

# TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

JANUARY | FEBRUARY | MARCH | 2018



**DELIVERING ON THE PROMISE**

# TAMAGRAM

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](mailto: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](mailto:pio@tamarac.org).

Tam-A-Gram and other City publications are available online at [www.tamarac.org](http://www.tamarac.org).

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## CITY MANAGER:

Michael C. Cernech

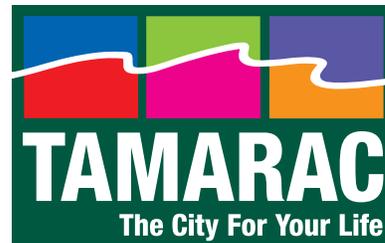
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Elise Boston, Editor

# INSIDE

1 | 2 | 3 | 2018

- 2 Committed to Excellence
- 4 Remembering the Dream
- 7 Helping First-Time Homebuyers
- 11 Heroes Bowl Comes to Tamarac



# 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		

# DELIVERING ON THE PROMISE

**T**here's an agreement between you and your City; it's not written, but it's clearly understood. You have entrusted us with the care of things near and dear to you - your home, your family's safety and the overall quality of life. The City's part of the equation is to deliver what we've promised: to do everything we can to ensure Tamarac remains a vibrant community, now and well into the future. How do we know what's important to you? We ask. Every few years, we survey Citywide to find out what big picture issues are on your mind. And, every day, we survey the people with whom we interact to find out how we're doing on delivering what you've asked for.

Tamarac is a safe community and, not surprisingly, you've told us that you want it to stay that way. In our strategic plans, that's a given. As are clean water and ensuring that our first responders show up in a timely manner. Beyond that, you've raised concerns about the quality of public education for Tamarac schoolchildren, as well as maintaining community appearance. And, we listened.

The City strongly supported the establishment of Millennium 6-12 Collegiate Academy, where students will be able to simultaneously earn a high school diploma and an associate degree from Broward College. All at no cost. The first 9th graders started this school year.

You'll be seeing more signage throughout the City, identifying both public facilities and individual neighborhoods. The

signs will all have a similar look, as we celebrate Tamarac's unique sense of place. There will be more decorative buffer walls as well as additional landscaping on Commercial Boulevard. You'll also see new significant artwork, paid for solely through a set-aside from developers to our public art fund.

New homes are being built, filling a void for working families. And, as those homes are occupied, new stores will open to serve them. New businesses are calling Tamarac home, including the Advensus USA customer service center which will employ up to 500 people.

As the City evolves, our demographics are changing. That's why we're launching the One Tamarac Festival which will celebrate our community's many faces and many voices. Please mark your calendar for Saturday, March 10 from 3-9 pm at the Tamarac Sports Complex. It will be a great event, with music and dancing and the chance to show that while each of us is unique, in many ways we're all the same.



# Committed to Excellence

Tamarac receives national accolades year after year for our technology use, financial reporting and performance management. While these functions might not be as visible as other activities, they are just as important in making Tamarac “*The City For Your Life*”. Recognition like this reflects our commitment to providing the best possible service.

## Best in Class IT

For the second year in a row, Tamarac received a first-place award in the



Center for Digital Government’s Digital Cities Survey among municipalities with populations of 75,000 or less.

This award recognizes cities for using technology to improve citizen services, transparency and citizen engagement.

Our employees, elected officials and management team recognize that technology is one of the key elements in delivering excellent customer service to our residents and businesses. It’s our underlying culture of embracing technology and finding innovative ways to use it to improve services that sets Tamarac apart as a leader in IT.

## Props for Performance Management

Performance management is what keeps the City on track. It lets us know what’s working and what’s not, and what we need to do to meet our goals.



Tamarac has been honored with a Certificate of Excellence in Performance Management from the International City/County Management Association for the fourth year in a row. This recognizes leadership in performance management that resulted in operational improvement and community engagement. We’re one of only 59 local governments nationwide to receive this honor in 2017.

## Financial Reporting Excellence

Every year, Tamarac prepares a comprehensive annual financial report known as a CAFR, so members of the public can see exactly how the City manages your tax dollars.



For the 29th consecutive year, Tamarac received a Certificate of Achievement for Excellence in Financial Reporting from the Government Finance Officers Association, based on the CAFR for the fiscal year ending September 30, 2016.

# State of the City

**J**oin Mayor Harry Dressler for the State of the City address, in which he'll share his insights and perspectives on 2017 and the City's vision for the future. The address falls on Valentine's Day this year, and he'll give you more reasons than ever to love Tamarac.

