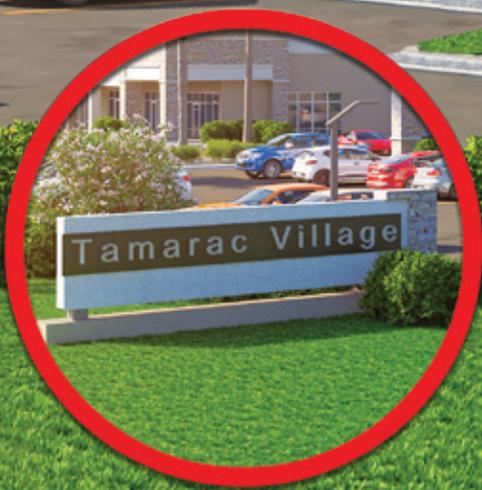


# TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

SEPTEMBER | OCTOBER | 2019



**FOCUSING ON RESULTS**

Tam A Gram is the official publication of the City of Tamarac, Florida.

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

**Public Information Office**  
 Attn.: Tam A Gram  
 7525 NW 88th Ave.  
 Tamarac, Florida 33321

You may also email your comments or questions to the Public Information Office at [Pio@Tamarac.org](mailto:Pio@Tamarac.org).

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## IMPORTANT NUMBERS

<b>MAIN NUMBER</b> .....	<b>(954) 597-3500</b>
ADA Coordinator/Accessibility.....	(954) 597-3505
Voice .....	1 (800) 955-8770
TTY .....	1 (800) 955-8771
Citizen Hotline.....	(954) 718-1800
(Activated During Emergencies)	
Building Services.....	(954) 597-3420
Building Inspections, Building Permitting and Inspection Results	
City Clerk's Office .....	(954) 597-3505
City Commission.....	(954) 597-3460
City Manager's Office.....	(954) 597-3510
PIO (Media)..... (954) 597-3523	
Community Development .....	(954) 597-3530
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Business Revenue.....(954) 597-3537	
Financial Services.....	(954) 597-3550
Purchasing.....(954) 597-3570	
Customer Service..... (954) 597-3590	
Fire Rescue (Non-Emergency) .....	(954) 597-3800
Florida Power & Light.....	(954) 797-5000
Human Resources.....	(954) 597-3600
Job Line .....	
Risk Management..... (954) 597-3613	
Mayor and Commission.....	(954) 597-3460
Parks & Recreation.....	(954) 597-3620
Community Center..... (954) 597-3620	
Caporella Aquatic Complex..... (954) 597-3660	
Caporella Fitness Center.....(954) 597-3661	
Social Services.....(954) 597-3642	
Transit/Shuttle Bus..... (954) 597-3649	
Police/BSO Tamarac District (General).....	(954) 720-2225
(Non-Emergency) .....	
(954) 764-4357	
Public Services.....	(954) 597-3700
Engineering.....(954) 597-3712	
Recycling & Trash Hotline .....	
(954) 597-3740	
Utilities (Water) .....	(954) 597-3750
Billing Inquiries .....	
(954) 597-3590	
Utilities (Leaks, Breaks, etc.).....(954) 597-3750	
Water Treatment Plant.....(954) 597-3775	
(Also used for after-hours utilities emergencies.)	

**SERVICE PROVIDERS:**

Waste Management.....	(866) 684-3142
Comcast Cable.....	(954) 252-1937
Library (Tamarac Branch) .....	(954) 765-1500
Post Office (Tamarac Branch).....	(954) 722-3152

# Focusing on Results

Throughout the months and years, we share updates about the studies and plans the City is putting into place, because you're focused on outcomes and so are we.

After years of putting the pieces into place, the plan to raise our City's stature and visibility is coming together. It's both the public and the behind-the-scenes efforts that are showing results.

According to Business Insider, Tamarac is among the top 25 U.S. suburbs where home values are growing the fastest. They report that over the past five years, the median home value here has increased by 73.6%.

Part of that is due to more people recognizing Tamarac as a desirable community. Desirable because of our appearance as well as the overall quality of life. It's our emphasis on programs and services as well as support for improvements in our schools.

Our July 4th celebration had a record-breaking crowd of 7,500. Our only in-city public high school, Millennium 6-12 Collegiate Academy, welcomed 75 students as inaugural members of the National Honor Society. And, thanks to a partnership between the City and Broward County Schools, Tamarac Elementary has opened its first VPK class which has been met with great enthusiasm from the community.

It's not only about maintaining a higher quality of life, it's about creating and maintaining value. Investors are recognizing the value in Tamarac as well. We're seeing

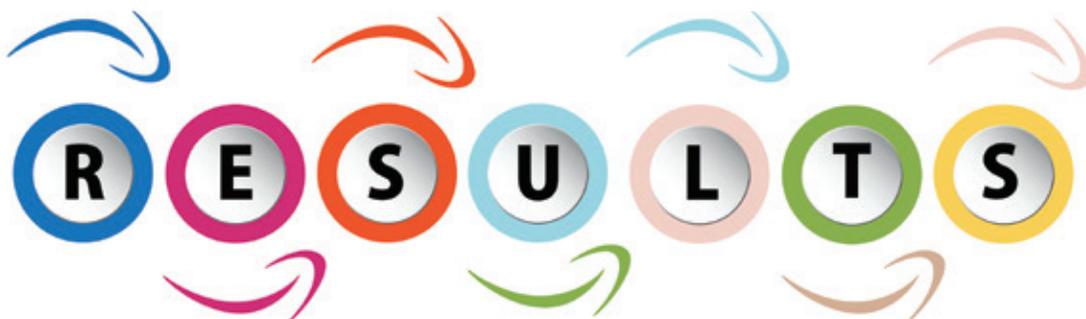
new housing developments, repurposing of aging shopping plazas, and significant investment in business facilities.

