

TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

JULY | AUGUST | SEPTEMBER | 2017



FALLING INTO PLACE

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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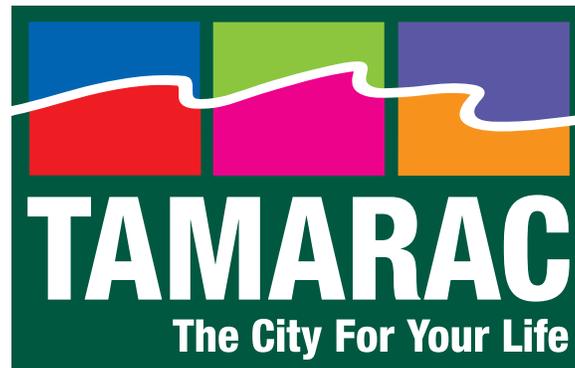
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IMPORTANT NUMBERS

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
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(<i>Activated During Emergencies</i>)		Human Resources	(954) 597-3600	Utilities (leaks, breaks, etc.)	(954) 597-3750
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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		

Falling Into Place

It may have started slowly, but now the momentum is building. We're on the cusp of a new Tamarac - a reinvigorated and diverse city with many significant milestones on the horizon.

The City strategically plans for the future based on feedback from our residents. Surveys have shown an increased desire for better educational opportunities in Tamarac. That need is being addressed by the new Millennium 6-12 Collegiate Academy. Opening this school year, it will provide an accelerated high school experience with the opportunity for students to simultaneously earn a high school diploma and an Associate of Arts degree from Broward College.

More and more, people are recognizing Tamarac as a great place to spend their lives. That's fueling significant home construction on both the east and west sides of the City, which makes this the perfect time to focus resources on upgrading our overall appearance. The first phase of the new buffer walls is up, and new entry signs are being

installed welcoming everyone to "The City For Your Life".

A metamorphosis is taking place on the site of the Colony West Golf Club. Construction will soon be underway on a new clubhouse as well as a 120-room Fairfield Inn & Suites by Marriott. This project will not only provide residents with updated facilities, it will become a destination for business travelers and tourists alike. That revitalized block will serve as an economic driver for the area.

Let's not forget one very significant piece of the City's future: Tamarac Village. Much behind-the-scenes work has been going on to move this project forward. This combination of residential and retail development will become the City's new downtown, and we anticipate site plan approval by the end of the year.

There's a lot going on as we move toward a new Tamarac. To keep current on the many projects falling into place, sign up for news alerts on the City's website and be sure to follow us on Facebook and Twitter.



An Historic Dedication



There was a full house and a lot to celebrate at the dedication of the new Fire Station 78. The rebuilt station features upgrades to better serve the community now and for years to come. At the dedication, City officials were joined by Albert Paley, the internationally renowned artist who created Vigilance, the building's signature sculpture. Vigilance, which honors firefighters, is the latest addition to the City's Public Art program, administered by the Public Art Committee and paid for with developer fees.





New Colony West – Just the Beginning

Changes are underway at Colony West Golf Club – changes that will revitalize not only the facility, but the surrounding neighborhoods as well.

The redevelopment of the property calls for the existing clubhouse to be replaced with a two-story, 18,135 square-foot-building. The new clubhouse will feature a contemporary design and a full restaurant and bar, banquet facilities, meeting rooms and a golf shop.

These amenities will also benefit visitors to the adjacent five-story, 120-room Fairfield Inn & Suites by Marriott. The hotel will be built on 2.2 acres that developer AD1 Tamarac Hotels, LLC is purchasing from the City. Tamarac

will retain ownership of the remaining property, almost 260 acres. This includes the clubhouse and golf course, which will stay open throughout construction.

The project starts this summer with the construction of a new 7,541-square-foot cart barn for the golf course. Work on the new clubhouse and hotel is expected to start this fall, and the entire project is anticipated to be finished by the end of 2018.