The speech will open the regular City Commission meeting. If you can't attend, you can watch it via video webcast - live or on demand - at [www.tamarac.org](http://www.tamarac.org).

## STATE OF THE CITY ADDRESS

February 14

7 pm

Commission Chambers  
7525 NW 88th Avenue

## In Memoriam: Diane Glasser

**I**t's with great sadness that we note the passing of Diane Glasser, a former Vice Mayor and City Commissioner for Tamarac's District 3.



Diane served on the City Commission from 1991-1992 and then again from 2008-2016. Her involvement in the community included serving on the board of University Hospital and the Broward County Human Rights Board. She was also involved with the Aging and Disability Resource Center of Broward County, serving as its Vice Chair in 2013.

## Commission Elects New Vice Mayor



**D**istrict 2 Commissioner Michelle J. Gomez was elected by her peers on the Commission to serve a one-year term as Tamarac's Vice Mayor. An attorney, she was appointed to the Commission in 2010 and 2013, and elected to represent District 2 in 2014.

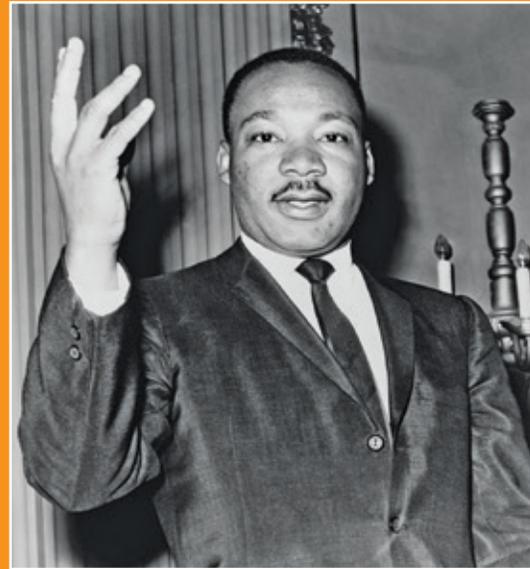
# Remembering the Dream

**H**elp us honor civil rights leader and cultural icon Dr. Martin Luther King, Jr. at an early MLK Day celebration. Enjoy an African-American art exhibit by Terri A. Meredith and a performance by Ashanti Cultural Arts at this free event. Light refreshments will be served.

In addition, the following art exhibits will be displayed at the Tamarac Community Center in January and February, in recognition of Martin Luther King Jr. Day and Black History Month:

**January:** Visual artist Terri A. Meredith celebrates the intriguing nuances of modern Black life through graphite, digital illustration and traditional acrylic painting.

**February:** Challenger Elementary students commemorate Black History Month through art.



## IN REMEMBRANCE OF THE REV. MARTIN LUTHER KING, JR.

Thursday, January 11, 6:30 - 8 pm  
Tamarac Community Center  
8601 W. Commercial Boulevard

## Supporting Scholastic Chess

**T**amarac Mayor Harry Dressler showed he's got game when he hosted his third Mayors' Chess Challenge in October. This popular event is part of a countywide effort to raise awareness of the benefits of chess in our schools and our communities. He was joined by Vice Mayor Placko, Commissioner Gomez and chess enthusiasts of all ages.



# VETERANS DAY CEREMONY



# 37TH ANNUAL TURKEY TROT



*More than 2,000 participants joined us at the 37th Annual Turkey Trot. The overall winners this year were Jess Butler (female) and Hoekan Eriksson (male).*



# Helping First-Time Homebuyers

**Q**ualified first-time homebuyers can get a leg up with down payments through Tamarac's Down Payment Assistance Program.

Funds are limited for this program, which is specifically for first-time buyers purchasing homes that will be used as their primary residence. They must meet eligibility requirements, including income limits. The maximum award is \$40,000, and funds may be used to assist with closing costs and to lower the first mortgage loan amount.

Recipients will be randomly selected after Open Enrollment by a lottery system. Once approved, eligible applicants will be given 45 days to secure a contract on a home. Applicants must be able to qualify for a first mortgage from a lender. Applications will be available online and through the City's Community

Development department during Open Enrollment, which starts on March 26th.

Want to learn more? Attend our homebuyer workshop on February 20th. While not required, it's highly encouraged.