Driving along Commercial Boulevard toward the Sawgrass, you'll see the fast pace at which Tamarac Village is becoming a reality. On Pine Island, the metamorphosis of Colony West is in full swing, with the new Fairfield Inn & Suites hotel rising on the southern portion and the clubhouse, with its dining and event facilities, going up next door.

All of that is due to strategically putting the pieces of the plan in place, while continuing to look toward the future. Tamarac's future includes the potential of connecting all our residents and businesses to the City's water system. The recent issue with the water supplied by the City of Fort Lauderdale to the eastern portion of Tamarac only underscores this need.

That's why several months ago, the Tamarac Commission authorized the steps to begin the process of creating the infrastructure to make Tamarac the City's sole water supplier. This is not something that can be completed quickly, and it must clear many hurdles at all levels of government. Plus, it will require significant capital to accomplish. But it's in the best interests of our residents and businesses, and that's what matters.

Sometimes the process is long and drawn out. But the City's focus is on results and you can be confident that we're getting there.



# Human Trafficking Sign Ordinance

**T**amarac is a safe and family-friendly community, but we'd be wrong to assume that human trafficking can't happen here.

Human trafficking, which includes sex, labor and organ trafficking, is an international crisis affecting millions of children and adults around the world.

In 2018 alone, the Florida Abuse Hotline received more than 200 calls alleging trafficking of minors in Broward, according to statistics on the Broward Human Trafficking Coalition website ([www.bhtc.us](http://www.bhtc.us)).

To combat this activity, the City Commission passed an ordinance requiring certain types of businesses to post signs to raise awareness and prevention of these crimes. These signs must be posted in locations that are clearly visible to the public and employees in businesses including hotels, massage establishments and adult entertainment enterprises.

Initiatives like this help ensure the freedom and safety of everyone in our community.



## Supporting Local Businesses

**S**upporting Tamarac-based businesses and Broward's small businesses keeps the money the City spends in our local economy and creates a healthy financial environment that benefits us all. The City Commission formalized that support by adding a local business preference to the code that governs how we purchase property, materials and services.

Qualified Tamarac-based businesses and Broward County Certified Small Business vendors now receive additional consideration when the City makes purchases through competitive sealed bids and requests for proposals.

### Competitive Sealed Bids

The City uses a competitive sealed bid process when we're buying goods and services for which price is the main factor in selecting a vendor. With the new local business preference, if the lowest bid isn't from a Tamarac-based business, Tamarac vendors and Broward County Certified Small Business vendors whose bids fall within a certain range

of the lowest bid can submit new quotes. (5% for Tamarac vendors and 2.5% for Broward County Certified Small Businesses).

The new bid must be at least 1% lower than the original lowest bid to be considered. If Tamarac and Broward County Certified Small Business vendors are competing for the same bid award, those in Tamarac will receive the first preference.

### Requests for Proposals

Requests for Proposals are used to find vendors when factors other than price, such as quality or experience, impact the selection process. In these cases, the City will add a criterion to the evaluation process that gives credits to local Tamarac vendors and Broward County Certified Small Businesses.

Full details about how the preference works, including exceptions built into the code, are available at [www.Tamarac.org/LocalBusinessPreference](http://www.Tamarac.org/LocalBusinessPreference).

# Modern Medicine in Your Backyard

**U**niversity Hospital & Medical Center has served Tamarac and the surrounding community since 1974. A lot has changed since then, but one thing has stayed the same. The hospital remains dedicated to providing the highest quality of care in a state-of-the-art facility. That's why it has made significant investments in building improvements, new equipment and even additional services.

If you haven't visited the hospital in recent years, here's a look at what's new:

## Emergency Department

- Helipad to transport the most critical patients quickly and safely
- Special temperature therapy equipment to improve patient recovery post-cardiac arrest
- New behavioral health intake unit for improved patient safety and care

## Operating Room

- State-of-the-art robotic surgery system to help deliver surgical procedures with less time needed for recovery and better patient outcomes

## Intensive Care Unit

- Over \$400,000 in new equipment to ensure the most critical patients have access to, and are treated under, optimal conditions

## Behavioral Health Pavilion

- Enhanced in-room safety features for behavioral health patients
- Upgraded with new flooring, doors and equipment for a safe, healing environment
- Enhanced staff training and protocols to stay at the forefront of patient care

