

TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

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A LOT TO LOVE

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

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

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7525 NW 88th Ave.
Tamarac, Florida 33321

You may also email your comments or questions to the Public Information Office at PIO@Tamarac.org.

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IMPORTANT NUMBERS

MAIN NUMBER	(954) 597-3500
ADA Coordinator/Accessibility.....	(954) 597-3600
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 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

A Lot to Love

Sometimes, it takes our youngest to remind us about all that's good in the world. That was certainly the case with Tamarac Elementary's "Why I Love My City" project in celebration of Florida City Government Week.

The students pointed out educational opportunities such as the dual language program at their school, fun facilities like the Recreation Center, Aquatic Center and the vast array of parks and activities for every interest. And then, they got to the heart of what makes Tamarac so special:

"There's community collaboration."

"Quality living with friendly neighbors and great neighborhoods."

"The City's involvement with the community."

"Neighbors who help each other."

And, to sum it all up,

"Tamarac feels like home."

What better way is there to describe our City?

There's already so much to love about Tamarac with even more things on the horizon. The City is partnering with Broward College to offer educational and training programs right here in Tamarac, and we'll be sharing details in the months to come. The outdoor fitness court at Tephford Park is open for business and new parks like Waters Edge are nearing completion. Wholesale upgrades for existing parks, including Caporella, are in the works.

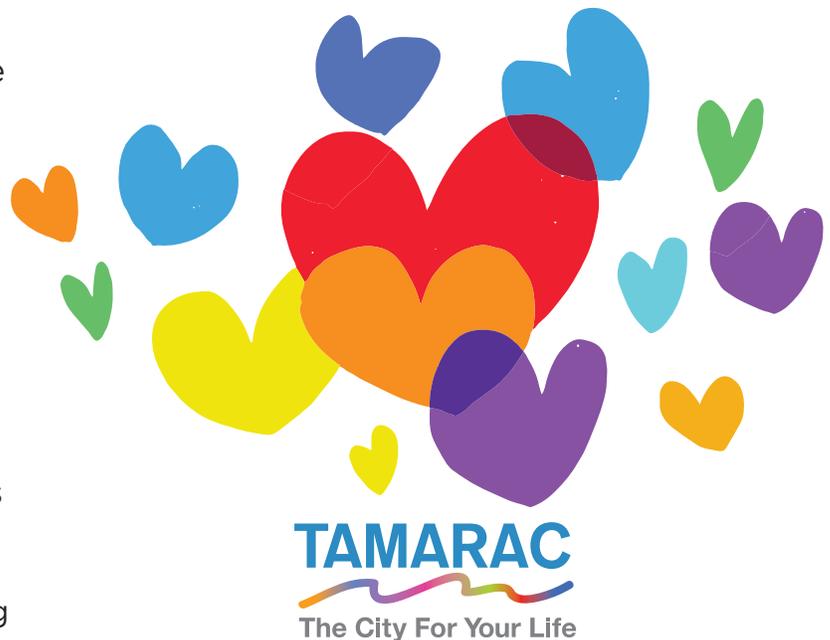
There's a steady influx of new businesses calling our City home: the latest addition to the Commerce Park is William R. Nash, Mechanical Contractors.

Massive construction projects like Tamarac Village are moving along at a rapid pace, and we can expect the ribbon cutting for the new Colony West clubhouse later this year.

We're hard at work building a better tomorrow for our children. We'll continue to work together to build a community that we all cherish.

Want to share the love? We're offering free #ILoveTamarac window clings at the Community Center, Recreation Center and City Hall. Put one in your vehicle and show everyone why you call Tamarac home.

#ILoveTamarac



State of the City

Join Mayor Michelle J. Gomez for the State of the City address, where she'll share a recap of 2019 accomplishments, as well as insight into what the future holds for our City.

The speech will open the regularly scheduled Commission meeting on Wednesday, February 12th, at 7 pm at City Hall.

If you're unable to attend, you can watch live or On Demand at both www.Tamarac.org/CityCommissionMeetings and on Facebook Live.



Recycling? Pass on Glass

Tamarac and many other cities around the country have stopped accepting glass for curbside recycling. Why? If glass breaks when comingled with other materials, it can contaminate them and make it dangerous to process the batch. In addition, glass has been a financial drain on the recycling program for the past five years due to a lack of local processors and the cost of shipping and processing.

