

# TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

NOVEMBER | DECEMBER | 2019

## GIVING THANKS



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

|   |                  |
|---|------------------|
| MAIN NUMBER .....   | (954) 597-3500   |
| 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<br>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   |
| Code Enforcement .....  | (954) 597-3425   |
| 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   |
| Human Resources.....  | (954) 597-3600   |
| Job Line .....  | (954) 597-3615   |
| 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:**

|                                   |                |
|-----------------------------------|----------------|
| Florida Power & Light.....        | (954) 797-5000 |
| Waste Management.....             | (866) 684-3142 |
| Comcast Cable.....                | (954) 252-1937 |
| Library (Tamarac Branch) .....    | (954) 765-1500 |
| Post Office (Tamarac Branch)..... | (954) 722-3152 |

# Mayor's Message

**T**his edition of Tam-A-Gram marks the end of the year and the start of our holiday season. For me, it marks the end of my first year as your Mayor. And what a year it's been. We've seen some significant milestones in our City: the groundbreaking and progress of Tamarac Village, the metamorphosis of Colony West and renewed business interest.

It's also been quite a year for me personally. While I never expected to be diagnosed with Stage 2 breast cancer shortly after the November 2018 election, I am grateful for your confidence in me as I went through a lumpectomy, 16 chemotherapy sessions and 30 rounds of radiation. I'm proud that I never missed a Commission meeting and even more pleased to share that I am cancer free!

Cancer is an extremely personal journey, and everyone needs to decide for themselves what to say and when. I apologize to those who somehow hadn't heard or would have liked to have known sooner. And I appreciate all of you who

opened up and shared your stories. I remain available for anyone who would like to talk. Just reach out to me by phone or email.

During this time of appreciation and giving thanks, I hope you know how grateful I am for all your cards, texts, calls, emails, hugs, prayers, cookies, cakes, and beautifully knit hats and shawls. Your love and support helped me through what should be considered one of the worst experiences of my life. But it wasn't; it showed me that there is such a tremendous amount of goodness in and around our City.

Thank you for making my journey easier.

Please remember to make the time for your yearly wellness checks. Early detection is the best defense against this and all awful diseases.

My sincere wishes to you for a healthy and happy holiday season. Looking forward to a wonderful 2020!

*Michelle*

Michelle J. Gomez, Mayor



# A Balancing Act

As Tamarac transforms from a quiet bedroom community to a thriving, multicultural and multigenerational City, its leaders must carefully balance today's needs with those of tomorrow. Our newly adopted, \$197 million budget focuses on maintaining critical infrastructure to ensure we're prepared for the future. It also includes projects to enhance our community's appearance and new events to celebrate our spirit. The carefully crafted budget does all this without raising the millage rate used to determine property taxes, which has remained the same for the last seven years.

## Did You Know...

65% of residential property owners in Tamarac will pay \$750 or less in ad valorem taxes?

## What's in the Budget

While the City's population grows younger, our infrastructure does not. It's critical that we keep our water and stormwater systems in good working order. That's why we allocated \$2.1 million for stormwater projects, and more than \$3 million for improvements to the Water Treatment Plant in the capital budget, which funds major improvements to the City's facilities and infrastructure. Funds are included to extend water lines to the City's east side and reduce the reliance on purchasing water from Fort Lauderdale.

Other capital improvement projects will beautify and enhance the community, including \$2.7 million for improvements to Caporella Park, \$1.2 million for median landscaping and road paving and \$1.26 million for the neighborhood signage program.

To better ensure community safety, the operating budget includes three new firefighter/paramedic positions. It allocates funds for additional events, notably a holiday lighting at Caporella Park, a Battle of the Bands and additional concerts and movies in the park.

## Property Taxes

While the millage rate remains the same, property taxes are projected to generate \$2.2 million more than Fiscal Year (FY) 2019, thanks to new homes being added to the tax roll and a rise in property values. Both are good indicators of the health and vibrancy of the community.

However, increases in individual property taxes should be small for the City's portion of your tax bill. For instance, homeowners will only pay the City \$13.85 more (after exemptions) for homes with FY 2019 assessed values of \$100,000 that fall under Save Our Homes. For homes with assessed values of \$300,000 under Save Our Homes, the yearly increase (after exemptions) is \$41.55.

The bottom line is that we must balance the need to remain an affordable and vibrant community with the need to prepare for the future, while maintaining the financial stability that makes Tamarac a great place to build a family, a business and a life. Want more budget details? Visit [www.Tamarac.org/Finance](http://www.Tamarac.org/Finance) and click the "Management and Budget Services" button.

## FY 2020 PROPERTY TAX RATES:

### Ad Valorem

Applied to your property's assessed value, subject to homestead and other exemptions.