When complete, Colony West will serve as an economic development driver for Tamarac: attracting golfers and travelers and generating significant new banquet revenue, while continuing to elevate property values in the area.



Annual Water Quality Reports Now Available

Starting July 1, 2017, the City of Tamarac's 2016 Water Quality Reports will be available online at www.tamarac.org/2016WaterReportWest for residents west of State Road 7/US 441, and www.tamarac.org/2016WaterReportEast if you reside east of State Road 7/US 441. These reports contain important information about the source and quality of your drinking water. While we detected 8 contaminants in the West system and 11 in the East system, they were at allowable levels and no health-based violations occurred.

In an effort to maximize sustainability,

the City is distributing the report electronically. However, the City will provide a paper copy of the report to those who prefer one, or to those who may not have access to the electronic version. To request a paper copy, please contact Public Services at (954) 597-3750.



FOR MORE INFORMATION OR QUESTIONS, PLEASE CALL (954) 597-3790.

Home Rehab Program Open Enrollment

For a limited time, Tamarac homeowners can apply for assistance with home rehab through the City's annual Home Rehabilitation Program. It provides funds to eligible homeowners to correct health and safety hazards, or to address any building or code deficiencies. This year's open enrollment is August 21 – September 1st.

To qualify, homeowners must meet income requirements and be able to verify income and assets. For more information on eligibility, or to apply for this program, visit www.tamarac.org or contact the Housing division at (954) 597-3549.

TS Aquatics' Swimming Success

Congratulations to TS Aquatics swim team member Padraic "Drai" Cassidy, who received a swim scholarship to Rider University, an NCAA Division 1 school.

TS Aquatics offers a competitive swim program at the Caporella Aquatic Complex for children aged 5 – 18 at all skill and goal levels. For more information, visit www.tsaquatics.com.



Get the Facts on Crime

While the overall crime rate in Tamarac is low, it's always good to be aware of what's going on in your community. The facts are now at your fingertips, thanks to BSO's new crime mapping tool that's free and available to the public.

This tool provides direct access to data on crime activity in any BSO District, including Tamarac. It has been filtered to remove confidential information. You can easily sort the data by incident type as well as when or where they occurred.

"BSO will continue to provide information to people who request it from us, but this tool gives direct access to the data," said BSO Captain Neal Glassman. "We believe making this information more accessible helps us combat crime by promoting a better-informed citizenry as well as community policing efforts."

Ready to check it out? Just visit any of these websites:

- www.tamarac.org
Click Department in the top right corner, select Police and open the BSO Crime Mapping link.
- www.sheriff.org
Click the crimemapping.com icon in the lower right column.
- www.crimemapping.com
To get started, select any of the options on the home page to enter the area you are interested in.

Seniors Sleuths Fight Fraud

If you're concerned you are the victim of a consumer scam, you may be able to get help at the Seniors vs. Crime office located at BSO Tamarac District Headquarters, 7515 NW 88th Avenue. This program is sponsored by the Florida Attorney General's Office and trains senior volunteers, known as Senior Sleuths, to investigate and attempt to resolve complaints. They also help educate the public about common scams that target seniors.

For more information, call Seniors vs. Crime at (954) 597-3959. The office is open Monday and Friday, from 1 - 3 pm.



Family Central Food Drive

Thanks to the generosity of our residents, the City's successful food drive will help Family Central ensure that local children don't go hungry this summer.



Keeping Tamarac Beautiful

Community appearance is important because it affects livability, property values and community spirit. That's why the City launched a quarterly program to recognize property owners whose homes and businesses add to Tamarac's beauty and vibrancy. Congratulations to the 1st quarter Neighborhood Beautification Recognition Program award winners!