## STEP 1

Homebuyer Workshop:  
February 20, 6 - 8 pm

Tamarac Community Center  
8601 W. Commercial Boulevard  
RSVP to [housing@tamarac.org](mailto:housing@tamarac.org)  
by February 13

## STEP 2

Open Enrollment Window:  
March 26 - April 6

More information and full eligibility requirements will be posted online at [www.tamarac.org](http://www.tamarac.org) during the open enrollment period.

## Volunteer of the Quarter



**G**loria Segarra does it all, from assisting with office duties, to cooking up fun with the children in our Lil Sprouts Cooking program and making our senior socials special.

She's warm, friendly, dedicated and genuinely a one-of-a-kind volunteer. Thanks for all you do, Gloria!

## Join Us HOA Liaisons

**S**harpener your board member skills at the City's next quarterly HOA liaison meeting. The topic is property maintenance and the Florida Building Code. Learn how to navigate the building permit process when making renovations, and how to keep your property in tip-top shape, free of code violations. To register for this free event, or for more information, call (954) 597-3549.

When: January 23

Where: Mainlands Section 3 Clubhouse  
4300 NW 46th Street

Time: 10 am - Noon

# Tamarac's Got Curb Appeal

Looking for landscaping ideas or ways to spruce up your home or business? Check out these Neighborhood Beautification Recognition award winners. Congratulations to the owners, and thanks for doing your part to keep Tamarac beautiful!

## 3rd Quarter Residential Property Winners



### DISTRICT 1

Gladys Ehrlich and Sandy H. Ehrlich  
4401 NW 46th Street



### DISTRICT 2

Dorothy May Edwards  
7835 NW 60th Street



### DISTRICT 3

Angelo Gonzalez and Donna Gonzalez  
8910 NW 80th Drive



### DISTRICT 4

Linda R. Danner and George Danner, Jr.  
8620 NW 77th Street

## 3rd Quarter Commercial Property Winner



**COLONY WEST ASSOCIATED LTD  
WALGREEN COMPANY**  
8790 W. McNab Road

# HOLIDAY LIGHTING FESTIVAL



# Presentations and Proclamations



September 13th was declared Michelle Canazaro Day in honor of the 28-year-old Tamarac resident. She earned two silver medals at the 2017 Special Olympics World Winter Games in the Novice Division's giant slalom and slalom races.



The Mayor and Commission recognized J.P. Taravella High School's Academy of Finance for being named a Distinguished Academy by NAF.



The Mayor and Commission joined BSO Capt. Neal Glassman as he presented a posthumous Life Saving Award to the family of Mauricio Mesquita, for his actions in saving a life in February of 2016.



Certificates of appreciation were presented by the Commission to Hurricane Irma volunteers from Tamarac Fire Rescue's CERT and Cadet programs.



The Broward Marine Advisory Committee presented a \$100,000 grant to the City from the Broward Boating Improvement Program. It will help pay for the Veterans' Memorial Park boat dock project.



Arc Broward representatives joined the City in recognizing October as National Disability Employment Awareness Month.

# Engaging Future Leaders

The City's second annual Leadership Tamarac program is underway with City staff and elected officials mentoring students from local high schools interested in leadership and public service. Students participate in hands-on activities such as mock search and rescue drills with Fire Rescue, and designing public parks. They are attending classes once a month through February. Graduates will receive certificates at the February 14th Commission meeting.



Leadership Tamarac Class of 2018

## Heroes Bowl Comes to Tamarac



Join former NFL player Jeff Dellenbach, first responders and members of the military for a day of football and fun at the 3rd Annual Heroes Bowl. For the first time, it's taking place right here in Tamarac, at the Sports Complex.

The event features a flag football tournament between teams representing the military, the Broward Sheriff's Office and area fire rescue departments. There's also an obstacle competition for future military leaders on Junior Reserve Officer Training Corps, or JROTC, teams from local high schools.

Other activities include interactive skill games with NFL alumni and local stars, a bounce house obstacle course, food trucks and plenty of family fun for all ages!

Best of all, proceeds raised will be used to assist military families in Broward County and to support Broward Children's Center.

To register a team, or for more information, visit [dellenbachfoundation.org](http://dellenbachfoundation.org) or call (954) 384-6424.

The event is presented by the Dellenbach Foundation in partnership with BSO and the City of Tamarac.

### **3RD ANNUAL HEROES BOWL**

**Sunday, February 11**

**9 am - 4 pm**

**Tamarac Sports Complex**

**9901 NW 77th Street**

**Free Admission**

## A Day in the Sun for Sunshine Cleaners

The City is proud to celebrate small businesses like Sunshine Cleaners that epitomize the American dream and are part of what makes Tamarac a vibrant community.

