING AND DEDICATION CEREMONY

Fire Station 78

**4801 W. Commercial Boulevard
Thursday, May 11th • 10:30 am**

First Responders Talk Career Options

Members of Tamarac Fire Rescue and the Broward Sheriff's Office attended Millennium Middle School's Career Day in force. They discussed career options that serve the community by upholding the law and protecting lives, safety and property.



Save the Date: Memorial Day Ceremony

**Monday,
May 29th
Veterans'
Memorial Park
7825
Southgate
Blvd.
10:30 am**

**Help us pay
tribute to
those who
gave their
lives to
protect our
freedom.**

Your opportunity
to get involved.

Join Tamarac officials and City staff at an upcoming neighborhood meeting for a discussion on current projects and their impact on the community. They'll answer questions and share insight into what the future holds for "The City For Your Life".

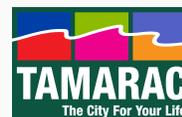
District 4 Wednesday, March 29
Tamarac Community Center, 8601 West Commercial Boulevard

District 3 Wednesday, April 19
Kings Point Club House, 7620 Nob Hill Road

District 2 Thursday, April 27
Concord Village Club House, 6501 N. University Drive

District 1 Wednesday, May 3
Mainlands 6 Club House, 4920 NW 51st Court

All meetings begin
at 6:30 p.m.



For additional
information please
call (954) 597-3530.

www.tamarac.org

Partnering for a Better Tamarac

Does your neighborhood need new signage, lighting or landscaping? For a limited time, Tamarac is offering matching funds for beautification projects through its Neighborhood Partnership Program.

Eligible homeowners' associations and neighborhood associations can apply between May 8th – 19th. Criteria includes being a Florida not-for-profit.

Projects must be in Tamarac neighborhoods that are at least five years old. They must involve a shared asset so they benefit the entire community, and must be visible and accessible from a public roadway. Eligible projects can include upgrades to signage, landscaping projects, enhanced lighting, traffic calming devices, safety projects and more.

Act quickly, the program window is brief and funds are limited.

Applications and full eligibility requirements are available online at www.tamarac.org in the Community Development department's pages under Housing Administration or from the Community Development department in City Hall, Room 206.

Applications will be evaluated by staff, and selections announced on June 16, 2017.

Neighborhood Beautification Awards

Have you been working hard to make your piece of Tamarac beautiful? You could be a candidate for a Neighborhood Beautification Award. This award is given quarterly to one residential and one commercial property, and is based on architectural appeal, landscape maintenance and sustainable design.

Winners will be selected by City staff.

Applications and full eligibility requirements are available online at www.tamarac.org in the Community Development department's pages under Housing Administration, or from the Community Development department in City Hall, Room 206.



Hurricane Prep: Now's the Time

Hurricane season is just around the corner. Now's the time to make hurricane plans, before storms are churning in the Atlantic.

Decide in advance under what conditions you'll stay home or evacuate, review insurance policies and make any repairs or updates needed to hurricane-proof your home.

Your hurricane plan should address the special needs of any household members, the supplies you'll need, who will install

shutters and otherwise prepare your home, and where you will park your vehicle(s). Don't forget to include plans for your pets, including finding them safe lodging if you evacuate.

Finally, share your plans with friends and family before the storm, and have a communications plan for afterwards.

For information on hurricane preparedness, suggested hurricane supply lists and more, visit www.ready.gov/hurricanes or www.broward.org/hurricane.

IMPORTANT NUMBERS:

TAMARAC:

Hurricane Hotline (954) 597-3800
Recorded Updates (954) 718-1800
CodeRED Registration. (954) 597-3800
or www.tamarac.org
Utilities Emergency (954) 597-3750
After Hours Only (954) 597-3775
Volunteer Desk (954) 597-3620

BROWARD COUNTY:

Hurricane Hotline 311 or (954) 831-4000
Emergency Management (954) 831-3900
Special Needs Shelter Registration
(954) 831-3902
TTY (954) 831-3940

Vulnerable Population
Registration. (954) 831-4000
Pet-friendly Shelter Registration/
Humane Society (954) 989-3977

OTHERS:

Emergency 911
Florida Power & Light (800) 4OUTAGE
or (800) 468-8243
Waste Management. (866) 684-3142
BSO Non-emergency. (954) 764-4357



Reminder: New Post-Storm Rules for Shutters

Earlier this year, an update was made to Tamarac's Code of Ordinances that affects hurricane shutter removal. All shutters on occupied buildings (including plywood coverings) must now be removed from windows within 15 days after a hurricane watch or warning. The City can rely on water usage measurements to determine if a property is occupied.

