

TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

JANUARY | FEBRUARY | 2021



PEACE • HOPE • PROSPERITY

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.

CITY COMMISSION:



Michelle J. Gomez,
 Mayor
Michelle.Gomez@Tamarac.org



Elvin Villalobos,
 Vice Mayor District 3
Elvin.Villalobos@Tamarac.org



Marlon D. Bolton,
 Commissioner, District 1
Marlon.Bolton@Tamarac.org



Mike Gelin,
 Commissioner, District 2
Mike.Gelin@Tamarac.org



Debra Placko,
 Commissioner District 4
Debra.Placko@Tamarac.org

CITY MANAGER:

Michael C. Cernech

PUBLIC INFORMATION OFFICE:

Sue Zeiler, Editor

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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

Mayor's Message

Happy New Year! As we turn the page on 2020, I am filled with tremendous gratitude for all we've overcome this past year. Tamarac residents, businesses and employees have shown their strength, resiliency and heart in the face of such an uncertain time.

It has been an honor to work alongside dedicated volunteers weekly since May 2020, distributing much-needed food to residents in Broward County and neighboring counties. It has also been a privilege delivering CARES Act funding to business owners in need of support as well as celebrating the generosity of one of our brand-new businesses, Tapatia Supermarket, for donating Thanksgiving turkeys and gift cards to our residents. People are good!

Last year, we may have discovered new ways to connect, but now we understand just how truly interconnected we are. We recognize how being mindful and considerate of others is vital in the battle against COVID-19. Your continued cooperation and adherence to the CDC guidelines are greatly appreciated. It sends a signal that we take care of our own and protect our most vulnerable residents.

Your actions ensure that working families and small business owners can continue to make ends meet and that our City will thrive well into the future.

In 2020, we witnessed people's courage and determination as they launched new businesses and saw the genuine compassion of neighbors helping one another. I believe 2021 will be a year of strengthening our community. This year, we will flourish and come back stronger than ever. We remain committed to fostering businesses and programming that keeps our multi-cultural, multi-generational and inclusive City vibrant and active. **This will be a great year!**

Thank you, Tamarac, for your acts of kindness, selflessness and for handling such a trying time with grace and dignity! I am so proud to be your Mayor!

On behalf of the Tamarac City Commission, I wish you all the best and a new year filled with peace, hope, prosperity, good health and love.

Michelle

Michelle J. Gomez, Mayor



Commission Updates

Election Results and Vice Mayor Appointment

Congratulations to Commissioner Bolton and Vice Mayor Villalobos, who were officially sworn into office on November 16th.

Commissioner Marlon D. Bolton was re-elected to represent District 1 by an overwhelming 75% vote. He was appointed by his peers to serve a year-long term as Vice Mayor in 2019 and to the City's Affordable Housing Advisory Committee in 2020. In addition to his service to the City, Commissioner Bolton is the Lead Pastor of the Praise Experience Church of North Lauderdale and a County Court Mediator, certified by the Florida Supreme Court. He is a board member of the Broward County Community Action Agency, the National Black Caucus of Local and Elected Officials, and the Fort Lauderdale Executive Airport's Aviation Advisory Board. He was named among South Florida's most powerful Black Leaders by Legacy Magazine for 2020.

Commissioner Bolton has a bachelor's degree in public safety management.

The City welcomes Elvin Villalobos, who was sworn in as our District 3 Commissioner in November. He was then appointed to serve as Vice Mayor in December. He owns Tamarac-based RE/MAX InterAction Realty. His previous experience includes sitting on Tamarac's Land Code Advisory Committee, the City's Parks and Recreation Board and as president and vice president of the Westwood 3 Homeowners Association. He also served as an appointee to the Broward County Parks and Recreation Board at the pleasure of Broward County Commissioner Michael Udine. Vice Mayor Villalobos is a licensed Florida Realtor and a member of the National Association of Realtors' (NAR) Legislative

Think Tank. He's involved with NAR's Young Professionals Network Advisory Committee, as well as the State and Local Taxation Committee.

Vice Mayor Villalobos received a bachelor's degree cum laude (with honors) in political science and business administration from Keiser University and is a 2017 graduate of the Tamarac University program.