These factors, combined with changes in the global recycling industry, make it cost more to recycle glass than to treat it as solid waste.

The fact is that recycling costs, in general, have risen dramatically in recent years due, in large part, to significant changes in how countries like China buy and use recycled material. What was once a moderate revenue source for the City is now an expense.

To minimize these costs, it's important to reduce contamination or the presence of non-recyclable materials. Tamarac pays a premium for contamination greater than 10%, which lowers the value of the remaining items. That's why it's important to only recycle approved items that are free of liquid or food residue. Remember, "When in doubt, throw it out."

The good news is that Tamarac's residential garbage goes to the Waste-to-Energy Plant,

where it's incinerated and converted to electricity. The material is never landfilled and provides clean and cost-effective electricity.

NOT TO RECYCLE

The following items are not accepted in Tamarac's curbside recycling program:

- Glass
- Plastic bags
- Anything with liquid or food residue, including pizza boxes
- Shredded paper and small items
- Scrap metal
- Electronics and small appliances
- Textiles, bedding, rugs or carpet
- Non-recyclable plastic
- Styrofoam and polystyrene
- Yard waste, wood or construction debris
- Diapers and biohazards like needles and medical waste
- "Tanglers" - hoses, chains, extension cords, etc. They can wrap around recycling equipment and shut down an entire recycling facility!

Bolton Selected as Vice Mayor



District 1 Commissioner Marlon D. Bolton has been selected by his peers to serve a one-year term as Tamarac's Vice Mayor. He has been on the Commission since 2016 and is the senior pastor with Praise Experience Church as well as a county court mediator. He is a board member of the Broward County Community Action Agency, serves on the Aviation Advisory Board for the Fort Lauderdale Executive Airport and is pursuing a master's degree in criminal justice at Florida International University.

Fostering Civic Engagement

Tamarac celebrated Florida City Government Week by partnering with local schools to tell our youngest community members about city government and why citizen involvement is so important.

After kicking off the week with a mock Commission meeting for high schoolers from Millennium and Piper, we welcomed students from Tamarac Elementary, Pinewood Elementary, Renaissance Charter School at University and BridgePrep Academy to a real Commission meeting. In addition, members of the Commission visited Piper High School, Challenger Elementary and Discovery Elementary.

Students from several schools showed their creativity and love for their city through poster, essay and photo projects.



Millennium 6 - 12 Collegiate Academy and Piper High School students participated in a mock Commission meeting.

Lessons in Leadership

Leadership Tamarac is underway! High school students in this annual program interact with staff and elected officials and participate in tours and hands-on activities to learn about leadership and how local government works.



Leadership Tamarac Class of 2020

Pride in Ownership

We thank the residents and businesses who received the City's 3rd Quarter Neighborhood Beautification Recognition Awards for doing their part to make Tamarac an attractive city in which to live, work and play.

Residential Property Winners



DISTRICT 1
Denise C. Chin
4578 NW 16th Ter.



DISTRICT 2
Clara Munoz
6709 NW 58th Ct.



DISTRICT 3
Richard and Maria Quadri
7975 NW 89th Ave.



DISTRICT 4
James and Patricia Romaine
7820 NW 66th Ter.

Commercial Property Winner



CITYWIDE
Atria Tamarac
7650 N. University Dr.

Tamarac property owners can make nominations for these awards. Forms are available at www.Tamarac.org/NeighborhoodBeautificationProgram or in the Community Development office at City Hall, 7525 NW 88th Ave., Room 206.

Trash Talk

Tamarac participates in a co-op with other cities to host drop-off events that provide residents a convenient and responsible way to dispose of household hazardous waste and e-waste. You can partake in any event listed below - just make sure to bring proof of residency. Times, locations and a list of accepted materials are available at www.Tamarac.org/HazardousWaste.

2020 HOUSEHOLD HAZARDOUS WASTE AND E-WASTE COLLECTION EVENTS

January 11th:	Fort Lauderdale
February 1st:	Coral Springs
February 22nd:	North Lauderdale
March 7th:	Coconut Creek
March 28th:	Lauderdale Lakes
April 25th:	Fort Lauderdale
May 2nd:	Tamarac
June 6th:	Pompano Beach
July 11th:	Fort Lauderdale
August 1st:	North Lauderdale
September 12th:	Coconut Creek
October 3rd:	Coral Springs
October 31st:	Pompano Beach
December 5th:	Tamarac
December 12th:	Parkland

The City also provides bulk pickup services for residents. It's collected weekly for single-family homes and quarterly for condominiums (see schedule below). For details on what's accepted and what's not, visit www.Tamarac.org/BulkTrash.