### City Millage Rate:

7.2899, the same since FY 2013

### Non Ad Valorem Assessments:

Not based on assessed values, billed at a flat rate on your tax bill

### Fire Rescue Special Assessment:

\$350, same since FY 2017

### Stormwater Special Assessment:

\$131.60, an increase of 3%, consistent with the City's Code of Ordinances

### Residential Solid Waste Assessment:

\$278.75, no change

# Toxic Trash

**N**eed to get rid of old paint, solvents or other household hazardous waste? Not sure what to do with your old electronics? Don't let them end up in a landfill - take them to our upcoming drop-off event.

Tamarac and many neighboring cities have partnered to host a series of free drop-off events, giving residents a responsible way to recycle or dispose of these items. Proof of residency in Tamarac or a participating city is required.

Accepted materials include fire extinguishers, computers and accessories, televisions, car batteries, cellphones, household cleaners, lawn and pool chemicals, fluorescent bulbs, automobile fluids, paint and solvents, pesticides, and fertilizers. For more details, visit [www.Tamarac.org/HazardousWaste](http://www.Tamarac.org/HazardousWaste).



## HOUSEHOLD HAZARDOUS WASTE AND E-WASTE DROP-OFF EVENT

Saturday, December 7th  
Tamarac Public Services Building  
6011 Nob Hill Rd.  
9 am - 2 pm

# Keeping Tamarac Wild

**T**amarac has many initiatives in place to reduce our carbon footprint, preserve green space and remain a thriving City for both humans and wildlife.

The National Wildlife Federation (NWF) designated Tamarac as a Community Wildlife Habitat. This green recognition is awarded to those who create ecosystems where birds, butterflies and other native species can flourish. The City currently has a growing list of 45 homes and 8 parks that are certified wildlife habitats.

Founded in 1936, the NWF encourages cities and homeowners to become healthier, greener and more wildlife-friendly.

The development of parks and private gardens plays a crucial role in preserving our natural habitats.

Consider making your garden a certified wildlife habitat. It's beautiful, rewarding and makes a big difference to the environment. To become certified, you must use sustainable maintenance practices, include water and native plants for wildlife to consume, and have covering for animals to use when hiding from predators and avoiding bad weather.

To learn more, attend the Habitat Happy Hour Launch Mixer at the Community Center on November 13th at 6 pm. RSVP by November 8th to [Sammie.Monroe@Tamarac.org](mailto:Sammie.Monroe@Tamarac.org).

# Ready for the Storm

**W**hen Hurricane Dorian threatened South Florida over Labor Day weekend, the City was prepared. Here's a behind-the-scenes look at the steps taken to ensure Tamarac was ready.

In the week leading up to the potential impact, we carefully monitored Dorian. Based on the forecast track, the City declared an emergency on Wednesday, August 28th, and enacted our emergency plan.

Canals were lowered, storm drains were cleared and staff was prepared to work during the storm. The City readied our facilities, tested and prepared our generators and ensured all construction sites in Tamarac were secure.

The City partially activated its Emergency Operations Center (EOC) on Friday. We closed most facilities at the end of that day, with some park facilities closing Saturday.

The EOC provides a secure location for cross-functional teams to receive information, communicate needs to other agencies and manage all aspects of an emergency in a coordinated way.

Over the long holiday weekend, critical staff monitored the slow-moving storm and participated in regular conference calls with the National Weather Service, Broward County and other agencies. We made sure to provide regular community updates through the City's website, email, social media, citizen hotline and CodeRED.

As the weekend progressed, the storm's forecast cone moved away from Broward County. Instead of a hurricane watch or warning, a tropical storm watch was called.

Tamarac's EOC remained at partial activation until this powerful storm passed and the watch was lifted on Tuesday, September 3rd. The City returned to normal operations the next day.

This time, we got lucky. We might not with the next storm.

That's why the City takes emergency management very seriously and evaluates our emergency plan and protocols after every storm to find opportunities to improve.

We recommend that you do the same for your hurricane plans. For tips and helpful information for next time, visit [www.Ready.gov](http://www.Ready.gov).

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## Are You Signed Up for CodeRED?

**D**uring emergencies, it's critical that the City has a way to communicate with you. That's why we urge you to sign up for CodeRED. These free alerts will allow you to receive information when it counts. That's especially important not only during hurricane season, but year-round. Visit [Bit.ly/TamaracCodeRED](http://Bit.ly/TamaracCodeRED), text TamaracCodeRED to 99411 or call (954) 597-3800 to register for these important notifications.