Left to right: Commissioner Mike Gelin, Vice Mayor Elvin Villalobos, Mayor Michelle J. Gomez, Commissioner Debra Placko and Commissioner Marlon D. Bolton



Commissioner Marlon D. Bolton



Vice Mayor Elvin Villalobos

State of the City

Plans are underway for Mayor Michelle J. Gomez to deliver the State of the City address in February, sharing insights and perspective on 2020 as well as her vision for the future.

As the City continues to monitor the spread of COVID-19, we will determine the best way to deliver this important update to residents while keeping everyone safe.

Stay tuned for details!



City Commission Meetings

Join us for City Commission meetings at the times and dates below.

Commission Meetings:

January 13th, 7 pm

January 27th, 9:30 am

February 10th, 7 pm

February 24th, 9:30 am

The City Commission will resume holding virtual meetings until further notice. All regular City Commission meetings are streamed live at www.Tamarac.org/Meetings and on the City of Tamarac Facebook page. You can sign up for remote public participation for virtual and in-person meetings on this page or submit comments to be read orally directly to CityClerk@Tamarac.org.

Meeting formats, dates and times are subject to change. To confirm, visit www.Tamarac.org/Meetings or call the City Clerk's office at (954) 597-3505.

Tamarac Recognized for its Excellence

The City For Your Life was recently honored with four awards recognizing its excellence in important aspects of city management and innovation, all of which contribute to a higher quality of life for Tamarac residents.

The International City/County Management Association (ICMA) honored Tamarac for its commitment to being a data-driven government with the **ICMA Certificate of Excellence in Performance Management**. Tamarac, which received this award for the seventh year, is among only 25 jurisdictions receiving the Certificate of Excellence – the highest level of recognition.

To receive a Certificate of Excellence, cities like Tamarac track and report key outcomes, survey their residents and staff, incorporate data into performance dashboards and other visual communications, and foster the development of a performance management and improvement culture throughout their organizations.

For example, Tamarac establishes goals for each department and shares results on the City's website. Visit www.Tamarac.org/Departments and click on any department to see how they track their performance.

There's more good news! Tamarac was named a **Digital Cities Survey winner** for

the seventh year in a row, in the 75,000 and under population category. Conducted by The Center for Digital Government (CDG), the annual survey recognizes cities using technology to tackle social challenges, enhance services and strengthen cybersecurity. To learn more, see: <https://bit.ly/DigitalCity20>

In addition, a Special Needs Rehab Project that Tamarac funded through the State Housing Initiatives Partnership (SHIP) program was showcased as a **"Housing Success Story"** at the Florida Affordable Housing (FHC) Conference in Orlando early last fall.

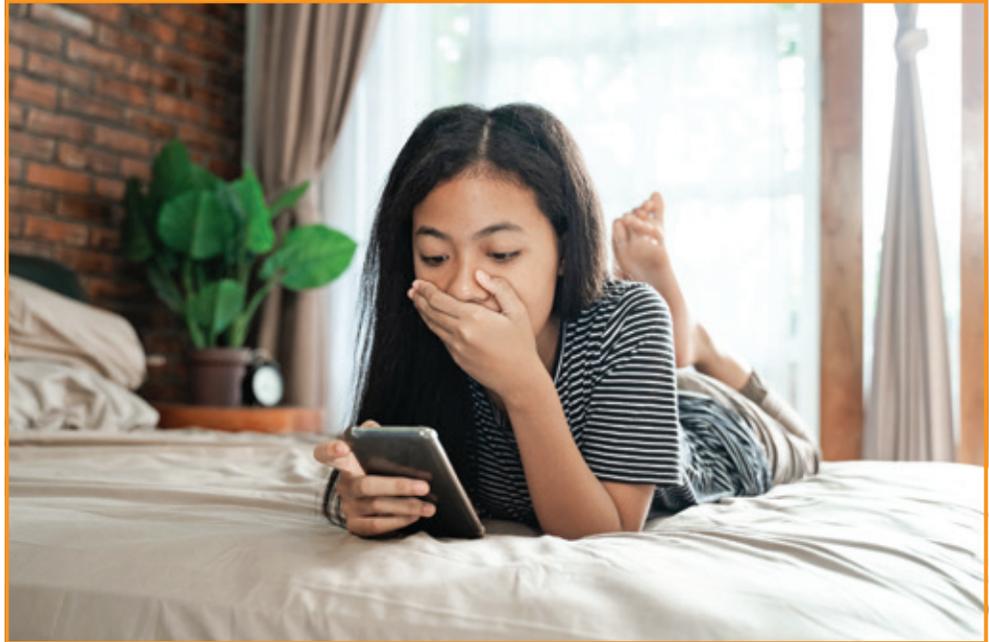
Tamarac was recognized by the Florida Housing Coalition "as a model city for leveraging SHIP funds in support of developing affordable housing for Florida's most vulnerable residents." The City received a plaque recognizing this achievement.