2020 QUARTERLY BULK TRASH COLLECTION SCHEDULE FOR CONDOMINIUMS

January 1st
April 1st
July 1st
October 7th

For additional information on these collection services, call (954) 597-3750.

Welcome BSO Captain Cirminiello



After an extensive search, the City appointed BSO Capt. Jeff Cirminiello as the new Tamarac District Chief. He brings with him a wealth of experience, education, training and commendations.

A 24-year law enforcement veteran, Capt. Cirminiello started his career in 1996 with the Lighthouse Point Police Department. He joined the BSO Dania Beach District two years later as a Road Patrol Deputy and Detective. In 2004, he earned the rank of Sergeant and supervised special task forces and units, including the Narcotics Interdiction Task Force and Gang Unit. He was then promoted to Lieutenant in 2016 and assigned as the Patrol Commander for Tamarac and then Pompano Beach. In 2018 he became a Captain and worked with BSO's Department of Administration.

"I am excited to be back in Tamarac and look forward to building new relationships," said Capt. Cirminiello.

Construction Corner

There's a lot of new construction and redevelopment around town as Tamarac's transformation offers more opportunities than ever for people to build a family, build a business and build a life. Here's a look at current construction projects in the City.

Private Development

- The Enclaves at Woodmont community, sales office at 7910 NW 79th Ter.
- Hidden Trails and Manor Parc communities, sales office at 4802 NW 48th Ter.
- WoodSpring Suites, 5751 Madison Ave.
- Alazhar School redevelopment, 7201 W. McNab Rd.
- Community Christian Church, two-story building, 10001 W. Commercial Blvd.
- KFC, 7556 NW 58th St.
- Tamarac Exchange Center, 6899 N. Hiatus Rd.
- Safeguard Self Storage, two-story addition, 6101 W. Commercial Blvd.

Public/Private Partnerships



Colony West

- 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.)
- Tamarac Village, north side of Commercial Blvd. between Pine Island Rd. and NW 94th Ave.

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.

We're Hiring!

Looking for a new job? Join Tamarac's dynamic workforce and make a positive difference in the community while working for an organization that encourages innovation, professional development and excellence. The City offers a comprehensive benefits package and a wide range of employment opportunities. To find out if there's one for you, visit www.GovernmentJobs.com/Careers/TamaracFL.



VETERANS DAY CEREMONY



At this year's ceremony, we proudly unveiled the 11th panel of our Veterans Honor Wall. This brings the total number of Tamarac veterans venerated to 1,100. For information on how to submit names for the next panel, visit www.Tamarac.org or call (954) 597 3621.

Proclamations



October was declared Fire Prevention Month, emphasizing the importance of fire awareness and prevention methods.



Agnes Barbosa from Women in Distress joined the Mayor and Commission when October was also declared Domestic Violence Awareness Month in the City.



The Mayor and Commission recognized October 23rd-31st as National Red Ribbon Week. Every day, communities across the country face violence and abuse associated with alcohol and drug use. Wearing a red ribbon shows support for a drug-free environment.

BSO Town Hall Meeting

Join Broward Sheriff Gregory Tony for an update on everything BSO is doing to deliver the best quality public safety to you and all of Broward County. Call (954) 831-8902 or email EventInfo@Sheriff.org to RSVP.

**Tuesday, February 4th, 6 pm
Tamarac Community Center
8601 W. Commercial Blvd.**

If you can't make it, you can learn more about BSO's initiatives at www.Sheriff.org/SheriffTony/.



All acts of subtle and overt racism, anti-Semitism, homophobia and ethnic bigotry undermine our community, schools, and the promise of equal justice. To show its zero tolerance for hate crimes, the Commission proclaimed October 28th as No Place for Hate Day.

39TH ANNUAL TURKEY TROT



The 2019 Tamarac Turkey Trot was our biggest yet, with 2,155 participants. Congratulations to the first-place overall female runner, Marlene Persson, and the first-place overall male runner, Jonathan Werble!