This was done to ensure that there are alternate exits for occupants in the case of a fire, and additional points of entry for firefighters.

Celebrating MLK Day

Tamarac honored the legacy of Martin Luther King Jr. through a celebration of African-American art, including an exhibition by Sharon Thomas Duca and a reception where people enjoyed her creations and a special performance by Ashanti Cultural Arts.



Fair Housing: It's Your Right

April is Fair Housing Month, a good time to think about the importance of eliminating housing discrimination. Federal fair housing laws are enforced by the Department of Housing and Urban Development (HUD), and Tamarac, as an inclusive community, supports policies that prevent and discourage such discrimination.

The City partners with HOPE, Inc. to operate a hotline that provides residents with housing referrals as well as counseling on fair housing and predatory lending. For assistance, just call (954) 742-3778.

HOPE also provides free training to help property management and homeowners' associations in Tamarac ensure their staff has the most current information available to fully comply with housing laws. Call (954) 567-0545 for more information.

HOA Liaison Quarterly Meeting

Condominium and HOA board members are invited to Tamarac's next HOA Liaison quarterly meeting, for a free certification course that provides two hours of IFM or elective manager credits. Light refreshments will be served. RSVP to (954) 776-1999, ext. 242 or KBRLegalSeminar@PiersonGrant.com.

Tuesday, May 16th
6:30 - 8:30 pm
Tamarac Community Center
8601 W. Commercial Blvd.

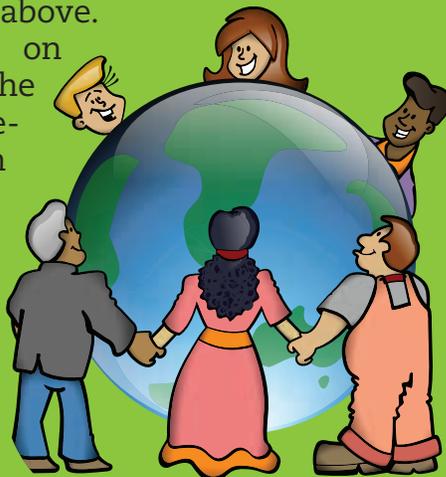
You Can Make a Difference

Earth Day, celebrated on April 22nd this year, focuses attention on environmental protection. One way to help preserve the environment is to decrease the waste you generate. Here are some ideas to get started:

- **Reduce** how much you discard. Keep items like tools, appliances and tires maintained so they last longer. Look for products that use less packaging.
- **Reuse** what you can. Consider buying used items instead of new, and choose reusable instead of disposable products. Donate clothing, books and household objects you no longer want, so others can use them.
- **Recycle** when possible. With Tamarac's "single-stream" recycling program all materials are placed together for pick up. You can recycle paper (including junk mail), most clean food and beverage boxes (e.g., cereal and juice boxes), milk cartons, cans (aluminum, steel, and tin), and glass food and beverage containers (clear, green, and brown glass only).

Remember, all materials should be clean and dry. One dirty product can contaminate thousands of pounds of plastic. What's NOT recyclable? Material with food residue (e.g. pizza box bottoms), plastic bags, Styrofoam, and miscellaneous glass, metal and plastic items not listed above.

For more details on recycling, visit the Public Services department pages on www.tamarac.org.



New Recycling Program for Condos

Recycling can be a challenge in older condominium buildings. Bin locations often require residents to carry recycling downstairs, which can be challenging, particularly for people with mobility issues. This can make it hard to commit to recycling.

The good news is that the City wants to help. Tamarac is launching a pilot program for condominiums where small wheeled recycling carts will be provided to residents. This will allow people to separate out recyclables in their homes, and get them to the collection bins more easily.