And if those three honors weren't enough, Tamarac also received Cigna's **Outstanding Culture of Well-Being Award** for the second year in a row. The City was recognized (virtually) by Cigna in the under-500 employee class for creating a culture of well-being for its employees. Maintaining a healthy workforce allows us to better serve the community.



Keeping Kids Safe Online

Since the Coronavirus pandemic began, many of us have been spending more time at home. Along with that, we're also spending more time online and so are our children. Now more than ever, it's crucial to be aware of your child's online activities and potential threats they may encounter.



Cyberbullying, online abuse and the grooming of children are growing challenges faced by law enforcement offices across the country. The Cyberbullying Research Center has estimated that cyberbullying has tripled in the last decade. In addition, it is believed that three out of five children have witnessed online harassment.

Signs of cyberbullying or online abuse in children include mood swings, behavior changes, declining school grades and using social media significantly more or not at all.

Grooming is another threat to children's online safety that parents should be aware of. This is typically when a predator, usually an older person, tries to connect with a child by showing interest in the younger person's hobbies and telling them what they want to hear. For example, some predators act as though they would grant more freedom to a child than they currently have. This increases the likelihood of the child becoming rebellious or distant with their parents.

Warning signs of online grooming include your child becoming increasingly secretive about their online activities, having older

friends or having new things that they cannot afford.

To help reduce your child's chances of becoming a victim, Sergeant Christian Silva of the Broward Sheriff's Office encourages parents to monitor their child's internet use and set technology usage ground rules. Randomly reviewing your child's devices will enable you to monitor their content and conversations.

Some chat and dating apps to watch out for include Adam4Adam, Chat Roulette, Discord, Down, Grindr, Hot or Not, Kik, Meet Me, Omegle, Skout, Tindr, Roblox, Whisper and Wishbone.

If you or someone you know has been a victim of cyberbullying, online abuse or grooming, contact the Broward Sheriff's Office at (954) 764-4357. Alternatively, you can download the SaferWatch App, which facilitates the recording or reporting of an incident or anonymous tip.

For additional information, visit <https://bit.ly/StayingSafe2020> and <https://bit.ly/Cyberbullying20>.

New Year, New Station

To ensure excellent fire rescue response times on the City's busy University Drive corridor, Tamarac Fire Rescue (TFR) added Fire Station 36 across the street from University Hospital in 2015. They've been operating out of a temporary fire station and now, their new permanent Fire Station 36 is near completion.

TFR expects to move operations to its permanent digs in early 2021. Located just east of University Drive at 7499 NW 72nd St., the new station will be one of the City's largest at nearly 12,000 square feet.

It's built to withstand a Category 5 hurricane and features an oversized, 5,760-square-foot bay area large enough to house the station's rescue units and provide storage room for emergency supplies. This station also has ample living space and accommodations to house staff called in for emergency operations during critical situations like hurricanes.

Public safety is our number one priority, and this new facility positions Tamarac Fire Rescue to meet the current and future needs of our City.



A Leader and Role Model



Tamarac's Fire Chief, Percy Sayles, was appointed to serve as the Southeast Regional Director for the Florida Fire Chiefs' Association (FFCA). This organization promotes excellence in fire and emergency service management and offers programs to help members develop their management and leadership skills.

Chief Sayles joined Tamarac Fire Rescue (TFR) in 1995 as a firefighter and became Chief in 2017. During his rise up the ranks, he made numerous process improvements that enhanced the department's efficiency. He also coordinated the department's successful pursuit of an ISO Class 1 rating - a rating that less than 1% of the fire departments in the country have. Under his leadership, TFR earned the distinguished Commission on Fire Accreditation International (CFAI).

His focus on developing his own leadership skills led him to obtain a master's degree in public administration and a Chief Fire Officer Designation (CFO) from the Center for Public Safety Excellence. He is an exceptional role model and advocate for those in fire service.