Halloween Hoopla Photo Contest

Lions and ducks and dinosaurs, oh my! Congratulations to the winners of the Halloween Hoopla Photo Contest, who captured the fun at the City's annual family-friendly community event.

Participants used the Tamarac To Go mobile app to quickly and easily submit their photos right from the event. This free app allows users to get City information, pay bills and report concerns (with pictures) from their smartphone. Download it on the Google Play and Apple App stores today.



First Place: Myriam Cardenas



Runner Up: Kara Capdevielle



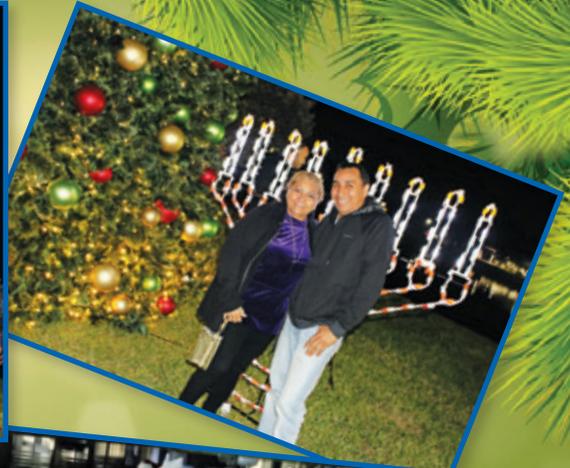
Runner Up: Fernanda Brown

Tamarac Says Yes to Chess

More than 50 participants of all ages joined Tamarac Mayor Michelle J. Gomez at our 2019 Mayors' Chess Challenge. Other elected officials helping to draw attention to the scholastic benefits of chess included Tamarac Commissioner Julie Fishman, Sunrise Mayor Michael Ryan and Lauderdale Lakes Mayor Hazelle Rogers.



SANTA'S BRIGHT & MERRY NIGHT



HOLIDAY LIGHTING FESTIVAL



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 meetings, watch them live or On Demand at www.Tamarac.org/CommissionMeetings or Facebook Live.

Times subject to change. To confirm, visit www.Tamarac.org or call (954) 597-3505.

Commission Workshops: Room 105

January 6th, January 21st,
February 10th, February 24th
All workshops are at 9:30 am.

Commission Meetings: Commission Chambers

January 8th, 7 pm
January 22nd, 9 am
February 12th, 7 pm
February 26th, 9 am

B2B Expo

Ready to take your business to the next level? Network with other local companies, learn from dynamic educational speakers and enjoy a panel discussion with members of Tamarac's City Commission at the Tamarac North Lauderdale Chamber of Commerce's B2B Expo. More than 30



businesses will have tables to interact with attendees; reserve one to share information and make connections!

Tickets through January 17th: \$10
Admission at Door: \$15
Table Top: Members: \$125, Non-members: \$200

**Friday, January 31st
8 am - 1 pm**

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

Breakfast and Lunch Included

To register or for additional information, visit www.tnlcoc.org/events-calendar.

Stop Human Trafficking

Join us for a discussion on the dangers, risk factors, myths and misconceptions about human trafficking. Middle and high school students will learn how to avoid becoming victims. Parents and community members will be taught the signs of trafficking. Parents must accompany children.

Youth Human Trafficking Summit

**Saturday, January 11th
Tamarac Community Center
8601 W. Commercial Blvd.
11 am - 3 pm**

Lunch and Snacks Provided

RSVP required. Register at www.bit.ly/34uJ8Hq.

This event is presented by the City of Tamarac, the Children's Services Council of Broward and the Broward Human Trafficking Coalition.

DISCOVERY

MLK Day

Tamarac will honor the Reverend Dr. Martin Luther King, Jr. at an early MLK Day celebration on Friday, January 17th. Join us from 6 - 8 pm as Ashanti Cultural Arts speakers and dancers portray the life of this civil rights leader and cultural icon. Stay tuned for an announcement on the keynote speaker.

Remembering an Icon
Friday, January 17th, 6 - 8 pm
Tamarac Community Center

A Lot to Celebrate

As we commemorate Black History Month, join the City for a series of programs and activities that celebrate the achievements, contributions and influence of African Americans in U.S. history and pop culture. From a movie and summit to a dance, field trip and festival, there are plenty of ways to celebrate and learn about black history and culture right here in your backyard.