## Radiology

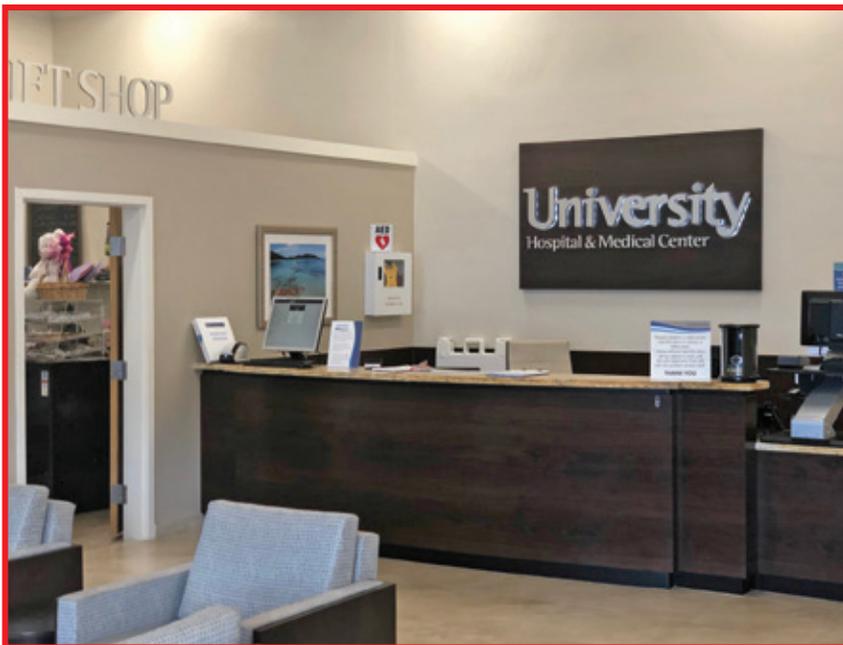
- New CT scanner, echo machine and mini c-arm to serve patients with greater ease
- An interventional radiology suite to offer greater service and care options to patients

## Around the Facility

- Renovated first-floor lobby and entry hallway create a more inviting environment
- Hospital beds upgraded for greater comfort and technological advancements
- New air conditioning units ensure the building stays perfectly cool even on the hottest summer days

To ensure it can serve patients no matter what the weather, the hospital is conducting an \$8 million electrical upgrade that includes a new generator. Additionally, the building received a new roof, and the exterior was repainted and specially sealed.

To learn more about University Hospital and its services, visit [www.UhmcHealth.com](http://www.UhmcHealth.com). To speak to a nurse or for a free physician referral, call (954) 724-6342.



# Colony West Update



**B**een on Pine Island Road recently? Did you see the construction progress at Colony West? A major rebuild is in the works which is part of our City's transformation.

## Colony West Clubhouse

Soon you'll be able to reserve the perfect venue for all of life's happiest moments. The new two-story, 17,932-square-foot Colony West clubhouse will feature panoramic views of the golf courses, making it an ideal special events venue for up to 250 people. It's slated to open in the summer of 2020.

The modern clubhouse will also include a restaurant and bar that will be open to the public, golfers and hotel guests.

## Fairfield Inn & Suites

The 120-room Fairfield Inn & Suites hotel is



Colony West Clubhouse Rear

rising quickly and is expected to open its doors in the summer of 2020.

## Golf Courses

The par-71 Championship course offers golfers one of the most challenging courses in South Florida. We've rebuilt the greens, eliminated twelve bunkers and resanded and reshaped the remaining greenside bunkers. Not only do these changes enhance the course, but they require players to be more strategic.

The par-64 Glades course is recognized as one of the most beautiful executive layouts in the area. New landscaping and parking areas are being added to make for an even more enjoyable day on the greens.



Fairfield Inn & Suites



Colony West Clubhouse Entrance

# Construction Corner

A look at current construction projects in the City of Tamarac.

## Public/Private Partnerships



**Tamarac Village**

- Tamarac Village, north side of Commercial Blvd. between Pine Island Rd. and NW 94th Ave.
- Colony West redevelopment, to include a new clubhouse and cart barn (6850 NW 88th Ave.), and an adjacent Fairfield Inn & Suites (6800 NW 88th Ave.)

## Major City Projects



**Fire Station 36**

- Fire Station 36, 7499 NW 72nd St.
- Waters Edge Park, 7508 NW 61st St.
- Buffer walls on the north side of NW 57th St.
- Tamarac Sports Complex field renovation, 9901 NW 72nd St.
- Inspiration Way – Nob Hill Rd. between Commercial Blvd. and McNab Rd.

## Private Development

- Hidden Trails and Manor Parc communities, sales office at 4802 NW 48th Ter.
- The Enclaves at Woodmont community, sales office at 7910 NW 79th Ter.
- MD Now, Commercial Blvd. and NW 47th Ter.
- Woodspring Suites, 5751 Madison Ave.
- KFC, University Dr. and 58th St.
- Tamarac Exchange Center, 6899 N. Hiatus Rd.

## Green Scene



*Tips to help you conserve natural resources and recycle the right way.*

- Don't over-water your lawn. Encourage your grass to grow healthier, deeper roots by limiting watering to no more than 1 inch per week. (Put a can out to measure it.) Too much water results in fungal growth, disease and shallow, compacted root systems that are more susceptible to drought and foot traffic.
- Put a lid on it. Plastic bottle caps didn't use to be recyclable, but now they are. Just make sure to put the cap back on your clean, empty containers *before* recycling.

