

# TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA



## VETERANS DAY

JOIN US | NOVEMBER 11, 2011 | VETERANS MEMORIAL PARK

October / November / December 2011

# TAMAGRAM

The *Tam-A-Gram* is the official publication of the City of Tamarac, Florida. The magazine is published quarterly and mailed to residents and businesses within the City, under the direction of the Public Information Office.

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

**Public Information Office**  
**Attn.: Tam-A-Gram**  
**7525 N.W. 88th Avenue**  
**Tamarac, Florida 33321**

You may also email your comments, or questions, to Chad Quinn, Public Information and Media Specialist, at: [chad.quinn@tamarac.org](mailto:chad.quinn@tamarac.org). Please include "Tam-A-Gram" in the subject line of your email.

To submit "Life in Tamarac", or "Who Reads Us" photos, please send **high-resolution** photos to [chad.quinn@tamarac.org](mailto:chad.quinn@tamarac.org).

The *Tam-A-Gram*, and other City publications, are available online at [www.tamarac.org/publications](http://www.tamarac.org/publications); or for an enhanced viewing/reading experience, visit [www.tamarac.org/issue](http://www.tamarac.org/issue).

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## IMPORTANT NUMBERS

**MAIN NUMBER (954) 597-3500**  
 ADA Coordinator/Accessibility (954) 597-3505  
 1(800)955-8770 (Voice)  
 1(800)955-8771 (TTY)  
 Citizen Hotline (954) 718-1800  
*(Activated During Emergencies)*  
 Building Services (954) 597-3420  
 Building Inspections (954) 597-3430  
 Building Permitting and  
 Inspection Results (954) 597-3435  
 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 Compliance (954) 597-3425  
 Business Revenue (954) 597-3536  
 Financial Services (954) 597-3550  
 Purchasing (954) 597-3570  
 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 and Recreation (954) 597-3620  
 Community Center (954) 597-3620  
 Customer Service (954) 597-3590  
 Caporella Aquatic Center (954) 597-3660  
 Caporella Fitness Center (954) 597-3661  
 Social Services (954) 597-3642

Transit/Shuttle Bus (954) 597-3649  
 Police/BSO Tamarac District  
*(Non-Emergency)* (954) 720-2225  
 Public Works (954) 597-3700  
 Engineering (954) 597-3712  
 Recycling & Trash Hotline (954) 597-3740  
 Utilities (954) 597-3750  
 Customer Service (954) 597-3590  
 Utilities (leaks, breaks, etc.) (954) 597-3750  
 Water Treatment Plant (954) 597-3775  
*(Also used for 24-hour Utilities emergencies.)*  
**Service Providers:**  
 All Service Refuse (954) 583-1830  
 Comcast Cable (954) 252-1937  
 Library (Tamarac Branch) (954) 720-2282  
 Post Office (Tamarac Branch) (954) 722-3152  
 Tamarac Theatre (954) 726-7898  
 Waste Management (954) 974-7500

# First Things

**NOTICE:** Please note, effective **Friday, September 30, 2011**, the City of Tamarac's City Clerk's Office will no longer accept or process United States passport applications. For more information about passports, or for a list of alternative passport acceptance facilities, please visit the United States Department of State's website at [www.state.gov](http://www.state.gov).

**HISTORY:** The Tamarac Historical Society has been working diligently to conserve, record and tell the City's history. Be sure to check out their latest display, "Early Tamarac Notables," located at the Tamarac Community Center, and "Tamarac's Public Art," located in the atrium at City Hall. Also, be sure to go online to the Historical Society's web site [tamarachistoricalicalsociety.blogspot.com](http://tamarachistoricalicalsociety.blogspot.com) for more information about these amazing displays. As always, the Historical Society is interested in your photos, memorabilia, and stories... email them at [history@tamarac.org](mailto:history@tamarac.org), or call (954) 597-3523.

**GRANTS:** The Home Depot Foundation has awarded Tamarac limited funds for the purchase of supplies that will assist you with addressing code violations such as painting of driveways and other small projects. These grants are available on a first come, first serve basis through December 30, 2011. An application with demonstrated financial hardship is required. For more information, and eligibility requirements, please call Tamarac's Social Services Division at (954) 597-3626 to see if you are eligible. Funding for these Community Impact Grants is provided by the Home Depot Foundation.

**UNIVERSITY:** Tamarac University, the City of Tamarac's annual citizen academy, is a ten week interactive behind-the-scenes look at the inner-workings of your city government! Be on the look out for applications for the 2012 Class of TU beginning January 1, 2012 — applications will be available at City Hall and the Tamarac Community Center as well

**Continued: Page 2**



**PHOTOS:** Scan this QR Code to view more photos of these great events as well as other happenings in the City of Tamarac. [Links to: www.tamarac.org/photos.](http://www.tamarac.org/photos)

**NEW FIRE FIGHTERS:** This past July, the City of Tamarac's Fire Rescue Department welcomed seven new Firefighter/Paramedics: Hazel Alzugaray, Jason Bua, Christopher Rogers, Job Maria, Jonathan Neary, Paul Onarati, and Michael Stairs. Above are photos from the badging ceremony which was held on Thursday, July 28, 2011 (see story page 3) which officially marked the end of their training period — the new recruits recieved their helmets and badges as friends, family, and new co-workers looked on. Congratulations... and welcome! For more photos from other recent events and happenings in the City such as City Commission Meetings, the Fire Rescue Badging Ceremony, the July 4<sup>th</sup> festivities, and so much more, visit [www.tamarac.org/photos](http://www.tamarac.org/photos).