# A Shared Responsibility

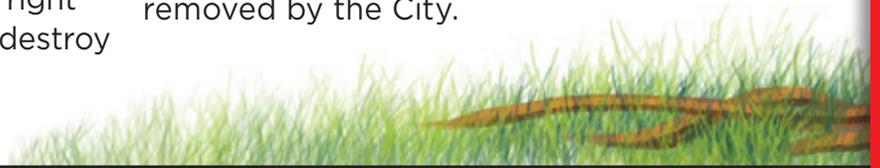
**W**hile trees enhance a community's appearance and are good for the environment, their care sometimes causes confusion and even conflict between neighbors. Residents frequently ask the City, "Who's responsible for pruning or removing trees or branches that fall from my neighbor's property onto mine?"

Generally, when a tree canopy extends over two properties, it's a shared responsibility. Of course, it's best when neighbors can cooperate over its care. However, property owners are responsible for the portion that crosses or falls on their property - even if the tree is rooted in someone else's yard. That means you can prune back limbs over your property, although you must do it the right way and be careful not to damage or destroy the tree.



Visit [www.Broward.org/Environment/TreePreservation](http://www.Broward.org/Environment/TreePreservation) and click "proper tree pruning" for guidelines.

What about trees that encroach on public property? Local governments and utilities can trim branches that hang over public property and rights-of-way using responsible pruning methods. Trees and branches that fall onto public venues like roads or sidewalks during a storm are removed by the City.



## Green Scene



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

- Clean cardboard and paperboard are recyclable. Break down boxes made with these materials to make more room in your recycling bin. Remember, no pizza boxes.
- Mulching around shrubs and flower beds reduces water evaporation, promotes plant growth and controls weeds.

## Think Before You Flush

**T**o keep Tamarac's sanitary sewer system in good working order, the City is asking the community not to send anything down the toilet that's not meant to be flushed. Your cooperation will help prevent failures and sewage backups.

Items that should not be flushed include paper towels, disposable cleaning rags, dust rags and diapers. **"Flushable wipes" really aren't.** All these products get tangled in impellers at the pump stations, slowing their capacity and, in some cases, disabling them completely until repairs are made.

# Proclamations



The Commission recognized September 15th – October 15th as Hispanic Heritage Month. This proclamation honors the positive contributions Hispanics make, and their strong commitment to family, faith, hard work and service.



More than 250,000 children and adolescents under the age of 20 are diagnosed with cancer each year. Raising awareness and providing better treatment is crucial to ensure they live healthier, longer lives. The Mayor and Commission presented Tamarac resident and two-time cancer survivor Tommy Boegler, 8, with a proclamation naming September Childhood Cancer Awareness Month.



The Commission recognized September 11th as a Day of Service and Remembrance to honor the victims of the 9/11 tragedies, and to commemorate the heroism of everyone who responded. The Tamarac Fire Rescue and BSO Honor Guards performed a massing of colors to memorialize the anniversary of the events that are forever etched in America's heart.

## Annual Water Quality Report Available Online

**Y**ou 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.

# Police Presence

**W**e know the City is safe. In addition to *being* safe, we want people to *feel* safe as well. Increasing police visibility helps with both, and is something residents want, according to our last community survey.

BSO Tamarac has several initiatives to increase visibility in the community. They added patrols in commercial and retail areas this summer, using funds from a Department of Justice grant. They've also increased their presence in residential areas, having cars patrol your neighborhood as much as possible when not responding to priority calls.



In addition, they implemented “BSO on Your Block”, a program which encourages deputies to park their vehicles and interact with businesses and members of the community.

“Visibility is as important to us as it is to the community,” said BSO Tamarac Lt. Steve Feeley. “BSO on Your Block is taking us back to the basics of getting out of cars and talking with people. Engaging with people in this way not only makes us more visible, but builds trust in law enforcement and helps us better understand and meet the community’s needs.”

# No Permit? Not so Fast

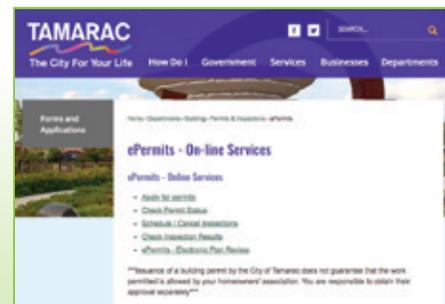
**D**id you know that many of the most common home improvement projects require permits? Obtaining the proper permit is vital to the safety of both you and your property.

Fortunately, the City’s electronic permitting system, ePermits, makes the process easy. ePermits lets residents, contractors and City staff handle the construction plan submission, review and approval process online. It also allows staff to review plans concurrently, saving valuable time.

To ensure everything is done according to code, it’s advised that you work with a licensed and insured contractor. They can provide an accurate assessment of your

project before making any changes. Remember, homeowners who have work done without obtaining a permit first can be subject to fines, including the cost to dismantle the project.