# Proclamations



The Commission recognized June as Caribbean-American Heritage Month to honor the friendship between the United States and Caribbean countries, and to celebrate the contributions Caribbean-Americans have made to the City of Tamarac.



Challenger Baseball's Randy Hibshman presented a plaque to the Commission, recognizing Tamarac's long-standing support of the adaptive baseball program for disabled school-aged children.



Parkland's elected officials honored our City for the ongoing support shown during and since the tragedy at Marjory Stoneman Douglas.

# Preparing for Success

Approximately 300 people attended the City's first annual Back to School Resource Fair as they prepared for the new school year.

More than 30 vendors, including KidCare, the Florida Department of Health, Family Central, Broward Library, BSO and Tamarac Fire Rescue handed out valuable resources. In addition, 88 backpacks filled with school supplies were donated to Tamarac residents in need. Attendees also enjoyed face painting, bounce houses and a raffle for prizes including new bikes with helmets.



# Annual Water Quality Report Available Online

You can view your City of Tamarac annual water quality report online at [www.Tamarac.org/2018WaterReportWest](http://www.Tamarac.org/2018WaterReportWest) or [www.Tamarac.org/2018WaterReportEast](http://www.Tamarac.org/2018WaterReportEast) if you reside east of NW 31st Avenue.

These reports contain important information about the source and quality of your drinking water. We detected 8 contaminants in the West System and 9 in the East. These contaminants were at allowable levels and *no health-based violations occurred*. Please call (954) 597-3750 if you would like a paper report delivered to your home.

# You Matter Youth Rally

**B**SO Tamarac deputies met with middle and high school students at the 4th Annual You Matter Youth Rally. These young adults participated in numerous workshops which covered personal development, gun violence, policing and more.

The rally was a great opportunity for the deputies and students to learn from each other.



## Water Service

**M**aintaining quality water service, and quickly responding if something goes wrong, are responsibilities Tamarac takes very seriously.

While the City's water treatment plant serves most of Tamarac, residents and businesses east of 441 receive water from Fort Lauderdale and were impacted by its July water main break.

The City carefully monitored water service and pressure in our affected areas.

Fortunately, no Tamarac location lost water service completely as initially feared, and only the Tamarac Lakes 1 and 2 communities were put under a boil water notice. When that happened, the City distributed free bottled water in these neighborhoods.

Throughout the entire incident, until the repairs Fort Lauderdale made were proven effective, your City remained focused on ensuring public safety and minimizing the impact in Tamarac.



## Public Meetings

**K**eep abreast of what's going on in your City by joining us at upcoming Commission meetings and workshops. We also have two public hearings scheduled to address the proposed budget for Fiscal Year 2020. All are at Tamarac City Hall and open to the public.

### Commission Workshops

**9:30 am, Room 105**

September 9th

September 23rd

October 7th

October 21st

### Commission Meetings Commission Chambers

September 11th: 7 pm

September 25th: 9 am

October 7th: 2 pm

October 23rd: 9 am

### Public Budget Hearings 5:05 pm, Commission Chambers

September 13th

September 25th

Commission meetings and workshops are broadcast live and available On Demand at [www.Tamarac.org](http://www.Tamarac.org).

# Award-Winning Aesthetics

Tamarac's Neighborhood Beautification Recognition Awards celebrate residents and businesses who take pride in their property's appearance. Congratulations to our 2nd quarter award winners!

## 2nd Quarter Residential Property Winners



**DISTRICT 1**  
Natalie Perez-Mandic  
5730 NW 54th Way



**DISTRICT 2**  
Arthur and Phyllis Anne Rose  
8301 NW 57th Ct.



**DISTRICT 3**  
Bradley and Sharon Burton  
7025 NW 100th Ter.



**DISTRICT 4**  
Elaine Small  
7301 Corkwood Ter.

## 2nd Quarter Commercial Property Winner



**CITYWIDE**  
7-Eleven Inc.  
4999 N. State Road 7

# Putting Our Hydrants to the Test



In October, Tamarac Fire Rescue will conduct its annual test of the City's 2,179 fire hydrants. But who's counting?

The inspections involve checking for any damage or problems that might hamper firefighters during emergency operations.

If you see a flowing or leaking hydrant during this time, you don't need to contact the City unless there is a sustained stream of water lasting longer than 24 hours. To report leaking hydrants, please contact the Utilities department at (954) 597-3750 or Fire administration at (954) 597-3800.

# Happy or Not?

Tamarac's new Happy or Not kiosks provide a quick, convenient way to share your level of satisfaction with our services.

We've placed one at the Community Center and one in the Building department lobby. Whether you've taken an exercise class or pulled a building permit, take a few seconds to press the emoji that matches how you feel about the experience.

Your feedback is always important to us - it helps us to find ways to improve our services and ensure we're meeting your needs.