# First Things

## FLEET AWARD

The South Florida branch of the **American Public Works Association** awarded the **Tamarac Public Works Fleet Division** the **2010 Meritorious Service Award**. The award was given to the Fleet Division for serving as a "role model in the implementation of efficient ways to team problem solving and dedicated service to the residents of the City of Tamarac, Florida."

The Public Works Fleet Division is responsible for a wide range of services and equipment, including the maintenance and upkeep of over 600 pieces of equipment, from fire trucks to generators; pump stations to heavy equipment. On average the team performs scheduled maintenance on over 270 pieces of equipment every month, focusing on preventative maintenance in order to keep the City moving!

TAG / PAGE 2

## Life in Tamarac



Photo: Carlos Mojica

**W**E WANT YOUR PHOTOS! We're looking for photos taken by residents of everyday life and happenings in Tamarac, like the one above taken by **Carlos Mojica**, of the Tamarac Youth Soccer League U14 Division at the Tamarac Sports Complex. Carlos says Tamarac is a "nice place to live."

Do you have a photo showing "Life in Tamarac"? If so, please send your **high-resolution [only]** photos via email to: [chad.quinn@tamarac.org](mailto:chad.quinn@tamarac.org). Be sure to include your full name, telephone number and a brief description of the photo. **Also, be sure to include a quote on why you enjoy living in Tamarac, The City for Your Life!**

### First Things | Continued From: Page 1

as on-line at [www.tamarac.org/TU](http://www.tamarac.org/TU). 2012 will mark the sixth year of TU, be sure to get your application in for your chance to join this unique program.

**VOLUNTEERS:** Congratulations to **Amy Redman** who has been selected as the Volunteer of the Quarter for the third quarter of 2011. Amy is one of the Charter Members of the Tamarac Historical Society; she has been a very active member of the City's Historical Society since it began in July 2009. Amy's hard work and dedication is invaluable. Her work has helped the Historical Society to accomplish a great deal, and much of her [most recent] work can be seen at displays at City Hall and the Community Center. Special thanks to Amy for all she has done, and continues to do to make the Historical Society a success. If you would like to become a volunteer with the City, contact Rose Cure Persad, Social Services Supervisor, at (954) 597-597-3642, or email [rose.cure@tamarac.org](mailto:rose.cure@tamarac.org).



### THE SMITH FAMILY: LOGAN, ALEXIS, AND DREW

The Smith family took a break from playing in the surf to catch up on the latest happenings in Tamarac while on a recent vacation to Fort Meyers Beach. **Logan** (age 6), **Alexis** (age 10), and **Drew** (age 8) are the children of Andrew Smith, a Criminal Investigations Sergeant with the BSO Tamarac District, and Emilie Smith, a Management and Budget Analyst in the City's Finance Department. **To submit your own pictures**, send high-resolution [only] photos to [chad.quinn@tamarac.org](mailto:chad.quinn@tamarac.org). Please note, the photo must be of *this* issue of the *Tam-A-Gram* in order to be considered for publication in the next issue. *Please note, due to space constraints, not all photos are published.*



# [what to know about] Bullying

**BULLYING** among children is aggressive behavior that is intentional and involves an imbalance of power or strength. A child who is being bullied has a hard time defending him or herself. Usually, bullying is repeated over time. Bullying can take many forms such as physical, verbal, emotional and cyber-bullying.

**Signs that your child might be bullied:**

- Torn clothes
- Loss of appetite
- Mood changes
- Reluctance to go to school
- Bruises or injuries that can't be explained

**Signs that your child might be engaging in bullying behavior:**

- Impulsiveness
- No empathy for others
- A desire to be in control
- May be an arrogant and boastful winner and poor loser in competitive games

**ANTI-BULLYING POLICY:** The Broward County School District has an Anti-Bullying

Policy which prohibits bullying of or by any district student or employee. It is important that parents become familiar with the policy. For a copy of the policy or to ask any questions, please contact your child's school or the Broward County School Board at (754) 321-0000.

**What to do if you suspect your child is being bullied:**

- Talk with your child. Be supportive and gather information about the bullying.
- Report suspected bullying to your child's school. You may make an anonymous report by calling the district's hotline at (754) 321-0911 or by visiting [www.browardschools.com](http://www.browardschools.com).