You can learn about home improvement projects that need permits by visiting [www.Tamarac.org/414](http://www.Tamarac.org/414) or by attending one of the City’s free Building Permit workshops. They’re held at 10 am on the third Wednesday of every month at the Building department, 6011 Nob Hill Rd. Call (954) 597-3420 to RSVP.



# Construction Corner

You may have noticed a lot happening around town. Here's a look at current construction projects in the City of Tamarac.

## 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.
- WoodSpring Suites, 5751 Madison Ave.
- KFC, University Dr. and NW 58th St.
- Tamarac Exchange Center, 6899 N. Hiatus Rd.

## Major City Projects

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

## 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.)

## Commission Meetings

Join us at upcoming City Commission meetings and workshops at Tamarac City Hall. These meetings are open to the public.

City Hall is located at 7525 NW 88th Ave.

If you can't attend the meetings, watch them live or On Demand at [www.Tamarac.org](http://www.Tamarac.org) or on Facebook live.

**November 12th  
Commission Workshop**  
9:30 am, Room 105

**November 13th  
Commission Meeting**  
7 pm, Commission Chambers

**December 9th  
Commission Workshop**  
9:30 am, Room 105

**December 11th  
Commission Meeting**  
7 pm, Commission Chambers

# Register for TU Today

Interested in learning about local government and how your City functions? Hear firsthand from elected officials and staff about what it takes to make a City operate smoothly.

Tamarac University is a free, eight-week interactive course that gives residents a behind-the-scenes look at how local government works. Classes begin on March 10th. For more information or to apply, visit [www.Tamarac.org/TU](http://www.Tamarac.org/TU).



## Time to Change Smoke Alarm Batteries

Tamarac Fire Rescue recommends replacing smoke alarm batteries every time you adjust your clocks for daylight saving time. Smoke alarm manufacturers also advise replacing alarms every 10 years. Tying these tasks together ensures you're replacing your batteries and alarms frequently enough.

This year, daylight saving time ends on Sunday, November 3rd. Whether you turn your clocks back Saturday night or Sunday morning, make sure to replace your smoke alarm's batteries and check its expiration date while you're at it!



## Update: HOA Liaison Meeting

The topic and speakers for the next HOA Liaison meeting have been updated. This event for board members and property managers will now feature a Q&A session with lawyers from Kaye Bender Rembaum about community association management.

To RSVP for this free event, email [JeffSolomon@KBRLegal.com](mailto:JeffSolomon@KBRLegal.com) or call (954) 501-9797. You are welcome to submit topics for discussion in advance.

### HOA LIAISON QUARTERLY MEETING

Tuesday, November 12th,  
6:30 - 8:30 pm  
Tamarac Community Center  
(Ballroom)  
8601 W. Commercial Blvd.  
Refreshments will be served.

# Flavors of India in Tamarac

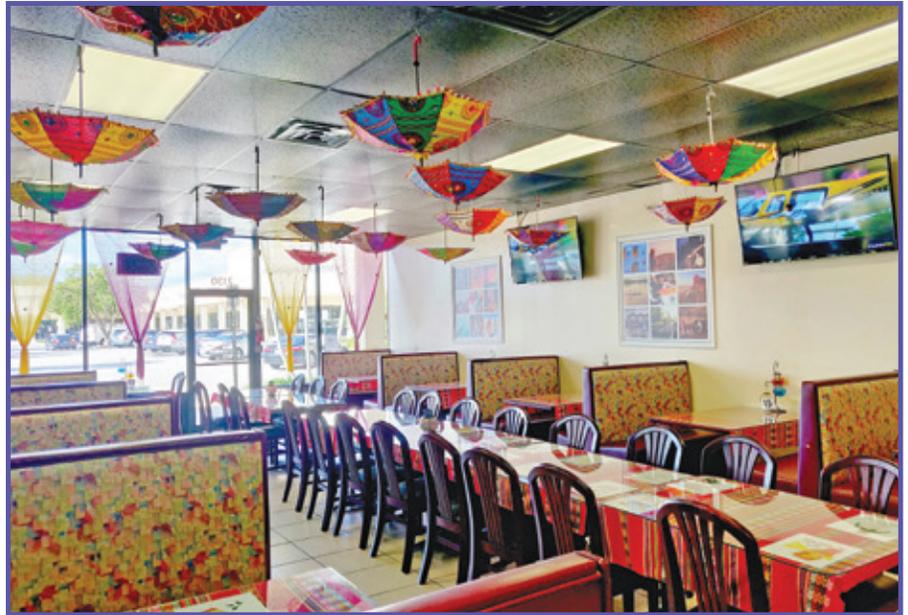
**W**ant to excite your taste buds? Lemon N Spice, one of Tamarac's newest restaurants, serves northern Indian cuisine that's sure to make your mouth water.

From traditional tandoori dishes to curries, masalas and biryanis, Lemon N Spice cooks up authentic meals that both vegan and meat-eating customers will enjoy.