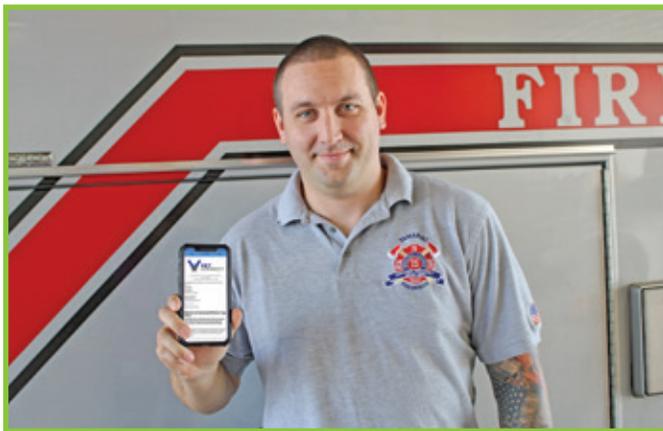
# Happy Retirement Capt. Glassman

A charismatic and popular community leader, Captain Neal Glassman retired after 30 years of service with the Broward Sheriff's Office. He served as the chief of BSO Tamarac District for the last 6 1/2 years.

To honor all he has done for the community, and in appreciation of the professionalism and dedication with which he led his team of more than 100 employees, the Mayor and Commission proclaimed July 2019 as Captain Neal Glassman Month.



## Offering a Safety Net to Vets in Need



With the push of a button, Tamarac Fire Rescue can now refer struggling veterans who need help to the LCpl Janos V Lutz Live to Tell Foundation, a local nonprofit.

Fire personnel using the foundation's Vet-Connect mobile app can quickly and easily refer interested veterans to this nonprofit for supportive services, local resources and/or peer groups known as Lutz Buddy Up Social Clubs, which recreate the comradery experienced in military culture. Within 24 hours of the referral, the vet is contacted.

Interested in learning more about Vet-Connect and the Lutz Buddy Up program? Visit [www.LCplLutzLiveToTell.org](http://www.LCplLutzLiveToTell.org).

## Answers for Seniors

Got questions about legal problems senior citizens may experience in the areas of housing, health and public benefits, consumer issues, abuse and exploitation, and naturalization? Get answers from Coast to Coast Legal Aid of South Florida at Tamarac's next HOA Liaison quarterly meeting.

In addition, a representative from Rapid Mortgage Solutions will provide information about reverse mortgages for seniors finding it difficult to keep up with mortgage and maintenance payments.

To RSVP call the City of Tamarac Housing division at (954) 597-3530. You are welcome to send additional topics for discussion in advance to Carolyn.Francis-Royer@Tamarac.org.

### HOA LIAISON QUARTERLY MEETING

Tuesday, November 12th,  
6 - 8 pm

Tamarac Community Center  
8601 W. Commercial Blvd.

Refreshments will be served.

# FOURTH OF JULY CELEBRATION



**The Sports Complex was packed with a record-breaking 7,500 people attending the City's All-American Fourth of July Celebration!**



**B**ring your appetite and indulge on samples from more than 25 local restaurants. Enjoy cooking demonstrations, a kids' corner, face painting and more at the 16th Annual Taste of Tamarac.

**WHEN:**

Saturday, October 12th  
11:30 am - 3 pm

**WHERE:**

Tamarac Community Center  
8601 W. Commercial Blvd.

**COST AT DOOR:**

\$10 Adults, \$5 Children 6 to 12,  
Under 6 free

**EARLY BIRD SPECIAL:**

Online only at [www.TasteOfTamarac.org](http://www.TasteOfTamarac.org)  
until October 6th.

\$8 Adults, \$4 Children 6 to 12,  
Under 6 free

This event is presented by the  
Tamarac North Lauderdale  
Chamber of Commerce.

For additional details or to purchase  
tickets, visit [www.TasteOfTamarac.org](http://www.TasteOfTamarac.org)  
or call (954) 722-1520.

## An Historic Day



**T**he Mayor and Commission proclaimed July 14th as Tamarac Historical Society Day for their relentless community spirit and devotion to our City. An integral part of the community, they not only increase awareness of our history, but can always be counted on to volunteer at City events.

In July, the Historical Society unveiled their 10th anniversary exhibit at the Community Center which included original photos, documents and Tamarac artifacts.



# DISCOVERY

## Summer Fun

**T**amarac has become the City For Your Life no matter your age! That was certainly evident at the City's summer camp, where 380 children had a blast playing games, sports, swimming, going on field trips and more. We look forward to seeing you all next year!



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*"Camp is very, very nice. I look forward to being at camp every day. I enjoy my new friends, the coaches, field trips, swimming, going to the movies, etc. OMG I am looking forward to next year, I was so sad when my mom told me camp is gonna be over in a few days but what can I say. Looking forward to kindergarten so bye for now love you camp, see you next year. Thanks for a wonderful experience!"*

*-With love, Shana Myton, camper*

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# 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.

## SUMMER HOURS

### POOL, SLIDE AND SPRAYGROUND

**Mon. - Sat:** 10 am - 6 pm  
**Sun:** 10 am - 4 pm

### SLIDE AND SPRAYGROUND

**Mon - Fri:** 3:30 - 6 pm  
**Sat:** 10 am - 6 pm  
**Sun:** 10 am - 4 pm

### SWIM LESSONS

#### Water Exploration &

**Safety Class:** Ages 1 - 2 with parent  
**Parent & Preschool:** Ages 2 - 4 with parent  
**Tot:** Ages 3 - 5  
**Levels 1 and 2:** Ages 5 and over  
**Adult Level 1:** Ages 13 and over  
**When:** Call for days and times  
**Fee:** Residents: \$45; Non-residents: \$55

### PROACTIVE ARTHRITIS WATER EXERCISE CLASS

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

### TAMARAC SWIM TEAM

TS Aquatics offers a competitive swim team program for children ages 5 - 18 at the Caporella Aquatic Complex. Free tryouts are held Monday - Thursday, between 5 - 7 pm. For additional information, please email [TamaracSwimming@gmail.com](mailto:TamaracSwimming@gmail.com) or visit [TSaquatics.com](http://TSaquatics.com).