**CYBER-BULLYING:** Cyber-bullying occurs when children or teens use the internet, cell phones or other devices to send or post text or images intended to hurt or embarrass other children or teens. This can include sending mean, vulgar, or threatening messages or images; posting sensitive, private information about another person; or pretending to be someone else

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**BSO TAMARAC AT HALLOWEEN HOOPLA**

10 | 29

The Broward Sheriff's Office Tamarac District will once again participate in the City of Tamarac's **Halloween Hoopla** event on on **Saturday, October 29, 2011, 6:00 - 8:00 p.m** at Tamarac Park (7501 N. University Dr.). On hand will be BSO equipment and specialty vehicles, along with giveaways, child fingerprinting, Explorer Post 7 and crime prevention information. For more details about **Halloween Hoopla** event, *Flip For It!* and read the *Discovery!*



**BSO:** The BSO website is a great resource for useful information; from crime prevention and safety tips, to crime statistics and booking information. *Links to: [www.sheriff.org](http://www.sheriff.org).*

# First Things

## NEW FIRE RESCUE RECRUITS

**THE** City of Tamarac recently welcomed seven new Firefighter/Paramedics to the Fire Rescue Department. The City posted the positions in December 2010 and more than 130 people applied.

These seven new recruits endured a comprehensive application, assessment, and training process consisting of a written test, fire skills and medical assessments, and panel and one-on-one interviews. Each step narrowed the field of recruits until the final seven were left: **Hazel Alzugaray, Jason Bua, Christopher Rogers, Job Maria, Jonathan Neary, Paul Onarati, and Michael Stairs.**

These final seven began an intensive training in July which included 4-weeks of both fire and medical training, including heavy extrication exercises in over 90-degree heat, and live fire training at night with temperatures that can reach over 1,200 degrees!

The training period was capped off by a badging ceremony held on July 28, 2011 at Tamarac Fire Station 15 (Fire Rescue headquarters). The new Firefighter/Paramedics officially received their helmets and badges as their friends, family, and new co-workers looked on. (See page 1 for photos from the badging ceremony.)

Division Chief for Training and Safety Patrick Kendrick, who got to know the recruits very well throughout the process, summed it up best when he said, "This was a resilient group who never stopped trying, did everything they were directed to do without hesitation and still managed to keep a sense of humor. All are really great young people who will be assets to the department and the City for many years to come. I'm very proud of them!"

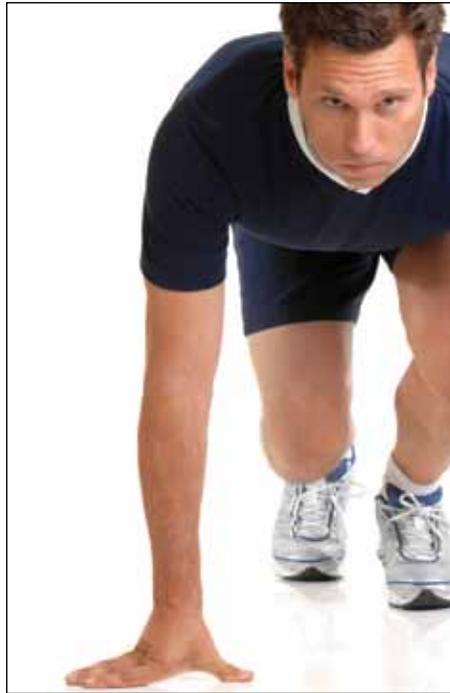
Treats.

EVENTS

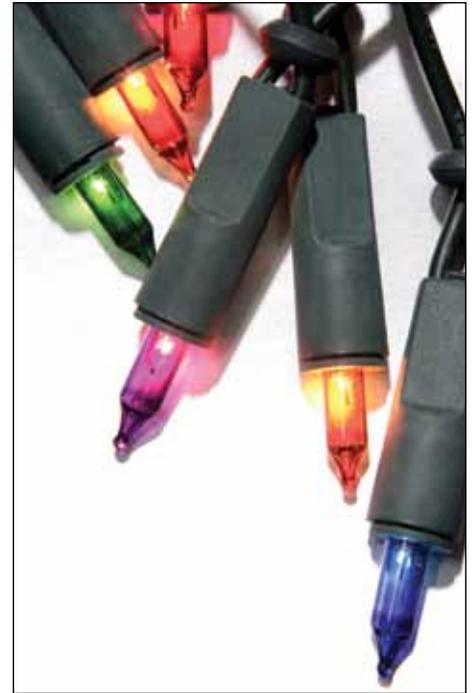
Residents and visitors of Tamarac know that Fall brings so much more than cooler weather—it brings some of the City's most cherished and popular traditions such as...



Trot.



Tradition.



**10 | 29** **Trick or Treat Tamarac!** Tamarac's annual **Halloween Hoopla and BSO National Night Out Against Crime** will be held on **Saturday, October 29, 2011 from 6:00 to 8:00 p.m.** at the Tamarac Multi-Purpose Center (7501 N. University Drive). Kids will enjoy costume contests, face painting, free Halloween treats, games, music, displays of BSO vehicles and equipment, and so much more! The best costume wins a great prize.

**11 | 24** **Turkey Trot:** Join us **Thanksgiving Day, November 24, 2011** — race starts at **7:30 a.m.!** Go at your own pace, run or walk the 5k course which starts at 77 Street and N.W. 88 Avenue, winds through the Woodmont Community and ends at City Hall. Participants are treated to a variety of refreshments and entertainment. Awards are given to the top three runners in each age group and the top three overall. More information: **(954) 597-3620.**

**12 | 7** **Light Up Tamarac!** Tamarac's annual **Holiday Lighting** festival will take place on **Wednesday, December 7, 2011** at the Tamarac Community Center (8601 W. Commercial Boulevard). Starting at **6:00 p.m.**, get your holidays started with the sights and sounds of the season. This wonderful event includes a concert by Tamarac's local school choirs, a visit by Santa, magic show, and the lighting of the City's holiday tree, Menorah and Nativity Scene!