After operating four food franchises for 35 years, husband and wife duo Abe and Yasmin Kassim were eager to bring their native flavors to our community.

They opened their first Indian restaurant in 1990 in Pembroke Pines. That one restaurant turned into three. By 2005, three turned into zero when the couple retired, moved to Dubai and traveled the world.

Upon returning to the States, Abe missed working and decided to open Lemon N Spice



to stay active. "We love what we do," said Abe. "We love Tamarac and wanted to open a restaurant for the residents to enjoy."

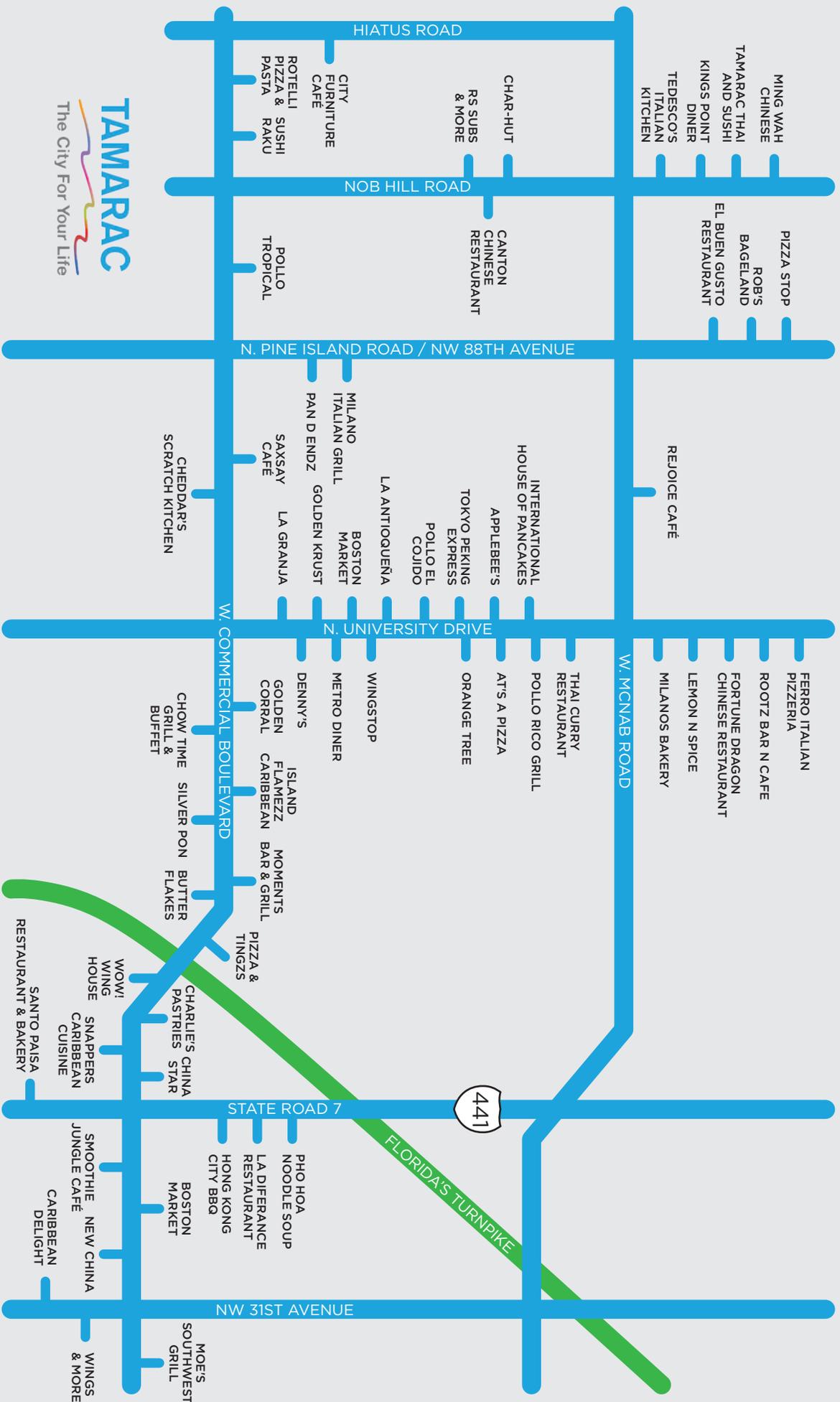
With seating for 125 people, Lemon N Spice offers both buffet and sit-down service for lunch and dinner.

Ready to indulge? Visit Lemon N Spice at 7130 N. University Dr. For more information, visit [Lemon-N-Spice.Business.site](http://Lemon-N-Spice.Business.site).