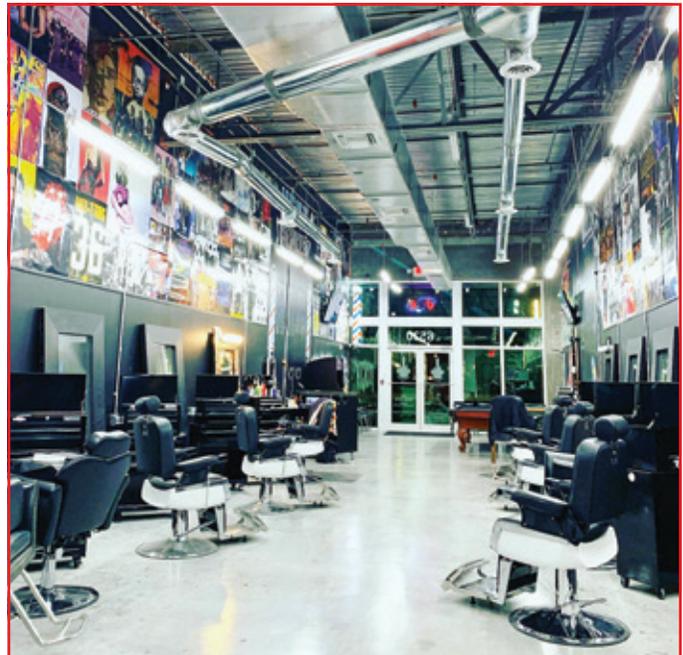
Up Your Hair Game

From mohawks and fades to comb-overs and business cuts, Tamarac-based Rockstar Barbershop offers haircuts that are sure to make you stand out for all the right reasons.

"For me, doing hair is an art," said owner Amy Follansbee. "I specialize in design. When I decided to open my own business, I specifically went with the name Rockstar because I want to attract people who like doing different things with their hair."

In February 2020, Rockstar Barbershop moved from Coral Springs to Tamarac to a larger and newer space located at **6530 N. University Dr., in Mural Plaza**. In addition to offering distinctive hair designs, this unique shop has a cool, old-school arcade and a pool table. Amy looks forward to having customers enjoy games at her shop when things return to normal.

During the pandemic, shaves and beard services are temporarily unavailable, but



hair services are still offered. Amy gets most customers in and out of the shop within 20 minutes.

If you want to up your hair game while supporting a local business, you can book your appointment online at www.RockstarBarbers.com/contact-us or on Google Business at <https://bit.ly/RockstarBarbershop>.

A Fun Place for a Day Out

One of the City's new businesses, the Tamarac Senior Center, provides our elderly community members the opportunity to socialize in a safe space where they can enjoy themselves and feel well cared for.

Located in **Mural Plaza at 6570 N. University Dr.**, the 5,000-square-foot facility is staffed by licensed professionals and offers activities including games, recreational and music therapy and exercise (Zumba, stretching, etc.), as well as holiday celebrations.

Do you have a hot date coming up? Be sure to stop by the Center's in-house beauty salon, which provides services including manicures, hair washes, styling and blow-dries.

A day filled with socializing and activities can make you hungry! Clients can satisfy their appetites with Tamarac Senior Center's fresh breakfast, lunch and snack offerings.

Husband and wife duo, Yoel Tejeda and Maria Pereira, are the Tamarac Senior Center owners. They identified a gap in the market for services that cater to the elderly community in this way.

"We enjoy working with seniors. It's important they keep mentally and physically stimulated so they can enjoy their lives to the fullest in



their later years," said owner Maria. "We want to create a family and home away from home."

And getting to and from the Center couldn't be easier, thanks to its free round-trip transportation services.

In addition, the Tamarac Senior Center takes several precautionary steps to ensure the safety of its guests. All staff and clients wear masks, and the Center is sanitized at least three times a day. Tables are placed six feet apart, with a maximum of two adults per table. Transportation vehicles are sanitized after each pick-up and drop-off and guests' temperatures are checked before boarding to ensure everyone's safety.

The Tamarac Senior Center is open from 8 am - 4 pm on Tuesdays and Thursdays. Call (954) 694-1100 or visit www.TamaracSeniorCenter.com to book a tour of the facility.