Thirty-five years ago, Peter Chauhan purchased Sunshine Cleaners, and moved his family to Florida from England. When he passed away in 2001, his son Rajendra and wife Nitta Chauhan took over the business, and they've continued his legacy of providing excellent service.

In recognition of their commitment to the community, the Mayor and Commission proclaimed November 8, 2017 as "Rajendra & Nitta Chauhan Day".



## Celebrating Centenarians

The Tamarac Historical Society will honor residents who reached 100+ years of age by the end of 2017 at a special brunch in January. Born in 1917 or earlier, they are part of the GI Generation, also known as the Greatest Generation, that lived through two world wars and the Great Depression. They are said to have saved the world then built a nation, and deserve to be celebrated.



Each centenarian will receive free tickets to the Historical Society luncheon for themselves and one guest.

Others can purchase tickets for \$20. An RSVP is required by January 10th.

For additional information, or to order tickets, contact the Historical Society at (954) 597-3629 or [history@tamarac.org](mailto:history@tamarac.org).

**When:** January 26 at 11:30 am

**Where:** Colony West Golf Club  
6800 NW 88th Avenue

## Bailey Memorial Grand Opening

Tamarac Mayor Harry Dressler was joined by North Lauderdale Mayor Jack Brady at a ribbon cutting ceremony celebrating the grand opening of Bailey Memorial located at 6701 West Commercial Boulevard.



# SUMMER FUN AT CAMP TAMARAC

**W**hile the new year has just begun, it's never too early to plan a summer of fun for your kids. Camp Tamarac offers eight weeks of supervised activities, including one field trip and one swim trip per week, and registration is just around the corner!

## **2018 CAMP INFORMATION**

Dates: June 18th - August 10th  
Ages: 5 - 14 years old  
Location: Tamarac Recreation Center

### **CAMP FEE (Ages 5 - 12):**

1st Child/ Resident: \$640  
Non-resident: \$777  
2nd Child/Resident: \$576  
Non-resident: \$700

### **TWEEN CAMP FEE (Ages 13 - 14):**

1st Child/ Resident: \$662  
Non-resident: \$794  
2nd Child/Resident: \$596  
Non-resident: \$715

## **REGISTRATION**

Pick up your registration packets at the following locations starting February 26th:

### **Recreation Center**

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

### **Tamarac Community Center**

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

Mail-in registration begins on March 5th for residents, and on March 12th for non-residents.

*Note: All campers must be 5 years old on or before September 1, 2018 to attend camp.  
(Copy of birth certificate required)*



## **Tamarac Parks and Recreation e-Newsletter**

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

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

**DISCOVERY**

# 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 23-foot high, 150-foot long spiral 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

Pool closed January and February, opens on March 1st

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

Saturdays: 10 am – 6 pm  
Sundays: 10 am – 4 pm

## SWIM LESSONS

**Tot:** Ages 3 – 5  
**Levels 1 and 2:** Ages 5 & over  
**Adult Level 1:** Ages 13 & over  
**When:** Call for days and times  
**Fee:** Residents: \$45; Non-residents: \$55



## PROACTIVE ARTHRITIS WATER EXERCISE CLASS

**When:** Monday and Wednesday  
10 – 11 am  
**Fee:** Senior Program Members: Free  
Others: \$4/Class

## H2O POWER HOUR

Challenge yourself with an interval-based aquatic workout. Focus will be on increasing your fitness level, while incorporating strength for the major muscle groups. All classes can be tailored to the individual's ability level. Come out and take a plunge with this challenge!

**When:** Tuesday and Thursday  
6:15 – 7 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 \$50/month.

For additional information please email [tamaracswimming@gmail.com](mailto:tamaracswimming@gmail.com) or visit <http://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](http://www.tamarac.org/parks).

## Annual Fitness Center Membership Fees:

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

Three-month and six-month membership options are also available for adults, seniors, military and veterans.



## FACILITY LOCATIONS

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### **Caporella Aquatic Complex and Fitness Center**

9300 NW 58 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 77 Street

### **Tephford Park**

10003 Southgate Boulevard

### **Veterans' Memorial Park**

7825 Southgate Boulevard

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*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

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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 8th. 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: \$100

### **ADULT FLAG FOOTBALL**

Registration will begin January 15th. The league is for adults 18 and over. Season begins in March and concludes in May. Space is limited. Eight games followed by playoffs with the top teams.