# 8<sup>th</sup> Annual Taste of Tamarac



**EVENTS:** Something for everyone! That's our goal... join us this year for our annual Fall events. Whether you're looking for **treats** or a **trot** around our 5k course, or perhaps you'd like to simply enjoy our holiday lighting **tradition**, we have you covered. Be sure to check out photos from our events at: **www.tamarac.org/photos.** (Or scan the QR Code above!)



**10 | 29** Join the Tamarac Chamber of Commerce and the City of Tamarac **Saturday, October 29, 2011, 11:30 a.m. - 3:30 p.m.** for the **8<sup>th</sup> Annual Taste of Tamarac & Business Expo**—an afternoon of family fun featuring some of the areas favorite restaurants and caterers serving fabulous food and delicious desserts. In addition to the great food, you and your family will enjoy an informational business expo, great entertainment, a spectacular car show, puppet shows, costume contest, pumpkin decorating, trick or treating for the kids and so much more! **New this year... a 70's Costume Contest & Dance Contest for the Adults!** *Come ready to shake your groove thang...* Admission is **\$10.00 per person at the door** (pay for one adult admission, the second is FREE!), children under 12 are FREE! For more information, contact the Tamarac Chamber of Commerce at **(954) 722-1520.** *Please bring a non-perishable food item to help assist needy families!*

*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”*

- JOHN FITZGERALD KENNEDY

# VETERANS DAY

11 | 11

**Honoring our Veterans:** Celebrate your patriotism and say “thank you” to our country’s veterans by joining the City of Tamarac’s tradition of honoring our heroes at the City’s annual **Veterans Day Ceremony** to be held at Veterans Memorial Park (7825 Southgate Boulevard; corner of University Drive and Southgate Boulevard). **Thursday, November 11, 2011 at 10:30 a.m.** Refreshments will be served after the event.

**WHY WE CELEBRATE:** Originally called Armistice Day to commemorate the ending of “The Great War”, World War I, this holiday was first celebrated in 1919, a year after the end of the war and the signing of the Treaty of Versailles

on June 28, 1919 — November 11 was chosen because the unofficial armistice, or cessation of hostilities between the Allied nations and Germany, took affect on the eleventh hour of the eleventh day of the eleventh month (1918). An act of Congress in May 1938 made Armistice Day a legal holiday. In 1954, at the urging of veterans groups, the Act was amended to strike the word “Armistice” and replace it with “Veterans” to better represent those who had served in all the Country’s wars. This day helps to focus attention on the important purpose of Veterans Day: A celebration to honor America’s veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.



**HISTORY:** Information for this article came from the U.S. Department of Veterans Affairs. From Armistice Day to Veterans Day; scan the QR Code above for more information about the history behind the day we set aside to honor our veterans. *Links to: [www.va.gov](http://www.va.gov).*



## MARK YOUR CALENDAR

They're back! In the coming weeks be on the lookout for those familiar postcards announcing a *Meeting in the Neighborhood*... specifically your neighborhood (actually your Commission District).

Join your elected officials and City staff for an informative **Neighborhood Meeting**. These meetings provide an opportunity to ask questions about what matters to you and your neighbors. Find out what's happening in your neighborhood... and the rest of Tamarac.

For more information, or if you do not receive a postcard, please call: (954) 597-3530. The complete list of Neighborhood Meetings is below... mark your calendar!

If you are unsure about what Commission District you live in, visit [www.tamarac.org/CommissionDistricts](http://www.tamarac.org/CommissionDistricts).



**OCTOBER 5 | 6:30 P.M.**

District 3

Commissioner Diane Glasser  
Kings Point Clubhouse  
7620 Nob Hill Road



**OCTOBER 19 | 6:30 P.M.**

District 4

Commissioner Harry Dressler  
Tamarac Community Center  
8601 W. Commercial Boulevard



**NOVEMBER 2 | 6:30 P.M.**

District 2

Vice Mayor Michelle J. Gomez  
Challenger Elementary  
5703 N.W. 94 Avenue



**NOVEMBER 30 | 6:30 P.M.**

District 1

Commissioner Marion Swenson  
Mainlands 1 & 2 Clubhouse  
4301 Mainland Drive

Please note, the Mayor and other City Commissioners may be in attendance at one or more meeting.

# Code & A

**Q:** There are people in my neighborhood who do not clean up after their dogs — it's disgusting, unsanitary and rude! What can the City do about this problem? – *District 2 Resident*

**A: Dog Waste:** Well, let me first say that we completely agree with your adjectives. Anyone who takes on the responsibility associated with owning a pet, in this case a dog, must be willing to accept ALL of the responsibility associated with that animal. Cleaning up after your dog is a part of that — of course it isn't pleasant to pick up, but that waste being left behind for others is even less pleasant.