Save Money with Homestead Exemptions

Homestead exemptions provide significant savings by reducing the amount of property taxes you pay on your home. If you purchased a new home in 2020 and it's your primary residence, the timely period to file your homestead exemption is between March 2, 2020 through March 1, 2021. But you can also pre-file now for the 2021 tax year and submit a late filing through September 2, 2021.

In addition to the standard exemption, there are many others available to bona fide Florida residents. These include exemptions for

seniors, people with disabilities, widowed persons, veterans, deployed military and first responders. Other exemptions include a "granny flat" exemption, historic property exemption and non-profit, educational, religious and governmental exemption. There is also a low-income senior exemption (filing period is January 1 through March 1 of each year).

For detailed information about homestead and other exemptions, including requirements and deadlines, please visit <https://BCPA.net/Homestead.asp>.

New Beginnings at Colony West

As we begin 2021, we're full of hope for the future of our great City.

In the first quarter of the new year, we're especially looking forward to the grand opening of the revitalized Colony West clubhouse.

In addition to the 3,200-square-foot banquet hall, the clubhouse will feature a pro shop and a new restaurant, **The View at Colony West**, where locals can mingle while enjoying a delicious meal and gorgeous scenery.

Construction of the clubhouse is nearing completion, with finishing touches and furnishings coming soon. The renderings accompanying this story give a sneak peek of what's to come.

We're also pleased to welcome Bill Weller of Indigo Golf Partners, formerly known as Billy Casper Golf, as the property's new General Manager.

"I am thrilled to help usher in a new era at Colony West," said Weller. "Whether our guests are here to enjoy a day on the course, a quality meal or to make memories that will last a lifetime at our banquet facility, our goal is to provide an amazing experience."

Stay tuned for more information on the exact date and details about the grand opening!



Support Local Restaurants

Check out our new online Tamarac Restaurant Guide featuring special offers/coupons, menus, delivery info AND MORE.

This initiative is part of our Tamarac Together: Support Local Business economic development campaign.



Hazardous Waste Disposal

In doing our part to protect the environment, Tamarac partners with neighboring cities to help residents properly dispose of hazardous household waste and old electronics (computers, printers, televisions, cell phones, etc.).

This partnership provides multiple opportunities throughout the year for residents to conveniently dispose of old fire extinguishers, electronics, batteries, household cleaners, lawn and pool chemicals, mercury thermometers, fluorescent bulbs, fuel, paint, solvents, motor oil, pesticides, fertilizers and more.

Proof of residency in a participating city is required.

Visit www.Tamarac.org/HazardousWaste or call (954) 597-3750 for additional information.

2021 HOUSEHOLD HAZARDOUS WASTE AND ELECTRONIC WASTE DROP-OFF EVENTS

January 30th - Fort Lauderdale

February 13th - Coral Springs

February 27th - North Lauderdale

March 6th - Coconut Creek

March 27th - Lauderdale Lakes

April 10th - Fort Lauderdale

May 1st - Tamarac

June 5th - Pompano Beach

July 10th - Parkland

August 28th - North Lauderdale

September 11th - Coconut Creek

October 9th - Coral Springs

November 6th - Pompano Beach

December 4th - Tamarac

December 11th - Parkland

Construction Corner

Construction and redevelopment continue around town. Here's a look at current construction projects in the City.

Private Development



The Enclaves at Woodmont

- The Enclaves at Woodmont community, sales office at 7910 NW 79th Ter.
- Hidden Trails community, sales office at 4802 NW 48th Ter.
- Eden West multi-family community, northeast corner of McNab Rd. and Pine Island Rd.
- Alazhar School redevelopment, 7201 W. McNab Rd.
- Tamarac Exchange Center, 6899 N. Hiatus Rd.
- Safeguard Self Storage, two-story addition, 6101 W. Commercial Blvd.

Major City Projects

- Swim Central Annex Park, NW 94th Ave. and NW 58th St.
- New Tamarac Sports Complex Concession Building, 9901 NW 77th St.

Public/Private Partnerships

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

Celebrating Curb Appeal

The City's **Neighborhood Beautification Recognition Program** celebrates owners who take pride in their property's appearance. Congratulations to our award winners, whose well-maintained properties enhance the City's appearance and boost community spirit.

3rd Quarter Residential Property Winners



DISTRICT 1
Lorie Ann Whittington
4827 NW 58th St.



DISTRICT 2
Davie and Aaron Currie
4907 Holly Dr.