### FITNESS CENTER

The Caporella Fitness Center offers a friendly, non-competitive workout environment with a variety of cardio equipment, weight machines and free weights. On your first visit, our qualified staff will show you around and help you get familiar with the equipment. 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.

Personal training available, please contact (954) 597-3661 for prices.

### SIZZLE & SCULPT

**When:** Mondays, 6:30 - 7:30 pm  
**Where:** Caporella Fitness Center  
**Fee:** Included with fitness membership or \$8 per class

### FREE FITNESS FRIDAYS

Free *Outdoor* Adult Group Fitness Class  
**When:** 2nd Friday of the month, 6 - 7 pm  
**Where:** Caporella Fitness Center



## FACILITY LOCATIONS

**Caporella Aquatic Complex  
and Fitness Center**  
9300 NW 58th St.

**Caporella Park**  
5200 Prospect Rd.

**Colony West Golf Club**  
6800 NW 88th Ave.

**Gary B Jones Park for People and Pups**  
8101 Southgate Blvd.

**Mainlands Park**  
4500 Monterey Dr.

**Sunset Point Park**  
11000 West McNab Rd.

**Tamarac Community Center**  
8601 West Commercial Blvd.

**Tamarac Multi-Purpose Center**  
7531 North University Dr.

**Tamarac Park Recreation Center**  
7501 North University Dr.

**Tamarac Sports Complex**  
9901 NW 77th St.

**Tephford Park**  
10003 Southgate Blvd.

**Veterans' Memorial Park**  
7825 Southgate Blvd.

*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 are 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 starts November 4th. The league is for boys and girls ages 6 - 17. Practice begins in February with games starting in March. The season will conclude in May. Space is limited. Volunteer coaches are needed.

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

### YOUTH BASEBALL

Registration begins November 4th for ages 4 - 12. Practices and games will begin in February and continue into early May. 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 INFORMATION ON THE FOLLOWING ATHLETIC LEAGUES, PLEASE CALL (954) 597-3620.

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

### FOR YOUTH TACKLE FOOTBALL/ CHEERLEADING CALL (954) 618-7027

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

# CITY OF TAMARAC PARKS AND



## YOUTH RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Session
<b>MULTI PURPOSE CENTER</b>					
Basketball Fundamentals	Wed.	6 - 6:45 pm	10 - 14 yrs.	\$30/\$40	4-week
Zumbatomic	Wed.	5 - 6 pm	4 - 12 yrs.	\$20/\$30	4-week
<b>RECREATION CENTER</b>					
Archery	Tues.	6 - 7 pm	7 - 18 yrs.	\$45/\$55	4-week
Art & You	Mon.	6:30 - 7:30 pm	7 - 12 yrs.	\$40/\$50	4-week
Ballet, Tap & Jazz	Sat.	10 - 11 am 11 am - 12 pm	3 - 6 yrs. 7 - 12 yrs.	\$45/\$55	4-week
Belly Dancing	Tues.	5 - 6 pm	6 - 12 yrs.	\$40/\$50	4-week
Fashionista	Sat.	12:30 - 1:15 pm	6 - 14 yrs.	\$40/\$50	4-week
Gymnastics	Thurs.	6 - 6:45 pm	5 - 12 yrs.	\$45/\$55	4-week
Hip-Hop/Cheerleading/ Tumbling	Sat.	11 am - 12 pm	5 - 12 yrs.	\$45/\$55	4-week
Imagination Mornings	Wed.	10:30 - 11:15 am	2 - 4 yrs.	\$25/\$35	4-week
I-Imagine Art	Sat.	11:45 am - 12:30 pm	5 - 14 yrs.	\$40/\$50	4-week
Kempo Karate	Mon. & Wed.	5:30 - 6:30 pm	7 - 18 yrs.	\$70/\$80	4-week
Kids Cooking	Tues. (1st & 3rd)	6 - 8 pm	7 - 12 yrs.	\$40/\$50	2-week
Lil Sprouts Cooking	Mon.	10:30 - 11:15 am	2 - 4 yrs.	\$25/\$35	4-week
Move & Play	Tues.	10:30 - 11:15 am	2 - 4 yrs.	\$25/\$35	4-week
Taekwondo	Tues. & Thurs.	5:30 - 6:30 pm	6 - 12 yrs.	\$80/\$90	4-week
<b>SPORTS COMPLEX</b>					
Youth Tennis	Tues.	5:30 - 6:30 pm	6 - 12 yrs.	\$40/\$50	4-week

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>.