Fee: \$425 per team

### **FIELD RENTAL**

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

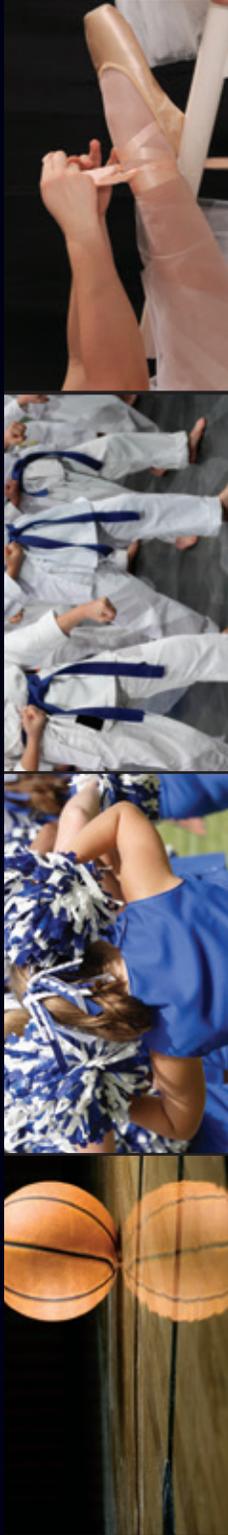
### **FOR THE FOLLOWING ATHLETIC LEAGUE INFORMATION PLEASE CALL (954) 597-3620**

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.

# City of Tamarac Parks and Recreation Youth and Adult Activities



## 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.	6:30 - 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	Multi-Purpose Center
Ballet, Tap & Jazz	Sat.	10 - 11 am 11 am - 12 pm	3 - 6 yrs. 7 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Fashionista	Sat.	12:30 - 1:15 pm	6 - 14 yrs.	\$40/\$50	4-week	Recreation 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
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	Tues. & Thurs.	5:30 - 6:30 pm	6 - 12 yrs.	\$80/\$90	4-week	Recreation Center
Youth Tennis	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 6:15 - 7:15 pm 8:30 - 9:30 am	16 & over	\$7/\$8 \$55/\$65 \$85/\$100 \$140/\$160	Per Class 10 Classes 6 months Annual	Community Center
Badminton	Mon. & Wed. Sat.	6 - 9 pm 5 - 9 pm	13 & over	\$3/\$5	Per Class	Community Center
High Fire Ceramic Clay Hand Building	Tues.	10:30 am - 1:30 pm	16 & over	\$110/\$120	8-week	Recreation Center
Table Tennis	Sat.	2 - 9 pm	18 & over	\$1/\$2	Per Class	Community 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
<b>RECREATION CENTER FITNESS SCHEDULE</b>						
Dance Fit	Tues.	7 - 8 pm				
Salsa Fitness	Mon. Thurs.	6 - 7 pm 7 - 8 pm				
Pilates	Sat.	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				
<b>COMMUNITY CENTER FITNESS SCHEDULE</b>						
Belly Dancing	Wed.	7 - 8 pm				
Body Sculpting	Fri.	6 - 7 pm				
Kickboxing	Mon.	6 - 7 pm				
Pilates	Tues.	7 - 8 pm				
Power Sculpting	Thurs.	6 - 7 pm				
Strong By Zumba	Wed.	6 - 7 pm				
Tone and Sculpt	Tues.	6 - 7 pm				
Yoga	Mon. Tues. Thurs. Sat.	5:30 - 6:30 pm 6 - 7 pm 7 - 8 pm 9:30 - 10:30 am				
Zumba	Wed. & Fri.	7 - 8 pm				

Participants can enjoy fitness classes at both facilities with a 10 class punch card, or with a 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

Class days and times are subject to change.  
 Please call (954) 597-3620 to confirm.

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.

## 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

## PEACE OF MIND SUPPORT GROUP

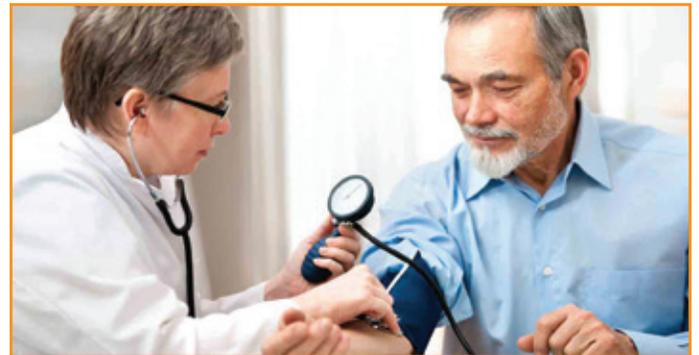
Are you looking for peace of mind? Please join Chief Psychologist, Jessica Ruiz, Psy.D. from Jewish Family Services for group sessions on various topics.