# TAMARAC DINING GUIDE

Tamarac's restaurant scene is as diverse and vibrant as our community. This comprehensive guide includes all dining establishments in the City of Tamarac except fast food restaurants. Use it to map out your future culinary adventures and support our local small businesses!



SEE OTHER SIDE FOR ADDRESSES

# TAMARAC DINING GUIDE

**APPLEBEE'S**

6005 N. UNIVERSITY DR.

**AT'S A PIZZA**

6714 N. UNIVERSITY DR.

**BOSTON MARKET**

3102 W. COMMERCIAL BLVD.

**BOSTON MARKET**

5815 N. UNIVERSITY DR.

**BUTTER FLAKES BAKERY & GRILL (CARIBBEAN)**

5100 W. COMMERCIAL BLVD. #3

**CANTON CHINESE RESTAURANT**

10036 W. MCNAB RD.

**CARIBBEAN DELIGHT**

3134 W. COMMERCIAL BLVD.

**CHAR-HUT**

10000 W. MCNAB RD.

**CHARLIE'S PASTRIES (JAMAICAN BAKERY)**

4261 W. COMMERCIAL BLVD.

**CHEDDAR'S SCRATCH KITCHEN**

7951 W. COMMERCIAL BLVD.

**CHINA STAR**

4233 W. COMMERCIAL BLVD.

**CHOW TIME GRILL & BUFFET**

6997 W. COMMERCIAL BLVD.

**CITY FURNITURE CAFÉ**

6701 HIATUS RD.

**DENNY'S**

5710 N. UNIVERSITY DR.

**EL BUEN GUSTO COLOMBIAN RESTAURANT & BAKERY**

7227 NW 88TH AVE.

**FERRO ITALIAN PIZZERIA**

8146 N. UNIVERSITY DR.

**FORTUNE DRAGON CHINESE RESTAURANT**

7178 N. UNIVERSITY DR.

**GOLDEN CORRAL**

7401 W. COMMERCIAL BLVD.

**GOLDEN KRUST CARIBBEAN RESTAURANT**

5711 N. UNIVERSITY DR.

**HONG KONG CITY BBQ**

5301 N. STATE ROAD 7

**INTERNATIONAL HOUSE OF PANCAKES**

6101 N. UNIVERSITY DR.

**ISLAND FLAMEZZ CARIBBEAN RESTAURANT**

6965 W. COMMERCIAL BLVD.

**KINGS POINT DINER**

7134 N. NOB HILL RD.

**LA ANTIOQUEÑA RESTAURANT & BAKERY (COLOMBIAN)**

5753 N. UNIVERSITY DR.

**LA DIFERANCE RESTAURANT**

5351 N. STATE ROAD 7

**LA GRANJA PARRILLA & SEAFOOD**

5701 N. UNIVERSITY DR.

**LEMON N SPICE (INDIAN)**

7130 N. UNIVERSITY DR.

**METRO DINER**

5714 N. UNIVERSITY DR.

**MILANOS BAKERY (ARGENTINIAN)**

7120 N. UNIVERSITY DR.

**MILANO ITALIAN GRILL**

8767 NW 57TH ST.

**MING WAH CHINESE RESTAURANT**

7148 N. NOB HILL RD.

**MOE'S SOUTHWEST GRILL**

2400 W. COMMERCIAL BLVD.

**MOMENTS BAR AND GRILL**

6455 W. COMMERCIAL BLVD.

**NEW CHINA**

3170 W. COMMERCIAL BLVD.

**ORANGE TREE BREAKFAST & LUNCH**

6400 N. UNIVERSITY DR.

**PAN D ENDZ JAMAICAN RESTAURANT**

8763 NW 57TH ST.

**PHO HOA NOODLE SOUP (VIETNAMESE)**

5435 N. STATE ROAD 7

**PIZZA & TINGZS**

5100 W. COMMERCIAL BLVD. #5

**PIZZA STOP**

8275 NW 88TH AVE.

**POLLO EL COJIDO DOMINICAN RESTAURANT**

5843 N. UNIVERSITY DR.

**POLLO RICO GRILL (COLOMBIAN)**

6706 N. UNIVERSITY DR.

**POLLO TROPICAL**

8851 W. COMMERCIAL BLVD.

**REJOICE CAFÉ**

8001 W. MCNAB RD.

**ROB'S BAGELAND**

8217 NW 88TH AVE.

**RS SUBS & MORE**

10032 W. MCNAB RD.

**ROOTZ BAR N CAFÉ (JAMAICAN)**

7168 N. UNIVERSITY DR.

**ROTELLI PIZZA & PASTA**

10101 W. COMMERCIAL BLVD.

**SANTO PAISA RESTAURANT & BAKERY (COLOMBIAN)**

5337 N. STATE ROAD 7

**SAXSAY CAFÉ (PERUVIAN)**

8425 W. COMMERCIAL BLVD.

**SILVER PON (CHINESE)**

5100 W. COMMERCIAL BLVD. #6

**SMOOTHIE JUNGLE CAFÉ**

3208 W. COMMERCIAL BLVD.

**SNAPPERS CARIBBEAN CUISINE**

4243 W. COMMERCIAL BLVD.

**SUSHI RAKU JAPANESE RESTAURANT**

10135 W. COMMERCIAL BLVD.

**TAMARAC THAI AND SUSHI**

7658 N. NOB HILL RD.

**TEDESCO'S ITALIAN KITCHEN**

7132 N. NOB HILL RD.

**THAI CURRY RESTAURANT**

6850 N. UNIVERSITY DR.

**TOKYO PEKING EXPRESS**

5857 N. UNIVERSITY DR.

**WINGS & MORE**

4611 NW 31ST AVE.

**WINGSTOP**

5720 N. UNIVERSITY DR.

**WOW! WING HOUSE (OPENING SOON)**

4231 W. COMMERCIAL BLVD.

# DISCOVERY

## Celebrating Veterans

**H**elp us celebrate the commitment and sacrifice of those who have served our country at our annual Veterans Day ceremony. This year, we'll unveil the 11th memorial panel of the Veterans Honor Wall. This striking tribute consists of a series of glass panels encircling the eternal flame sculpture at Veterans' Memorial Park. Each memorial panel lists the name, rank, military branch and years of service for 100 Tamarac veterans.

Hosted by the City and the Tamarac Veterans Affairs Committee, the ceremony will also include a keynote speaker and refreshments.

### VETERANS DAY CEREMONY

Monday, November 11th  
Veterans' Memorial Park  
7825 Southgate Blvd.  
10:30 am



# 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 a 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

**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

**Pool, slide and sprayground closed for open swim December - February.**

## 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 call (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  
November 8th - Zumba with Walter  