The City is identifying condominium buildings where people want to participate. If you live in a condo, or represent an association, and think your neighbors want help going "green", call (954) 597-3718 to learn more.

Household Hazardous Waste and E-Waste Drop-Off Event

Saturday, May 6th
Public Services Complex
6011 Nob Hill Road
9 am - 2 pm
Proof of residency in participating city required.
Visit www.tamarac.org for details.

Getting Ready for Summer Fun!

The Caporella Aquatic Complex is getting ready to make a splash with the installation of a new spiral slide that's sure to keep Tamarac children of all ages happy this summer. At 150-feet long and almost 23-feet high, it will be even higher and longer than the slide it's replacing.



It's a Wrap!

The water tank at the Tamarac Sports Complex has been wrapped with artwork that reflects the wide variety of activities offered there.



Celebrating Arbor Day

During Tamarac's annual Arbor Day celebration, City employees spoke to approximately 180 Challenger Elementary students about the importance of trees in the environment. The children were given south Florida slash pine saplings through the Fourth Grade Foresters program.

Tamarac has been recognized as a Tree City USA for the past 24 years by the national Arbor Day Foundation, and will continue to promote tree planting, which benefits the environment and contributes to the beauty and the well-being of the community.



Volunteer of the Quarter

Pauline Franko and her husband James joined the Tamarac Historical Society in March of 2016, and from day one it was apparent that they were active leaders.

Pauline took the lead in researching events which occurred during the years in which Tamarac's centenarians were born, and delivered a compelling 30-minute presentation at a brunch in their honor. She even sang a song or two a cappella.

"Pauline was amazing and worked tirelessly on this project," said Barbara Tarnove, Tamarac Historical Society president. "She is truly a gifted, caring individual with a great laugh, and we are grateful to have her as a member."



Leadership Tamarac Graduation

The inaugural class of Leadership Tamarac was recently honored by the City Commission.

This program provides high school students interested in leadership and public service the opportunity to meet with the City's elected officials and staff to learn how local government works. The students participated in interactive exercises including a mock firefighter drill and crime scene investigation, a tour of the water plant and the design of a park. We predict a bright future for this impressive group of young people!



Let's Go Cougars

Congratulations to the Tamarac Cougars 9U football team for participating in the AYFL Super Bowl, and the program's 13U cheerleading team for making it to the state regional semi-finals.



DISCOVERY

Discover the Benefits of Tamarac Parks and Recreation

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.

Honor Your Veteran

They give their time, energy, talent and sometimes make the ultimate sacrifice to protect our freedom. We can't do enough to thank veterans for their service and sacrifice.

The Honor Wall provides a unique opportunity to memorialize that service, on a series of lighted glass panels etched with veterans' names which encircle the sculpture at Veterans' Memorial Park.

Tamarac is currently seeking additional veterans to honor and will add new panels as they are identified. The Tamarac Historical Society is accepting applications, which are available online at www.tamarac.org or by calling (954) 597-3621. These forms can be completed by veterans or their survivors. Proof of Tamarac residency and honorable discharge from the military are required.



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: 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 will be closed during the month of April for renovations.

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 through 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 \$45/month. For additional information please email tamaracswimming@gmail.com or visit www.tsaquatics.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 Center 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 BASKETBALL

Registration for Youth Basketball's summer/fall season begins May 8th. The league is for boys and girls ages 6-17. Practices will begin in July, with games starting in August. The season will conclude in October. Space is limited. Volunteer coaches are needed.

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

ADULT ATHLETIC LEAGUES (18 & OVER)

30 & Over Basketball is played on Thursday evenings. Registration is by individuals only.

Coed Softball will be forming in April and May and games are played on Friday evenings. Registration by teams only.

Adult Flag Football will return in June and games are played on Monday evenings. Registration is by team only.