1st Quarter Residential Property Winners



DISTRICT 1

Rejean Gravel and Monique Etal Blanchard
4706 NW 47th Terrace



DISTRICT 2

Elizabeth and John A. Zarzycki
5802 NW 86th Avenue



DISTRICT 3

Jean-Pierre Desbiens
7030 NW 102nd Avenue



DISTRICT 4

Harvey E. Moore
8250 NW 69th Avenue

1st Quarter Commercial Property Winner



HAMPTON INN

4499 W Commercial Blvd.

2nd quarter awards will be announced in July, and 3rd quarter nominations will be accepted through September 29th. Contact the Community Development department at (954) 597-3530 for information, or visit them online on www.tamarac.org under Departments.

A Better Buffer

After much planning and preparation, the City's made a good start on a multi-year buffer wall project that will improve the community's overall appearance and create a visual and sound barrier between residential neighborhoods and major roadways.

The first phase is complete. It's on the south side of Commercial Boulevard buffering the Tamarac Lakes South neighborhood.

The next phase is on the north side of Commercial Boulevard in front of the Mainlands 7 community, and is expected to be finished this summer.

Future phases include the following locations:

- On the north side of Commercial Boulevard between Rock Island Road and NW 58th Way

- On the south side of Commercial Boulevard between NW 64th Avenue and Guava Drive
- On the north side of McNab Road between Pine Island Road and NW 108th Terrace



Ban Lifted on Sunday Morning Alcohol Sales

Tamarac is committed to creating a healthy financial environment, where companies large and small can thrive. That's why when local businesses asked



the City Commission to consider lifting Tamarac's ban on Sunday morning alcohol sales, they listened.

The ban in question was enacted in 1975, when such regulations were common. But times have changed, and many other municipalities have lifted their bans. To ensure Tamarac businesses were not at a competitive disadvantage, the Commission voted to change the ordinance.

Now the City's regulations are the same every day of the week, with alcohol sales allowed for both on and off-site consumption between the hours of 8 am and 2 am.

Presentations and Proclamations



Millennium Middle School students and faculty presented City officials with certificates of appreciation for their support for the new Millennium 6 - 12 Collegiate Academy.



March 22nd was proclaimed "Arthur Goldglantz Day" in honor of the local businessman who has owned and operated Arthur's Original Pharmacy and Medical Supply in Tamarac for 35 years.



City officials presented a South Florida Water Management District representative with a proclamation declaring April as "Water Conservation Month" in Tamarac.



April 21st was proclaimed "Power Talk 21 Day", to encourage parents to talk to their children about drinking, alcohol poisoning and drunk driving.



The Protect the Children Gala team presented the Mayor and Commission with certificates of appreciation for attending the 2nd Annual Protect the Children gala.



April was proclaimed as "Fair Housing Month" in the City, and a proclamation presented to Hope, Inc., a non-profit organization that fights housing discrimination.

Tamarac's Firefighter of the Year

Captain David Greenstein's hard work paid off when he was named 2017 Firefighter of the Year by Tamarac Fire Rescue and recognized as Tamarac's Paramedic of the Year by Broward Health.

He was presented with a plaque at a recent City Commission meeting where he was commended by his department for his strong work ethic, leadership and dedication to training and mentoring others. Captain Greenstein was also honored at EMS recognition events at

Broward Health North and Broward General during National EMS week.



The Power of Poetry



When the City Commission celebrated National Poetry Month, students from Boyd Anderson High School's poetry club helped honor the spoken word with a performance of "Hip Hop is Dead."

Congrats to the Grads

Tamarac University's Class of 2017 graduated in May. This free, seven week program provides a behind-the-scenes look at local government and public service. It's held once a year. Interested in being a part of next year's class? Visit www.tamarac.org/TU.