December 6th - Tai Chi with Mark  
**Where:** Caporella Fitness Center

## FACILITY LOCATIONS

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**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 W. McNab Rd.

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

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

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

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

**Tephford Park**  
10003 Southgate Blvd.

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

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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 are 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.

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### YOUTH BASKETBALL

Registration begins November 4th. The league is for boys and girls ages 6 - 17. Practices start 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

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### YOUTH BASEBALL

Registration starts November 4th for ages 4 - 12. Practices begin in late February with games starting in April. Space is limited. Volunteer coaches are needed.

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

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### MEN'S 30 AND OVER BASKETBALL

Registration for Men's 30 and Over Basketball League starts on December 2nd. The "Rookie Run" for new players will be held on January 2nd and games will begin on January 9th. All games will be played at the Tamarac Community Center.

Fee: Residents: \$95, Non-residents: \$105

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### FIELD RENTAL

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

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### 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.

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

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*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/<br>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<br>11 am - Noon | 3 - 6 yrs.<br>7 - 12 yrs. | \$45/\$55                     | 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/<br>Tumbling | Sat.                 | 11 am - Noon               | 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.<br>(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/<br>Non-Resident Fee                     | Session                                       |
|---|---|--|-----------|---|---|
| <b>COMMUNITY CENTER</b>                   |   |  |           |   |   |
| Aerobic Cycling                           | Mon.<br>Tues.<br>Thurs.<br>Sat.           | 7:15 - 8:15 pm<br>7:15 - 8:15 pm<br>6:15 - 7:15 pm<br>8:30 - 9:30 am   | 16 & over | \$7/\$8<br>\$55/\$65<br>\$85/\$100<br>\$140/\$160 | Per Class<br>10 Classes<br>6 Months<br>Annual |
| Badminton                                 | Mon. & Wed.<br>Sat.                       | 6 - 9 pm<br>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.<br>Thurs.<br>Sat.                    | 6:30 - 8:30 pm<br>7:15 - 8:30 pm<br>1:30 - 4 pm                        | 16 & over | \$5/\$6   | Per Class                                     |
| <b>RECREATION CENTER</b>                  |   |  |           |   |   |
| 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.<br>Thurs.                            | 6 - 7:30 pm<br>7 - 8 pm  |           |   |   |
| Pilates                                   | Sat.                                      | 9:30 - 10:30 am  |           |   |   |
| Zumba Fitness                             | Mon.<br>Wed.<br>Tues. Wed. Thurs.<br>Sat. | 7 - 8:30 pm<br>7 - 8 pm<br>9:30 - 10:30 am<br>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.<br>Tues.<br>Thurs.<br>Sat.<br>Sun.   | 5:30 - 6:30 pm<br>6 - 7 pm<br>7 - 8 pm<br>9:30 - 10:30 am<br>9 - 10 am |           |   |   |
| Zumba                                     | Wed.                                      | 7 - 8 pm   |           |   |   |

Participants can enjoy fitness classes at the Recreation and Community centers 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.*

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 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.*

## SHARE A MEAL TOGETHER EVENT

Join us in fellowship as we share a meal together. For Tamarac residents who live alone or are single parents and have no family with whom to spend Thanksgiving. Please call (954) 597-3626 for further information and qualifications. Register by Tuesday, November 19th.