We've been receiving an increase in the number of citizen calls about Fido doing his business in the neighbors' yard, in medians, or in City parks (by the way, dogs are *only* allowed at the City's dog park — and yes, you are expected to clean up after your dog there as well... we make it easy for you with *waste stations* with disposal bags). **The City Code section 4-4 requires that any excrement left by your dog be picked up and disposed of properly.** However, the practical enforcement of that provision is difficult at best based on the itinerant nature of the violation. If the Code Division receives a complaint of this nature, generally we will send a "Dear John" type letter that basically says that the dog was witnessed doing it and you as the owner are responsible for cleanup. But in order to send this case to a hearing for some type of enforcement, the act would need to be witnessed by a Code Officer.

### General pet guidelines:

If you own a pet within the City of Tamarac, there are some things that you should be made aware of:

- By definition, "owner" is determined to be the person owning, harboring or maintaining custody of an animal.
- All animals are required to be on a leash, and securely controlled, when not on your property.
- Pet owners are required to clean-up (remove excrement) after their animals — this is the case whether on public or private property not belonging to you.
- City of Tamarac and Broward County ordinances regulate what household pets are permitted.
- Livestock animals are prohibited as pets.
- Pit Bulls: Per City Code Article II Sec 4-29, all Pit Bull Breeds are required to be registered with the City Clerk's Office (954) 597-3505 and have proper documentation.

### Stray Animals:

Stray animals are potential public safety risks and may carry unknown diseases or be aggressive, therefore it is unlawful for any person to feed/leave food out for stray and/or non domesticated animals within the City of Tamarac.



**QUICK  
SIMPLE  
SECURE**



**954.597.3590**

In an effort to streamline our operations and improve customer service, the City of Tamarac has implemented a new option to pay your Utility Bill, an **Interactive Voice Response (IVR)** system — the **Telephone Payment System**.

This is a great new option! The automated telephone payment system compliments our other payment options, such as online payments and automatic payments (see the April/May/June 2011 issue of the *Tam-A-Gram* for more details). One quick, simple, and secure call to **(954) 597-3590** and you're done!

**You can access the system by phone to:** check account information; make a pay-

ment; check payment history; check billing history; and request fax receipts of payments.

With so many options available, the IVR system offers you a great way to keep current with your utility account 24/7 — whenever it fits your busy schedule — using a VISA® or MasterCard®. Of course you can still speak to a live customer service representative any time during regular business hours.

This same system will soon be available for transactions relating to the City's Building Department... soon you'll be able to schedule and check the status of inspections, and so much more, right from your phone!

*Get to know your City...*  
**BUILDING  
OUTREACH  
PROGRAM**

This Fall Tamarac's Building Department will be reaching out to residents through a new Building Outreach Program. Building Department staff will attend homeowner association meetings to speak with, and educate, residents about issues relating to permits, building codes and building code violations, liens, and the best way to obtain compliance if you are cited for a building violation on your property. During these meetings staff will be able to provide residents with instantaneous permit and lien history on their properties, along with advice and solutions on how best to deal with any violations.

The Building Department staff will be contacting HOAs in the coming months to schedule visits. For more information, or to schedule a visit on behalf of your HOA, please contact Pat Richardson, Chief Electrical Inspector, at **(954) 597-3442**, or email [patrick.richardson@tamarac.org](mailto:patrick.richardson@tamarac.org).

# Tamarac on Forbes Top **25**

**F**orbes named the City of Tamarac to its recent list of the "25 Top Suburbs for Retirement." The list was compiled by comparing cities that were within 25 miles of major cities and the cultural, sporting and other destinations and attractions they offer, as well as the cost of living, proximity to higher education and access to public transportation as key factors.

Tamarac, the only city in Florida to be named to Forbes' list, was included for having an average home price under \$200,000, a hospital within the cities' boundaries, availability of mass transit, and "the fa-

mous Florida weather and no-income-tax environment."

"We're thrilled with this designation," stated Tamarac Mayor Pam Bushnell. "Each of the qualities they mentioned which appeals to retirees are also what make Tamarac so appealing to people of all ages! This truly is the *City for Your Life!*"

Tamarac offers amenities which attract people of all ages. In addition to one of the lowest crime rates in Broward County, some of the most affordable home prices, and one of the highest per-capita recycling rates in South Florida, the City offers social

service programs and activities such as a popular senior program at the Community Center, a variety of sports leagues that fill our ball fields year-round, after-school programs, one of the only skate parks in the area, classes (from jewelry making to cartooning, and everything in between), a fitness and aquatic center and so much more. The Forbes' designation compliments a previous honor Tamarac received; the City won the U.S. Department of Health and Human Services' 2005 "Livable Cities for all Ages" competition in the "Small Communities" (populations 100,000 and Under) category.

# NEW Company. Se

Beginning October 1, 2011 Waste Management will be the City of Tamarac's new single provider of trash and recycling services. It had been over 15 years since the City last went out to bid for their garbage contract – the goal was to see if service and efficiency could be improved at a reduced cost. (Previously the City had multiple vendors, one for single-family residential; another for multi-family residential; and five additional haulers for commercial.\*)

The City's Request for Proposal (RFP) from potential vendors resulted in five proposals of which, after an extensive evaluation process, Waste Management was selected as the best all around option for the City.