DISTRICT 3
Juan Carlos Orrego and Dilenia M.
Jerez De Orrego
9511 NW 81st Mnr.



DISTRICT 4
Joseph E. and Tipayawans S. Lewis
8601 Banyan Ct.

3rd Quarter Commercial Property Winner



CITYWIDE
Woodspring Suites Tamarac
5751 Madison Ave.

Would you like to nominate a property for a beautification award?
Forms are available at www.Tamarac.org/951!

All About Community Service: Our Local Moose Lodge



Have you ever driven by a Moose Lodge and wondered what it was? Our local Moose Lodge is a part of Moose International, a fraternal organization that focuses on community service. Moose International has a membership of more than one million people. Members of note, past and present, include Franklin D. Roosevelt, Larry Bird, Gus Grissom, Erik Estrada and many others.

The Lauderdale Lakes Moose Lodge, which is actually located here in Tamarac, was chartered in 1972, when its location was part of Lauderdale Lakes.

The Moose Lodge has approximately 1,600 members who share a concern for children in need, seniors and the communities where they live. It actively supports the work of many charitable organizations, including the Safe Surfin' Foundation, The Pantry of Broward, the Moosehaven retirement community and Mooseheart, a home for children and teens in need.

Sometimes Lodge members also help the community in hands-on ways. When the group heard about an elderly Tamarac resident whose home was cited for code

violations, 15 Lodge members volunteered to clean up his yard. Lodge Administrator Eddie McGurn said he enjoys being a Moose because of “the fellowship and the feeling we get from helping our children and seniors.”

One of the Lodge’s favorite projects is donating Tommy Moose stuffed animals to local first responders, who give them to children they encounter in traumatic situations.

The Moose Lodge is a community hub, regularly hosting the meetings of local Boy Scout and Cub Scout troops and Broward County building officials and inspectors. And, as it always does, the Lodge honored its veteran members on Veterans Day, with a free dinner and a special presentation by the Boy Scouts.

For more information, visit www.Lodge2267.com.

Green Scene

Conserve natural resources the right way

- **Repurpose glass jars and bottles.** While Tamarac’s recycling program no longer accepts glass, there are many crafty and practical ways you can reuse glass jars or bottles instead of throwing them away. See ideas here: <https://bit.ly/ReuseGlass2020>.



- **Don’t be a dripper!** Repair dripping faucets by replacing the washers inside. According to the South Florida Water Management District, one drop per second wastes 2,700 gallons of water per year.

CELEBRATING OUR VETERANS



This past Veterans Day, the City paid tribute to our veterans at an informal, yet meaningful evening. Attendees lit candles in honor of those who have served and enjoyed the Veterans Honor Wall in all its illuminated glory!

SOCIAL SERVICES

Call our information and referral line at (954) 597-3642 for more information on these and other social service programs that may be available in Broward County.

INDIVIDUAL COUNSELING

Free limited sessions for Tamarac residents only. 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.

FREE HEARING SCREENING

Hear for Good, Inc. will provide free hearing tests with a board-certified doctor of audiology and discount hearing aids through its nonprofit foundation. Pricing on hearing aids is based on income. Please call (954) 597-3642 to make an appointment.

SHINE COUNSELOR

Have questions regarding your Medicare/Medicaid insurance? SHINE is a free, unbiased and confidential counseling service that assists current and prospective Medicare beneficiaries, their families and caregivers, under a grant from the Florida Department of Elder Affairs. SHINE's trained volunteers provide counseling on Medicare, Medicaid, Medicare Advantage Plans, Medicare Supplemental Insurance, prescription assistance, long-term care insurance/planning and Medicare fraud, waste and abuse. Call (954) 745-9779.



TRANSPORTATION SERVICES

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

Tamarac also offers two free community bus routes, the Red and Red Extension Transit Routes, to locations across the City. Schedules are available at www.Tamarac.org/439 and at City facilities. To track the buses in real-time, download the Ride Systems app and then choose Ride Tamarac.



VIRTUAL VITA SERVICES - START DATE TO BE ANNOUNCED IN JANUARY

The new virtual tax preparation service will continue the quality and accessibility of previous VITA services, now using an online platform available at www.VitaTaxesFree.org. The site provides clear and concise instructions on its virtual tax process and a list of needed documents in three languages - English, Spanish and Creole. Just read the instructions and go to "click here to start" to launch the online tax preparation platform. This safe and secure site will guide taxpayers through questions and request that they upload all pertinent documents to initiate the tax preparation process.