## 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 light gardening, sweeping porches and driveways, trash/debris pick up, light yard work and garbage/recycle bin take out. To qualify for assistance through 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?

The City is creating a list of people interested in a future parent and family support group. The support group will be a safe place where parents and caregivers can 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. 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, December 9th, 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).*

### 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



### FIRST BAPTIST | FTL - FORT LAUDERDALE CHRISTMAS PAGEANT

Thursday, December 5th, 4 - 10 pm  
Residents: \$55, Non-residents: \$65

### KRAVIS CENTER - THE PLAY THAT GOES WRONG

Thursday, December 12th, 4 - 10 pm  
Residents: \$85, Non-residents: \$95

### FIRST CHURCH OF CORAL SPRINGS - BETHLEHEM REVISITED

Tuesday, December 17th, 5 - 10 pm  
Residents: \$20, Non-residents: \$30

### BROWARD CENTER - ALADDIN

Thursday, January 9th, 4 - 11 pm  
Residents: \$85, Non-residents: \$95

### LAKE WORTH PLAYHOUSE - GYPSY

Thursday, January 16th, 4 - 11 pm  
Residents: \$75, Non-residents: \$85

### ACTORS' PLAYHOUSE - MAMMA MIA!

Thursday, January 23rd, 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

## DIVE-IN MOVIE: "THE LITTLE MERMAID"

**Where:** Caporella Aquatic Complex

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

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

NO inflatable flotation devices allowed.

Pool noodles allowed.

## VETERANS DAY CEREMONY

Please join us as we recognize the veterans who served our country.

**Where:** Veterans' Memorial Park

**When:** Monday, November 11th, 10:30 am



## 39TH ANNUAL TURKEY TROT

Register at [www.RunSignUp.com](http://www.RunSignUp.com).

**Where:** Tamarac City Hall

**When:** Thursday, November 28th, 7:30 am

**Fee:** Before November 15th: \$25  
November 16th – 27th: \$30  
Race Day: \$50



## SANTA'S BRIGHT & MERRY NIGHT

Join us as we light up the Christmas tree and menorah. Special appearance by Santa Claus followed by a short holiday movie on an outdoor screen.

**Where:** Caporella Park

**When:** Tuesday, December 3rd, 6 pm

## HOLIDAY LIGHTING FESTIVAL

This free event includes a Christmas tree and menorah lighting, a special holiday concert featuring Tamarac's best school choirs, a special appearance by Santa Claus and children's entertainment.

**Where:** Tamarac Community Center

**When:** Wednesday, December 4th, 6 pm

## RUDOLPH'S WINTER WONDERLAND

Join the City for a holly jolly night of reindeer games.

Enjoy bounce houses, face painting, carnival games, cookie decorating, pictures

with Santa and a special appearance by Rudolph the Red-Nosed Reindeer.



**Where:** Tamarac Park

**When:** Friday, December 13th, 6 - 8 pm

## PAWS WITH CLAUS HOLIDAY PAWTY

Dress your pet up for the best dressed holiday hound contest and bring your camera to have your dog's photo taken with Santa. Pictures with Santa from 9:15 - 10:30 am.

**Where:** Gary B Jones Park for People and Pups

**When:** Saturday, December 14th, 9 - 11 am

# 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., 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; Fri. 12:15 pm

**Zumba** ▲▲: Wed. and Fri. 11:30 am

**Zumba Gold** ▲▲: Mon. 12:15 pm

## GAMES & RECREATION

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

**Pickleball** ▲▲: (Beg) Mon and 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.



**CITY OF TAMARAC**  
7525 NW 88th Avenue  
Tamarac, Florida 33321-2401

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Permit No. 4603

# 39TH ANNUAL TURKEY TROT 5K RUN

**Make it part of your holiday tradition!**

Thursday, November 28th  
Race starts at 7:30 am  
Tamarac City Hall  
7525 NW 88th Ave.

**Entry Fees:**

|                       |      |
|-----------------------|------|
| Before Nov. 15th:     | \$25 |
| Nov. 16th - 27th:     | \$30 |
| Nov. 28th (Race Day): | \$50 |



Register online at [www.RunSignUp.com](http://www.RunSignUp.com). Commemorative T-shirts guaranteed to the first 1,800 registrants who pick up packets. Shirts not guaranteed on race day. For more information, call (954) 597-3620.