As the nation's largest environmental services company, Waste Management will be providing Tamarac residents and businesses with reliable trash collection and recycling services and looks forward to helping to continue the community's green initiatives.

Beginning in October, Waste Management (WM) will begin delivering new carts to each residence at no cost: one standard 65-gallon wheeled cart with a green lid for garbage and another 65-gallon wheeled cart with a yellow lid for recyclables (residents had the option to pre-register for a larger or smaller cart by responding to a post card that was mailed to each residence in late-July/early-August).

Initially, WM drivers will be picking up garbage and recyclables in rear-load trucks with tippers. However, in February, they will begin servicing Tamarac with a fleet of 14 new CNG (compressed natural gas) powered, automated trucks, the first for WM in South Florida. The use of these new trucks complements the City's green initiatives and its commitment to decreasing its carbon footprint (see sidebar).

The trucks will have only one driver and an automated robotic arm to lift the cart and empty the contents in the truck. Please keep in mind, carts must be placed at the curb with wheels and handle facing toward your home.

"We're very pleased that our first CNG-powered, automated



**GARBAGE:** After more than fifteen years the City decided to go out to bid for a new garbage contract. The new vendor, Waste Management, will be taking over residential collection beginning October 1\*. As part of the City's requirements, the new vendor had to streamline, compliment, and improve upon, existing environmental initiatives. All of these goals have been achieved... along with the added benefit of reducing costs for our residents! The QR Code above links to the City's YouTube where you can find an informational video about the new garbage service.

trucks in Broward County will be servicing the residents of Tamarac," said Butch Carter, Manager of Government Affairs for Waste Management. "As part of our company's goal to reduce emissions and increase fleet efficiency by 15% by 2020, Waste Management now has more than 1,000 CNG and LNG (liquefied natural gas) powered trucks on the road nationwide and we're excited to bring this green technology to the neighborhoods of Tamarac."

Along with new carts and new automated service, residents will have new service days. Garbage will be picked up twice per week (Monday and Thursday or Tuesday and Friday) and Recyclables one day per week. Collection begins at 7:00 a.m. All carts must be curbside prior to 7:00 a.m. (You will be notified by WM of your collection days; the days will also be on the carts delivered to your home.) The City's new garbage contract does not include any weekend collection days allowing for quieter weekends throughout the City.

Bulk items (including furniture, carpeting, and bicycles) will be picked up once a week on the opposite day of recycling. Construction debris and hazardous waste

\*Residential waste collection by Waste Management begins October 1, 2011. Collection of commercial waste will be phased-in in October 2013. \*\*The pricing for multi-family residences is not listed because the pricing is determined by many factors based upon the requirements and preferences of the communities being served, such as frequency of pick-ups and size of dumpsters. We do expect that many of these communities will see a decrease due to the more streamlined single-stream recycling program.

# Service. Carts.

Photos Courtesy Waste Management

1



2



3



(such as paint and motor oil) are not allowed as bulk items.

Yard clippings and vegetative waste should be placed in the Garbage Cart. Large clippings can be placed out for bulk collection.

Waste Management will pick up old garbage cans and bins. Please mark them with an "X" in either marker or tape and leave them curbside (be sure to wait until you receive your new carts before putting out your old containers).

Tamarac's new, yellow-lid carts for recycling will expand opportunities for residents to participate in single-stream recycling. All paper items including newspapers, magazines, junk

**Continued: Page 11**

## 1 Easy. Convenient. Clean.

- 2 Tamarac's new single-family garbage collection is easy as 1, 2, 3... 1.) Simply roll your cart out to the curb, remember to leave the wheels facing your home. Waste Management's (WM) automated trucks will take care of the rest: 2.) The collection truck will position itself in front of your cart; 3.) The automated arm will dump the contents of your cart into the truck. The process is the same for both regular waste collection as well as recycling. **For questions, call WM at 1-800-433-2300.**

# NEW GARBAGE CONTRACT FURTHERS GREEN INITIATIVES

The City of Tamarac has been a leader in environmental initiatives for many years. In fact, Tamarac was one of the first cities in Broward County to adopt a recycling program in the early 1990's. Today, Tamarac has one of the highest per capita recycling collection rates in South Florida. Other environmental initiatives include a community garden, the distribution of low-flow water devices, rebates on low-flow toilets\*\*\*, the use of Florida-friendly landscaping in City medians, facilities, and parks, as well as many more award-winning initiatives! AWARDS: Tamarac's environmental initiatives helped the City earn a Gold Level Certification from the Florida Green Building Coalition (the City was the first in South Florida to earn the Silver Level Certification back in May 2008). In addition, the City received the Milestone Achievement Award for Climate Protection from ICLEI - Local Governments for Sustainability. The Arbor Day Foundation named Tamarac a Tree City USA for the eighteenth year in a row. Our partnership with Waste Management will help us continue those efforts; we're thrilled that our City will be the first in South Florida to use CNG (compressed natural gas) garbage trucks contributing to our commitment to environment and our goal of reducing carbon emissions.

\*\*\*Low-flow toilet rebates are available on a first-come first-served basis for a limited time only, call the City of Tamarac's Water Conservation Specialist at (954) 597-3792 for more information.