Call (954) 678-6882 for information, referral and support on general tax questions and how to use the Virtual VITA platform. Available in English, Spanish and Creole.

ONLINE CLASSES

ADULT FITNESS CLASSES

BOOTY BARRE WITH CAROL

Mondays at 6 pm

Booty Barre is a workout routine that can be classified as a dance-inspired aerobics class that has a combination of exercises with elements of Pilates and low-impact exercises. These exercises help to reshape the glutes, in addition to toning and sculpting the lower half of the body.

YOGA WITH BETH

Mondays at 5:30 pm and Thursdays at 7 pm

Yoga helps restore the mind, renew the body and prevent injuries. Each pose helps to lengthen muscles and the connective tissues that surround the joints.

TRANSFORM 60 WITH MIKE

Tuesdays at 6 pm

This 60-minute class utilizes a variety of cardio and strength building exercises that will help you transform your fitness routine.

ZUMBA WITH MARIA

Tuesdays, Wednesdays, Thursdays at 9:30 am

Targeted body-sculpting exercises and high-energy cardio work with Latin-infused music. Zumba moves create a calorie-torching, strength-training dance fitness party.

YOGA WITH CAROL

Tuesdays at 6 pm

Yoga helps restore the mind, renew the body and prevent injuries. Each pose helps to lengthen muscles and the connective tissues that surround the joints.

TAI-CHI WITH MARK

Wednesdays at 6:30 pm

Tai Chi, which uses slow, gentle movements and breathing techniques, may help improve cognitive functioning, including the ability to focus, multi-task and make decisions. Qigong, another gentle type of exercise, is composed of fluid movements that are repeated several times, stretching the body and building an awareness of how the body moves through space.

ZUMBA WITH ELDA

Wednesdays at 7 pm

With targeted body-sculpting exercises and high-energy cardio work with Latin-infused music. Zumba is a calorie-torching, strength-training dance fitness party.

BALANCE AND RECOVERY WITH GAZELLE

Wednesdays at 6 pm

BODY SCULPTING WITH GAZELLE

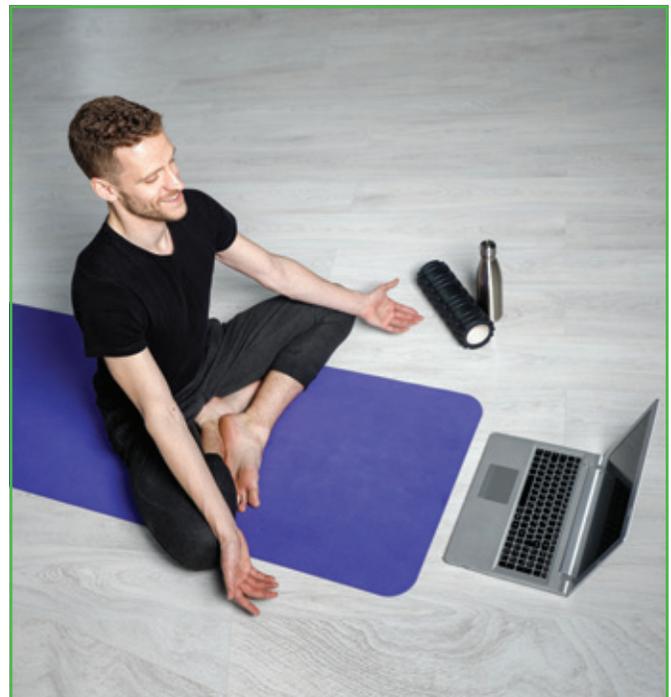
Thursdays at 6 pm

BODY SCULPTING WITH MIKE

Fridays at 6 pm

These classes provide a high- and low-impact work-out, including aerobic and anaerobic exercise that helps strengthen muscles and improve the cardiovascular system.

Registration information for our online classes, including cost, can be found at www.Tamarac.org/Parks. Classes and schedule are subject to change.



ONLINE CLASSES

SENIOR CLASSES

TAI CHI/QIGONG WITH MARK

Mondays at 9 am, Fridays at 8:30 am

Tai Chi, which uses slow, gentle movements and breathing techniques, may help improve cognitive functioning, including the ability to focus, multi-task and make decisions. Qigong, another gentle type of exercise, is composed of fluid movements that are repeated several times, stretching the body and building an awareness of how the body moves through space.