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
Archery	Mon.	6 - 7 pm 7 - 8 pm	7 - 12 yrs. 13 - 18 yrs	\$45/\$55	4-week	Recreation Center
Art & You	Mon.	6 - 7:30 pm	7 - 12 yrs.	\$60/\$70	4-week	Recreation Center
Ballet	Sat.	10 - 11 am 11 am - 12 pm	3 - 6 yrs. 7-12 yrs.	\$45/\$55	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	Multi-Purpose 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
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. Thur. 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 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
Strong by Zumba	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
AQUATIC & 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: April 24th and June 26th

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 11 am

FREE BLOOD PRESSURE SCREENINGS (Sponsored by Tamarac Pharmacy)

When: Second Wednesday of each month at 11 am



SENIOR SOCIAL

Join us for light refreshments and an educational lecture.

When: Third Tuesday of each month
at 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).

LIPS - DINNER WITH THE DIVAS

Thursday, April 6th, 6 – 10 pm
Residents: \$70, Non-residents: \$80

KRAVIS CENTER - KINKY BOOTS

Thursday, April 20th, 4 – 11 pm
Residents: \$85, Non-residents: \$95



KRAVIS CENTER - THE SOUND OF MUSIC

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



BROWARD CENTER - FINDING NEVERLAND

Thursday, June 15th, 4 – 11 pm
Residents: \$90, Non-residents: \$100

MARLINS VS. METS

Thursday, June 29th, 4 – 11 pm
Residents: \$40, Non-residents: \$50

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

SPRINGFEST

Event features face painting, bounce houses, games, and an egg hunt for children ages 10 and under. Find the golden egg and win a prize. Egg hunt starts promptly at 10 am. Don't be late and miss the action.

Where: Tamarac Sports Complex
When: Saturday, April 8th, 10 am – Noon
Fee: Free

CONCERT IN THE PARK

Join us for a live outdoor performance featuring country rock and soul from "The Railway Kings", a bounce house for the kids, and trucks offering a variety of food and snacks for the evening.

Where: Tamarac Sports Complex
When: Friday, April 21st, 7 – 9 pm

CONCERT ON THE GREEN

Bring your family and friends and enjoy live music by "TK Blu and the Uncool"; food is available for purchase.

Where: Colony West Golf Club
When: Friday, May 19th, 7 – 9 pm
Fee: Free

MOTHER'S DAY TEA PARTY

Where: Tamarac Recreation Center
When: Saturday, May 13th, 10 am – Noon
Fee: \$5 per person, pre-register by Wednesday, May 10th

NATIONAL WATER SAFETY MONTH EVENT

Be safe in and around the water. Join us for free water safety demonstrations, children's activities, music and giveaways.

Where: Caporella Aquatic Complex
When: Saturday, May 20th, Noon – 3 pm
Fee: Free



MEMORIAL DAY CEREMONY

Join us in remembering our veterans as we pay tribute to those who gave their lives to protect our freedom. Tamarac's Veterans Affairs Committee, along with our Mayor and Commission, invite you to join them on this special holiday.

Where: Veterans' Memorial Park
When: Monday, May 29th, 10:30 am
Fee: Free

FATHER'S DAY FISHING TOURNAMENT

Grab your fishing poles and bait and enjoy a day of fishing with your family. Price includes a gift for dad and lunch. Fishing starts promptly at 9 am.

Where: Caporella Park
When: Saturday, June 17th, 9 am – Noon
Fee: \$5 per person, pre-register by Wednesday, June 14th, at the Recreation Center or Community Center

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

- Blend for Balance ▲▲▲:** Wed. 9 am
- 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

- 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; Tues. 11:15 am; Wed. 11 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.



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**2017
TAMARAC
ARTS & CRAFTS
FESTIVAL**



April 1-2 10 am - 5 pm
Tamarac Community Center
8601 W. Commercial Blvd.



GOLF FOR A CAUSE

Join the Parks and Recreation Foundation of Tamarac (P.A.R.O.T.) for its 6th annual golf tournament. Proceeds will be used to fund youth program grants, scholarships, playground equipment and parks and recreation events.

WHEN: Friday, April 28th
Registration: 11 am
Shotgun start: Noon

WHERE: Colony West Golf Club
6800 NW 88th Ave.

COST: \$125/player
Sponsorships start at
\$150 for Green/Tee sponsor



Registration includes a shirt, goodie bag, light lunch, snacks and dinner.

For information or registration, contact Linda Probert at (954) 597-3632 or linda.probert@tamarac.org, or visit www.tamaracprf.org.