Friday, February 7th, 6:30 pm
Movie in the Park - Black Panther
Tamarac Sports Complex
Free

Saturday, February 8th, 9 am - 1 pm
Teen Summit
Tamarac Community Center
Free

Thursday, February 13th, 1 - 3 pm
Senior Dance: "Stop in the Name
of Love" Motown Party
Tamarac Community Center
\$8

Thursday, February 20th, 3 - 8 pm
Adult Trip: Karibu African
American Heritage
Bus leaves from the Tamarac
Community Center
Residents: \$20, Non residents: \$30

Saturday, February 22nd, 4 - 8 pm
One Tamarac Multicultural Festival
Tamarac Sports Complex
Free



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, email TamaracSwimming@gmail.com or visit 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 www.Tamarac.org/CaporellaFitnessCenter.

Annual Fitness Center Membership Fees:

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

Three-month and six-month membership options are also available 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
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 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.

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 BASEBALL

Our baseball league offers divisions for coed participants ages 4 - 16. Practices start in late March and are generally held 1 - 2 times per week. Games begin in April. Registration will be open through March 1st or until the program reaches capacity. Volunteer coaches are needed! If you are interested in coaching or assisting with a team, please contact Mike at (954) 597-3623.

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

FLAG FOOTBALL

Our youth flag football league will operate in partnership with Under the Lights Flag Football, the exclusive youth flag football partner of Under Armour, Inc. The league is for both boys and girls of all skill levels and promotes a competitive, confidence building, non-contact football experience. Divisions will be available for participants in grades 3 - 8. Practices and games are held on Saturday evenings at the Tamarac Sports Complex. Register soon as games begin on April 4th! For additional information, call (954) 597-3620 or visit www.UAflag.com.

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

FOR YOUTH TACKLE FOOTBALL/CHEERLEADING VISIT WWW.TAMARACFOOTBALL.COM OR EMAIL TYFLCOUGARS@OUTLOOK.COM.

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
MULTI PURPOSE CENTER					
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
RECREATION CENTER					
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 - Noon	3 - 6 yrs. 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/ 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. (1st & 3rd)	6 - 8 pm	7 - 12 yrs.	\$40/\$50	2-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
SPORTS COMPLEX					
Youth Tennis	Tues.	5:30 - 6:30 pm	6 - 12 yrs.	\$40/\$50	4-week

*For more activity information, 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
COMMUNITY CENTER					
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
Clay Workshop	Tues.	6 - 8 pm	8 & over	\$40/\$50	4-week
Table Tennis	Sat.	2 - 9 pm	18 & over	\$1/\$2	Per Class
MULTI PURPOSE CENTER					
Volleyball	Mon. Thurs. Sat.	6:30 - 8:30 pm 7:15 - 8:30 pm 1:30 - 4 pm	16 & over	\$5/\$6	Per Class
RECREATION CENTER					
Wing Chun	Tues. & Thurs.	6:30 - 8 pm	13 & over	\$80/\$90	4-week
RECREATION CENTER FITNESS SCHEDULE					
Dance Fit	Tues.	7 - 8 pm			
Salsa Fitness	Mon. Thurs.	6:30 - 7:30 pm 7 - 8 pm			
Soca Sweat	Sat.	11:30 am - 12:30 pm			
Stretch It Out	Fri.	9:30 - 10:30 am			
Pilates	Sat.	9:30 - 10:30 am			
Zumba Fitness	Mon. Wed. Tues. Wed. Thurs. Sat.	7:30 - 8:30 pm 7 - 8 pm 9:30 - 10:30 am 10:30 - 11:30 am			
COMMUNITY CENTER FITNESS SCHEDULE					
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 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.*

SOCIAL SERVICES

All services 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.

VITA VOLUNTEER INCOME TAX ASSISTANCE PROGRAM

In partnership with Hispanic Unity, free tax assistance will be provided by volunteers beginning in January. To make an appointment, call (954) 597-3642.

HEALTH SCREENINGS

Free blood pressure, glucose, cholesterol, waist circumference, body mass index and osteoporosis screenings provided by Baptist Health.