SPECIAL INSERT • IMPORTANT INFORMATION • SPECIAL INSERT

Learn more about the City's Class 7 Flood Rating... this rating can reduce your flood insurance premium up to 15%... check with your carrier.

SPECIAL INSERT • IMPORTANT INFORMATION • SPECIAL INSERT



Photos Courtesy Tamarac Theatre of the Performing Arts / www.ttoipa.org.

# A local gem.

*Tamarac's very own local Theatre shines.*

**F**or over 31 years Tamarac has been home to a local cultural gem, the **Tamarac Theatre of the Performing Arts**. Formerly known as the White-Willis Theatre (the name was changed six years ago), the Tamarac Theatre is considered to be one of the foremost small theatre companies in South Florida.

Located at the Tamarac West Shopping Center, on the corner of McNab and Pine Island Roads, the Theatre is an intimate playhouse (with less than 100 seats) which presents five productions each year. The size of the Theatre contributes to the audience's unique feeling of being up close to the actors and a part of the action.

Founded by Dorothy Willis, a long-time supporter of the South Florida theatre community and a performer, producer, and writer in her own right, the Theatre is known for helping to develop local talent. "We are one of the few theatres that encourages new talent to audition for us, hone their craft, and then go on to bigger venues," says Ms. Willis. In the early years of her career, Ms. Willis performed in several Broadway productions and has since written original plays such as *Fanny & Sadie* which has been produced at the Tamarac

**WHAT TO KNOW:**  
The Tamarac Theatre of the Performing Arts offers a variety of events throughout the year, from theatrical productions to lecture series.

**LOCATED AT:**  
Tamarac Theatre of the Performing Arts  
7143 Pine Island Road  
(Corner of McNab Rd. and Pine Island Rd.)  
**(954) 724-7898**

Theatre. In addition to plays and musical productions, the Tamarac Theatre also hosts a variety of lecture series, concerts, workshops, a children's drama school, and more throughout the year.

Performances are held on Saturday and Sunday; matinees are held at 2:00 p.m. both days and an evening performance is held at 8:00 p.m. on Saturday evenings.

Tickets are available at the box office and can be purchased in advance – discounts apply for purchasing tickets to multiple productions. For a complete listing of current and upcoming events – including the "Intellectual Smorgasbord Lecture Series" which begins October 12, 2011 – as well as information about auditions, photos from past performances and much more, visit

the Theatre's website at [www.ttoipa.org](http://www.ttoipa.org). The Tamarac Theatre of the Performing Arts is a not-for-profit 501c3 tax exempt cultural arts organization which depends on contributions from the community, in addition to ticket sales, to sustain its existence. You or your company's contributions are greatly appreciated.

Today the Theatre is run by a devoted group of individuals committed to keeping the arts in Tamarac. They include: Bill Schmookler, General Manager and Producer; Lee Weinstein, Communication Technician; Rhoda Weinstein, Usher Coordinator; Beverly Feren, Marketing Director; and Barbara Glickman, Box Office and Stage Manager, as well as several dedicated volunteers.

Be sure to visit the Theatre... let's help keep this amazing little gem in our City!



**THEATRE:** Use this QR Code to quickly link to the Tamarac Theatre of the Performing Arts website for more information, performance times and more! *Links to:* [www.ttoipa.org](http://www.ttoipa.org).

### Garbage | Continued From: Page 9

mail, office and school paper, cardboard and chip board (cereal and cracker boxes) can be combined with plastic bottles and containers #1-#7, aluminum and steel cans, glass bottles and jars, and dairy and juice boxes into the Recycle Cart.

"Waste Management is committed to providing our new Tamarac customers with a comprehensive, environmentally friendly and cost effective waste and recycling collection program," added Carter. "We look forward to being an active community partner in Tamarac for many years to come."

Another benefit of the new contract is the reduction of cost to residents. Tamarac's single-family residences will see a decrease in their garbage rates, from \$25.24 to \$22.60 per month.\*\*

For questions, call **Waste Management Customer Service** at 1-800-433-2300 or log onto [www.wm.com](http://www.wm.com) and click on Customer Service to access the Live Chat feature. The City also has a Recycling and Trash Hotline: (954) 597-3740. If you'd like to receive Waste Management's quarterly e-newsletter with recycling at home tips, please register at [www.WMUpdate.com](http://www.WMUpdate.com).

### Bullying | Continued From: Page 3

in order to make that person, or pretending to be someone else in order to make that person look bad. Children and teens can cyber-bully each other through e-mails, instant messaging, text messages, web pages, blogs or chat rooms.