KICKBOXING LITE WITH MARK

Mondays at 10:30 am

Senior kickboxing class that will help improve coordination, flexibility and core strength.

CREATIVE WRITING WITH JANIE

Tuesdays at 10 am

If you enjoy writing short stories, poetry or even your personal history, please join our creative writing workshops.

JAZZERCISE WITH WARREN

Mondays, Tuesdays, Thursdays, Fridays at 10 am

Jazzercise is a 60-minute dance-based group fitness program. This class features a fusion of dance resistance training, Pilates, yoga, kickboxing and Latin-style movements set to popular music.

YOGA WITH BETH

Mondays at 12:30 pm, Wednesdays at 10 am

Mat yoga for all levels.

SIT AND FIT WITH DEBBIE

Mondays, Wednesdays, Fridays at 11:30 am

This creative, chair-based workout utilizes props from home, including weights, water bottles, pillows or balls, neckties, towels and belts.

MAT YOGA AND MEDITATION WITH DEBBIE

Tuesdays at 11:30 am

Mat yoga class with the last 10 minutes of class dedicated to meditation.

CHAIR YOGA WITH DEBBIE

Thursdays at 11:30 am

Chair yoga class. All levels welcome.

CHAIR YOGA AND MEDITATION WITH DEBBIE

Fridays at 12:45 pm

Chair yoga class with the last 10 minutes of class dedicated to meditation on Fridays. All levels welcome.

CARDIO GOLD WITH DEBBIE

Tuesdays at 12:45 pm

Join Debbie for a low-impact, heart-pumping class suitable for most beginners or experienced fitness fans, including a warm-up and series of balance, stability, flexibility and strength exercises. Participants learn new body awareness and can use light hand weights and a chair as tools.

ABSOLUTE BEGINNERS LINE DANCING WITH HELAINE

Wednesdays at 1 pm

Beginner line dancing class for those with no experience.

INTERMEDIATE LINE DANCING WITH HELAINE

Wednesdays at 2 pm

30-minute class for experienced line dancers.

SPANISH FOR BEGINNERS WITH NATACHA

Thursdays at 12 pm

Spanish class for beginners.

CLAY WORKSHOP WITH MICHELE

Fridays at 10:30 am

Classes will consist of participants working independently on various projects. Participants will schedule time with the instructor to pick up clay for projects and for dropping off finished projects to be fired.

ONLINE CLASSES

SENIOR CLASSES

HAPPY HOUR WITH MICHELLE & CHARLENE **Wednesdays at 1:30 pm**

Join Michelle, Charlene and friends for lunch or a visit and a lively chat. Weekly discussions will vary. Bring your ideas!

TOTAL BODY WORKOUT WITH CAROL **Thursdays at 1:15 pm**

This class is a high-intensity workout that will target all of your muscles, including the hips, glutes, thighs, chest, back, shoulders and arms. You'll increase your muscle mass and strengthen your whole body. Light weights will be used.



55+ SENIOR PROGRAM: **REGISTRATIONS FOR OUR NEW** **PROGRAM YEAR IS NOW OPEN!**

- Visit <https://webtrac.Tamarac.org>.
- Whether you have an account or not, choose "Login"
- Current and former members enter your username and password. If you have forgotten your username or password, please select the appropriate option.
- New patrons will need to create a new account. Once you are logged in, please choose "Memberships" and then the "55+ Senior Program".

YOUTH CLASSES

BALLET TAP AND JAZZ

Saturdays at 10 am

In person: \$50 residents/\$60 non-residents
Virtual: \$30 residents/\$40 non-residents

CHEERLEADING AND HIP HOP

Saturdays at 11am

In person: \$50 residents/\$60 non-residents
Virtual: \$30 residents/\$40 non-residents

GYMNASTICS (in person only)

Saturdays at 11 am

\$50 residents/\$60 non-residents

TAE KWON DO (in person only)

Tuesdays & Thursdays at 5:30 pm

\$80 residents/\$90 non-residents

FAST TRACK

Mondays - Fridays 3 - 6 pm

\$120 residents/\$150 non-residents

Senior, adult and youth classes and schedule are subject to change. For information, visit www.Tamarac.org/Parks or call (954) 597-3620.



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