MEMORIAL DAY 2017

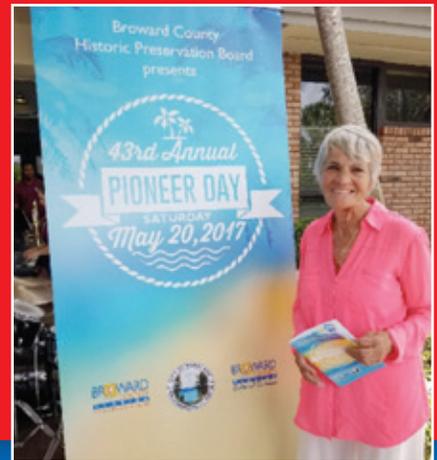


The City's Memorial Day ceremony honored those who gave their lives to protect our freedom. The keynote speaker, retired Command Sergeant Major Randy Thomas, addressed the crowd, and the City's "What Memorial Day Means to Me" essay contest winners read their compositions. They were: Lauren Caggiano of Challenger Elementary School, Tianna Salmon of Renaissance Charter School and Nicole Vega of Tamarac Elementary School.

Prominent Resident Recognized

The Broward County Historic Preservation Board recently recognized Tamarac resident Pamela Bushnell for her contributions to the county at its 43rd Annual Pioneer Day.

Bushnell is a former Tamarac City Commissioner, Mayor and Vice Mayor who served the City from 2008 – 2016. Other organizations she has been involved with include the Tamarac Historical Society, Children’s Planning Council, Fort Lauderdale Executive Airport Aviation Advisory Board, Broward County Board of Health and the Mission United Housing Committee.



Providing Mission Support for Honor Flight South Florida



Honor Flight South Florida is a non-profit organization with a mission to take veterans on all-expense paid trips to Washington, D.C. Priority is given to World War II and terminally ill veterans.

To support this worthy cause, the City provides transportation for participating Tamarac veterans to and from the airport. It has also coordinated several send-offs at City Hall so community members can show their appreciation.

This year, the Mayor proclaimed May 24th as Honor Flight South Florida Day in Tamarac. We’re always happy to find another way to honor our City’s veterans and to say, “thank you for your service”.

Volunteer of the Quarter

Through his volunteer work with Tamarac Fire Rescue, former firefighter Paul Kelly continues to give back to the community.

Paul is an active member of the CERT team and has volunteered with the department’s Cadet program since 2008, working with teens interested in becoming firefighters and paramedics. Recently, he gave his time and energy to helping get the new Fire Station 78 ready for its dedication ceremony.

It’s people like Paul that truly make a difference. His positive attitude and dedication make him an asset to the Fire Rescue team and the City of Tamarac.



DISCOVERY



Playability

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

#playability

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.

Enjoy the Ride

Stop by the Caporella Aquatic Complex and enjoy a ride on the new, 150-foot-long spiral slide.

The complex also features a water sprayground for kids and outdoor picnic tables, making it a great place to have fun with friends and family this summer.



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

Weekends: 10 am – 6 pm
Slide and Sprayground:
10 am – 6 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
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 SOCCER

Registration for Youth Soccer begins August 28th for boys and girls ages 4-16. Practices begin in late November with games starting in January. The season concludes in March. Space is limited. Volunteer coaches are needed.

Fee: Residents: \$85, Non-Residents: \$100

FALL T-BALL

Registration for Fall T-Ball continues until August 25th for boys and girls ages 4-6. Practices and games begin in September, and the season concludes in November. Space is limited. Volunteer coaches are needed.