# RECREATION ACTIVITIES

## ADULT RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Session
<b>COMMUNITY CENTER</b>					
Aerobic Cycling	Mon. Tues. Thurs. 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
Badminton	Mon. & Wed. Sat.	6 - 9 pm 5 - 9 pm	13 & over	\$3/\$5	Per Class
Table Tennis	Sat.	2 - 9 pm	18 & over	\$1/\$2	Per Class
<b>MULTI PURPOSE CENTER</b>					
Volleyball	Mon. Thurs. Sat.	6:30 - 8:30 pm 7:15 - 8:30 pm 1:30 - 4 pm	16 & over	\$5/\$6	Per Class
<b>RECREATION CENTER</b>					
Vegan Cooking Classes	Thurs. (1st & 3rd)	7 - 8:30 pm	16 & over	\$50/\$60	2-week
Wing Chun	Tues. & Thurs.	6:30 - 8 pm	13 & over	\$80/\$90	4-week
<b>RECREATION CENTER FITNESS SCHEDULE</b>					
Dance Fit	Tues.	7 - 8 pm			
Salsa Fitness	Mon. Thurs.	6 - 7:30 pm 7 - 8 pm			
Pilates	Sat.	9:30 - 10:30 am			
Zumba Fitness	Mon. Wed. Tues. Wed. Thurs. Sat.	7 - 8:30 pm 7 - 8 pm 9:30 - 10:30 am 10:30 - 11:30 am			
<b>COMMUNITY CENTER FITNESS SCHEDULE</b>					
Balance & Recovery	Wed.	6 - 7 pm			
Booty Barre	Mon.	6 - 7 pm			
Max 30 (Aerobics)	Sun.	10 - 11 am			
Power Sculpting	Thurs. & Fri.	6 - 7 pm			
Tone and Sculpt	Tues.	6 - 7 pm			
Tai Chi	Wed.	7 - 8 pm			
Yoga	Mon. Tues. Thurs. Sat. Sun.	5:30 - 6:30 pm 6 - 7 pm 7 - 8 pm 9:30 - 10:30 am 9 - 10 am			
Zumba	Wed.	7 - 8 pm			

Participants can enjoy fitness classes at the Recreation Center and Community Center 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

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

# SOCIAL SERVICES

*All services are provided at the Tamarac Community Center 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.*

## SENIOR LAWN ENHANCEMENT PROGRAM

This program is designed to allow youths to give back to those in need. Teens will assist adults with limited mobility by completing outdoor duties including, but not limited to, light gardening, sweeping porches and driveways, trash/debris pick up, light yard work and garbage/recycle bin take out. To qualify for this program, you must be:



- A Tamarac resident
- A senior (55+)
- An adult with a limiting disability

For more information and registration, please call (954) 597-3626.

## DO YOU HAVE A CHILD WITH SPECIAL NEEDS?

Tamarac is creating a list of people interested in a future parent and family support group. It will provide a safe place for parents and caregivers to obtain resources, receive ongoing support, vent, share information and ideas and learn positive coping skills. You can gain perspective, relieve loneliness and build friendships. Please call (954) 597-3642 to be added to our interest list.

## INDIVIDUAL COUNSELING

Free limited sessions for Tamarac residents only. Please call counselors Lakshmi at (954) 655-7040 or Jessica at (954) 317-9460 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 the 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. They 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

## FREE HEARING SCREENING

Hear for Good, Inc. will provide free hearing tests and discount hearing aids through its nonprofit foundation.

Consultations with a Board-Certified Doctor of Audiology

are free. Pricing on hearing aids is based on your income. Consultations are by appointment only. Please call (954) 597-3642 to make an appointment.



## PEACE OF MIND SUPPORT GROUP

Are you looking for peace of mind? Please join a licensed psychologist from Jewish Family Services for group sessions on various topics.

**When:** First and third Wednesday of the month, 10 – 11 am

## CENTER FOR HEARING AND COMMUNICATION-AMPLIFIED PHONE

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

**When:** Monday, October 14th, 10 – 11:30 am



### CARRY-ON KITS

Donations are being accepted for those in need of personal toiletries along with small suitcases to carry items. Please call (954) 597-3626 for more information.

### SENIOR SOCIAL

Join us for light refreshments and an educational lecture.

**When:** Third Tuesday of each month, 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.

### NEW SUPER WALMART EXPRESS

**When:** Every Wednesday

Please call (954) 597-3649 for more information.

### TRANSPORTATION AND EXPRESS SHUTTLE SERVICES

Door-to-door paratransit service is available to the disabled and 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 City facilities.

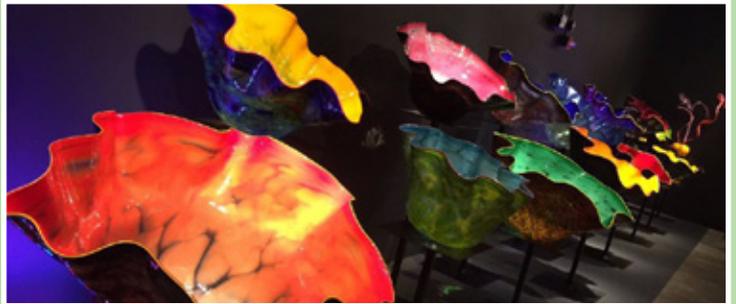
Additionally, the City runs an Express Shuttle once a month. The shuttle starts at 10 am at the Tamarac Community Center and visits the following stops: Coral Square Mall, BJ's, Home Depot, Whole Foods, Sam's Club, Doris Italian Market & Bakery, Michaels and Panera Bread. The shuttle costs \$1 roundtrip, 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).