When: First Tuesday of the month from 10 - 11 am

## 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 Thursday of the month from 11 am to Noon

## FREE SPANISH SUPPORT GROUP (GRUPO DE APOYO GRATIS EN ESPANOL)

When: Second Thursday of the month at 11 am (Cada 2do Jueves del mes a las 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](http://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).



### **BROWARD CENTER - A GENTLEMAN'S GUIDE TO LOVE & MURDER**

Thursday, January 18th, 4 – 11 pm  
Residents: \$85, Non-residents: \$95

### **LAKE WORTH PLAYHOUSE - PAINT YOUR WAGON**

Thursday, January 25th, 4 – 11 pm  
Residents: \$65, Non-residents: \$75

### **KRAVIS CENTER - CABARET**

Thursday, February 8th, 4 – 11 pm  
Residents: \$80, Non-residents: \$90

### **BLACK HISTORY TOUR**

Thursday, February 15th, 5 – 10 pm  
Residents: \$25, Non-residents: \$35

### **NSU ART MUSEUM**

Thursday, March 1st, 3 – 9 pm  
Residents: \$25, Non-residents: \$35

### **KRAVIS CENTER - THE ILLUSIONISTS**

Thursday, March 8th, 4 – 11 pm  
Residents: \$85, Non-residents: \$95

### **JUNGLE QUEEN BBQ DINNER & CRUISE**

Thursday, March 23rd, 4 – 11 pm  
Residents: \$50, Non-residents: \$60

## SPECIAL EVENTS

### COMMUNITY FARMERS MARKET

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



### IN REMEMBRANCE OF THE REV. MARTIN LUTHER KING, JR.

An art exhibit and performance by Ashanti Cultural Arts. Light refreshments served.

When: Thursday, January 11th  
6:30 - 8 pm  
Where: Tamarac Community Center



### COMMUNITY GARAGE SALE

When: Saturday, February 10th  
7:30 am - Noon  
Where: Tamarac Park

### CONCERT IN THE PARK

Join us for a live outdoor performance, bounce house and food vendors.

When: Sunday, February 25th  
4 - 6 pm  
Where: Mainlands Park



### BIKE RODEO

Learn helpful bike riding safety tips, get bicycle safety inspections, ride the obstacle course, and enjoy giveaways and more. Free to children of all ages.

When: Saturday, March 3rd  
10 am - Noon  
Where: Tamarac Park Recreation Center



### ONE TAMARAC MULTI-CULTURAL FESTIVAL

Celebrate our community's diversity and unity at this free event featuring live music, entertainment, a cultural exhibition area and children's fun zone.

When: Saturday, March 10th  
3 - 9 pm  
Where: Tamarac Sports Complex

### SPRINGFEST

Event features face painting, bounce houses, games, and an egg hunt for 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!

When: Saturday, March 24th  
10 am - Noon  
Where: Tamarac Sports Complex

# 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

**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

**Belly Dancing ▲▲▲:** Fri. 9 am

**Blend for Balance ▲▲▲:** Wed. 9 am

**Carol's Cardio ▲▲▲▲:** Fri. 11 am

**Carol's Cardio Kickboxing Plus Muscle Training ▲▲▲▲:** Tues. 9:45 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

## GAMES & RECREATION

**Bingo:** Mon. 12:30 pm

**Pickleball ▲▲:** (Beg) Mon & Thurs. 12:30 pm; (Adv) Tues. 12:30 pm; (Int) Wed. 12:30 pm; (Int & Adv) Fri. 12:30 pm

**Pickleball Fundamentals:** Thurs. 11:30 am - 12:30 pm (Advanced sign up only)

**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**  
7525 N.W. 88th Avenue  
Tamarac, Florida 33321-2401

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## CELEBRATE OUR DIVERSITY

Join us at our first-ever multi-cultural festival! One Tamarac will showcase our diversity and the many faces and many voices within our community.

This free event will feature live music, entertainment, a cultural exhibition area and children's fun zone.

If your organization is interested in educating others about your culture call (954) 597-3624.

**When:** Saturday, March 10  
3 - 9 pm

**Where:** Tamarac Sports Complex  
9901 NW 77th Street