When: January 13th, 9:30 am - 12:30 pm

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, 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. It 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. Call (954) 597-3642 to be added to our interest list.

INDIVIDUAL COUNSELING

Free limited sessions for Tamarac residents only. 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 that provide different perspectives on adolescent development, parenting styles, communication, and working together as a family to improve relationships and strengthen family bonds.

When: Wednesdays, 6:30 - 7:30 pm

POSITIVE ADJUSTMENT GROUP

Learn coping skills and how to adjust to life changes, including losing a loved one, health, daily living activities, moving, etc. A licensed mental health therapist will facilitate this important group for all seniors.

When: Mondays, 10:30 - 11:30 am

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

CARRY-ON KITS

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



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.

SUPER WALMART EXPRESS

When: Every Wednesday

Call (954) 597-3649 for more information.



TRANSPORTATION AND EXPRESS SHUTTLE SERVICES

Door-to-door paratransit service is available to the disabled and to people over age 60 with no other transportation. For additional information, call (954) 597-3649.

Tamarac also offers two community bus routes – the Red and Red Extension Transit Routes – to locations across the City. Schedules and fees are available at www.Tamarac.org and at City facilities.

Additionally, the City runs an Express Shuttle once a month. The shuttle starts at 10 am at the Tamarac Community Center and visits the following stops: Coral Square Mall, BJ's, Home Depot, Whole Foods, Sam's Club, Doris Italian Market & Bakery, Michaels and Panera Bread. The shuttle costs \$1 roundtrip, and no sign up is required. Call (954) 597-3649 for dates.

ADULT TRIPS

Register for all trips at the Tamarac Community Center from 8:30 am – 8 pm. All bus trips will leave from this location. For information, call (954) 597-3620. Trips are subject to cancellation. No refunds one month prior to trip date (no exceptions).



BROWARD CENTER - 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 - MAMA MIA

Thursday, January 23rd, 4 – 11 pm
Residents: \$65, Non-residents: \$75

KRAVIS CENTER - HAMILTON

Thursday, February 13th, 4 – 11 pm
Residents: \$250, Non-residents: \$260

KARIBU - AFRICAN AMERICAN HERITAGE EXHIBIT

Thursday, February 20th, 3 – 8 pm
Residents: \$20, Non-residents: \$30



KRAVIS CENTER - MISS SAIGON

Thursday, March 5th, 4 – 11 pm
Residents: \$90, Non-residents: \$100

BROWARD CENTER - MEAN GIRLS

Thursday, March 12th, 4 – 11 pm
Residents: \$80, Non-residents: \$90

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



CONCERT IN THE PARK

Join us for a live outdoor performance by the Horizons Band.

Where: Mainlands Park

When: Sunday, January 12th, 3 – 5 pm

ROCK N' RIDE CONCERT AND CAR SHOW

Join us for live music, food trucks and car show.

Where: Tamarac Park

When: Saturday, January 25th, 4 – 7 pm



MOVIE IN THE PARK

Enjoy seeing one of your favorite movies on a huge movie screen. Pre-movie activities include face painting, bounce house, food trucks, games and music.

Where: Tamarac Sports Complex

When: Friday, February 7th - "Black Panther"

Friday, March 6th - "Aladdin"

Time: Activities start at 6:30 pm,
movies start at 7:30 pm

TEEN SUMMIT

Where: Tamarac Community Center

When: Saturday, February 8th, 9 am – 1 pm



ONE TAMARAC MULTICULTURAL FESTIVAL

Enjoy live music, cultural performances, children's zone, food and cultural vendors, and fireworks.

Where: Tamarac Sports Complex

When: Saturday, February 22nd, 4 – 8 pm

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

Ultra Fitness ▲▲▲: Tues 12:45 pm

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. For more information, check the monthly calendar available at the Community Center and www.Tamarac.org.



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.

SUGAR HILL GANG TO HEADLINE ONE TAMARAC FESTIVAL

Enjoy the original rap and hip-hop sounds of the legendary Sugar Hill Gang as we celebrate the many faces and many voices of Tamarac. This FREE event features a variety of entertainment, cultural exhibits, food trucks, a children's fun zone and a fireworks grand finale.



When: Saturday, February 22nd
4 - 8 pm

Where: Tamarac Sports Complex
9901 NW 77th St.