### DINNER WITH DIVAS - LIPS

Thursday, September 5th, 6 - 10 pm  
Residents: \$70, Non-residents: \$80



### WIENER MUSEUM OF DECORATIVE ARTS

Thursday, September 19th, 2 - 8 pm  
Residents: \$25, Non-residents: \$35



### LAKE WORTH PLAYHOUSE - SISTER ACT

Thursday, October 3rd, 4 - 11 pm  
Residents: \$70, Non-residents: \$80

### BROWARD CENTER - LES MISÉRABLES

Thursday, October 17th, 4 pm - 11 pm  
Residents: \$85, Non-residents: \$95

### ACTORS' PLAYHOUSE - RING OF FIRE

Thursday, November 7th, 4 - 11 pm  
Residents: \$60, Non-residents: \$70

### LAKE WORTH PLAYHOUSE - INSPECTING CAROL

Thursday, November 21st, 4 - 11 pm  
Residents: \$65, Non-residents: \$75

# 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. Meet the producers and sample their locally prepared, all-natural products.

**Where:** Veterans' Memorial Park

**When:** Every Sunday, 9 am - 2 pm



## COMMUNITY GARAGE SALE

**Where:** Tamarac Park

**When:** Saturday, September 14th, 7:30 am - Noon

## ROCK N' RIDE CONCERT AND CAR SHOW

Join us for a car show with food trucks and live music by Solid Brass.

**Where:** Tamarac Sports Complex

**When:** Saturday, September 21st, 4 - 7 pm

## GREAT PUMPKIN SPLASH

Join us for spooky water fun, pumpkin picking and pumpkin decorating.

**Where:** Caporella Aquatic Complex

**When:** Saturday, October 19th, Noon - 3 pm

**Fee:** \$4.50 (17 & under), \$5 (Adults)



## HALLOWEEN HOOPLA

Enjoy this FREE event for all ages, which will include music, arts and crafts, bounce houses, face painting, carnival games, prizes and candy.

**Where:** Tamarac Park

**When:** Friday, October 25th, 6 - 8 pm



## DIVE-IN MOVIE

**Where:** Caporella Aquatic Complex

**When:** Saturday, November 2nd, 8 pm

**Fee:** \$4.50 (17 & under), \$5 (Adults)

## Exercise Your Mind

Join Tamarac Mayor Michelle J. Gomez and other elected officials at a Mayors' Chess Challenge event hosted by the City of Tamarac. Whether you're a novice or grandmaster, you'll have fun at this free event that supports scholastic chess.

### 6TH ANNUAL MAYORS' CHESS CHALLENGE

Tamarac Community Center  
Saturday, November 2nd  
10 am - Noon



# 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 at the Tamarac Community Center. 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

**Booty Barreless:** Fri. 10:15 am

**Booty Barre Flexibility** ▲▲▲▲: Tues. 9:45 am

**Carol's Cardio** ▲▲▲▲: Fri. 11:15 am

**Chair Yoga** ▲: Tues. and Thurs. 11:30 am

**Core Yoga** ▲▲: Wed. 11:30 am

**Group Strength Training** ▲▲▲▲: Wed. 10:15 am

**Jazzercise** ▲▲: Mon., Tues., Thurs., Fri. 10 am

**Line Dancing** ▲▲: Mon. and Thurs. 11 am

**Meditation** ▲: Fri. 10:15 am

**Movement Mix** ▲▲: Wed. 10:15 am

**Proactive Arthritis Water Exercise Class** ▲▲: Mon., Wed. and Fri. 10 am (Aquatic Complex)

**Senior Dance - Ballroom:** Thurs. 1 pm

**Sit & Fit Aerobics** ▲: Tues. and Thurs. 10:15 am

**Stretch and Strong** ▲▲: Thurs. 9 am

**Tai Chi / Qigong** ▲: Mon. 9 am; Fri. 8:30 am

**Yoga** ▲▲: Mon. 10:45 am; Wed. 11:30 am, and Fri. 12:15 pm

**Zumba** ▲▲: Wed. & Fri. 11:30 am

**Zumba Gold** ▲▲: Mon. 12:15 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 Power Hour:** Mon. 11:15 am; Thurs. 11:15 am (members only, Int & Adv)

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

**Trivia:** Fri. 2 pm

**Volleyball** ▲▲: Tues. 11:15 am; Wed. 11 am; Fri 11:15 am

## TAMARAC SOCIAL CLUB AND INTERNATIONAL TRAVEL CLUB

Meeting times vary for these clubs; check the senior program monthly calendar for more information.



## 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) 597-3624 for more information.

Food vendors, please call (954) 597-3625 to obtain information on how to be a vendor at City events.

# ROCK N' RIDE CONCERT AND CAR SHOW

Get ready to get revved up at our Rock N' Ride Concert and Car Show featuring cars of all types and ages, food trucks and live music by Solid Brass.

**When:** Saturday, September 21st  
4 - 7 pm

**Where:** Tamarac Sports Complex  
9901 NW 77th St.

Admission is free. Onsite car exhibit registration is \$20. Call (954) 597-3620 for event information, or Rockin' Rich at (954) 675-8679 for details about participating in the car show.