Fee: Residents: \$85, Non-Residents: \$100

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
Youth Archery	Mon.	6 - 7 pm	7 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Teen Archery	Mon.	7 - 8 pm	13 - 18 yrs	\$45/\$55	4-week	Recreation Center
Art & You	Mon.	6:30 - 7:30 pm	7 - 12 yrs.	\$40/\$50	4-week	Recreation Center
Basketball Fundamentals	Wed.	6 - 6:45 pm	10 - 14 yrs.	\$30/\$40	4-week	Recreation 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	Recreation 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
Beginners Ballet, Tap, & Jazz	Sat.	10 - 11 am	3 - 6 yrs.	\$45/\$55	4-week	Recreation Center
Intermediate Ballet, Tap, & Jazz	Sat.	11 am - 12 pm	7 - 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 (Beginner)	Tues. & Thurs.	5:30 - 6:30 pm	4 - 12 yrs.	\$80/\$90	4-week	Recreation 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 - 8 pm 7:15 - 8:15 pm 6:15 - 7:15 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. Thurs.	6 - 7 pm 7 - 8 pm
Pilates	Tues. Sat.	7:15 - 8:15 pm 9:30 - 10:30 am
Zumba Fitness	Mon. & Wed. Tues. Wed. Thurs. Sat.	7 - 8 pm 9:30 - 10:30 am 10:30 - 11:30 am

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

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 for some programs at <https://webtrac.tamarac.org>.

SOCIAL SERVICES

All services are provided at the Tamarac Community Center (TCC) unless otherwise noted. 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: August 29th



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

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).

LAKE WORTH PLAYHOUSE - SATURDAY NIGHT FEVER

Thursday, July 13th, 4 – 10 pm
Residents: \$50,
Non-residents: \$60



MARLINS VS. REDS

Thursday, July 27th, 4 – 11 pm
Residents: \$40, Non-residents: \$50

ACTORS' PLAYHOUSE AT THE MIRACLE THEATRE - FINDING MONA LISA

Thursday, August 10th, 4 – 10 pm
Residents: \$60, Non-residents: \$70

MARLINS VS. PHILLIES

Thursday, August 31st, 4 – 11 pm
Residents: \$40, Non-residents: \$50



JUNGLE QUEEN DINNER CRUISE

Thursday, September 7th, 4 – 11 pm
Residents: \$50, Non-residents: \$60

NORTON MUSEUM OF ART - ART AFTER DARK

Thursday, September 21st, 4 – 11 pm
Residents: \$10, Non-residents: \$20

SPECIAL EVENTS

FOURTH OF JULY



PATRIOTIC SPLASH SWIM PARTY

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

Where: Caporella Aquatic Complex
When: Tuesday, 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 featuring “HEATWAVE”, kid’s area with inflatables, face painting, arts and crafts, games, and food trucks. Grab your lawn chairs and your camera and get a snapshot with Uncle Sam and Betsy Ross as they make an appearance during the event. 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 City Hall and the Community Center. For more information, call the Parks and Recreation department at (954) 597-3620.

Where: Tamarac Sports Complex
When: Tuesday, July 4th, 6 – 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 - “MOANA”

Where: Caporella Aquatic Complex
When: Saturday, August 26th, 8 pm
Fee: \$3.50 (17 & under), \$ 4 (Adults)



8TH ANNUAL TAMARAC PLAY DAY

Tamarac has been named a Playful City for the 8th consecutive year. We’re leading the way for play and growing the next generation of healthy and productive adults. Celebrate Tamarac’s Play Day with your family and friends, and get on the right track to a healthier lifestyle. The City’s “Day of Play” will consist of organized games, inflatable rides, prizes, giveaways, and much more.

Where: Tamarac Park
When: Thursday, September 14th
(Early Release Day), 1:30 – 3:30 pm
Fee: Free

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. Activities are at the Community Center unless otherwise noted. 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

Advanced Rubber Stamping: 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. 12:30 pm; (Int & Adv) Fri. 12:30 pm

Pickleball Fundamentals: Thurs. 11:30 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.





CITY OF TAMARAC
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TAMARAC IS A PLAYFUL CITY!

Tamarac is one of only 258 cities across the country named a 2017 Playful City USA for meeting the needs of kids and families by providing opportunities for play.

Playtime is good for everyone, and we invite you to get out and play this summer. Tamarac offers:

- 10 City parks
- The Caporella Aquatic Complex
- Athletic leagues for children and adults
- Special events
- Classes and activities at the City's three recreational facilities



For details, check the Discovery section inside Tam-A-Gram or visit www.tamarac.org/parks.