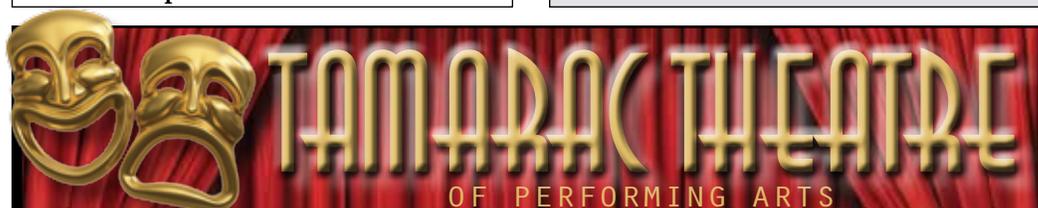
#### Tips to help prevent cyber-bullying:

- Keep your computer in easily viewable places
- Talk regularly with your child about on-line activities that he or she is involved in
- Tell your child that you may review his or her on-line communications if you think there is reason for concern
- Consider installing parental control filtering software and/or tracking programs
- Educate your child about the consequences of inappropriate use of his or her electronics, such as losing internet access or use of their cell phone

For more tips on how to deal with bullying and cyber-bullying, be sure to visit the Broward Sheriff's Office website at: [www.sheriff.org/antibullying](http://www.sheriff.org/antibullying).

Also, be sure to sign-up for BSO's **FREE CyberVisor<sup>SM</sup>** to receive emails, or text messages, with important information and tips: [www.sheriff.org/cybervisor](http://www.sheriff.org/cybervisor).

Discovery  
Time to flip for it



**TAMARAC THEATRE**  
OF PERFORMING ARTS

**NEW SHOWS:**

**"Bye Bye Birdie"**  
October 15 - November 6, 2011

**SHOW TIMES:**  
Saturday ..... 2:00 & 8:00 pm  
Sunday ..... 2:00 pm

**TICKETS:** ..... \$25 per show

**UPCOMING:**

*2011-2012 Season!*  
"The Producers"  
"Beau Jest"  
"Gypsy"  
"The Prisoner of 2<sup>nd</sup> Avenue"

**ALSO, BE SURE TO CHECK OUT:**  
*The "Intellectual Smorgasbord Lecture Series" beginning October 12, 2011!*

**NOW AVAILABLE! SAVE ON SEASON SUBSCRIPTIONS\*:**  
3 SHOWS: \$67 • 4 SHOWS: \$84 • 5 SHOWS: \$99

**INFORMATION/TICKETS: (954) 726-7898 / [www.ttopa.org](http://www.ttopa.org) / 7143 Pine Island Rd.**

Now that you've read the informative *Tam-A-Gram*, it's time to *Flip For It!* and learn about the great programs and activities Tamarac's Parks and Recreation Department offers... it's all in the *Discovery* section of the *Tam-A-Gram!*

# Discover

Discover the Benefits of Tamarac Parks and Recreation



**P**arks & Recreation introduces *Tiny Tots!* A program specially designed for children ages 18 months to 4 years old. *Tiny Tots* is a monthly program that combines Imagination Mornings, Lil' Sprouts cooking, Squirts Sports and water safety classes for parents and children to enjoy. Parents can register their child on a monthly basis and attend all of the above classes or register on a per class basis. Imagination Mornings opens up the minds of children to

explore their creative side through dance, music, arts & crafts while learning their colors, numbers and enhancing their motor skills. This class is offered Mondays for ages 18 months-29 months and Wednesdays for ages 2 ½ - 4 years old. Parents are required to be present at each class and assist.

Lil' Sprouts cooking classes start children on the path to good health and nutrition by teaching them that food is fun!

**Continued: Page 7**

**October / November / December 2011**

Presorted  
Standard  
US Postage  
**PAID**  
So. Florida, FL  
Permit #1401

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



## FACILITY LOCATIONS

**Caporella Aquatic Complex and Fitness Center**  
9300 N.W. 58 Street

**Caporella Park**  
5200 Prospect Road

**Gary B Jones Park for People and Pups**  
8101 Southgate Boulevard

**Sunset Point Park**  
11000 W. McNab Road

**Tamarac Community Center (TCC)**  
8601 W. Commercial Boulevard

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

**Tamarac Park / Recreation Center**  
7501 N. University Drive

**Tamarac Sports Complex**  
9901 N.W. 77 Street

**Tephford Park**  
10003 Southgate Boulevard

**Veterans Memorial Park**  
7825 Southgate Boulevard

For more information about Tamarac's Parks and Recreation and the programs and services we offer call **(954) 597-3620**. For a detailed map of our parks and facility locations, visit us online at [www.tamarac.org/locations](http://www.tamarac.org/locations).

*Times and locations subject to change without notice.*

## TAMARAC ATHLETICS

The following sports leagues are offered in the City of Tamarac. Please contact the sports league at the phone number provided for more information.

Youth Sports Leagues.....	Phone Number
Flag Football .....	(954) 721-5131
Girl's Softball .....	(954) 881-7003
( <a href="http://www.tamaracgirlsoftball.com">www.tamaracgirlsoftball.com</a> )	
Little League .....	(954) 720-0301
( <a href="http://www.tamaraclittleleague.com">www.tamaraclittleleague.com</a> )	
T-Ball/Coach Pitch .....	(954) 720-0301
Youth Basketball .....	(954) 597-3620
Youth Football/Cheerleading.....	(954) 721-5131
Youth Soccer.....	(954) 804-5022
( <a href="http://www.tamaracsoccer.com">www.tamaracsoccer.com</a> )	

Adult Leagues.....	Phone Number
Coed Softball .....	(954) 720-7103
Men's Basketball.....	(954) 533-5538
Men's Soccer .....	(954) 553-0272

## SPECIAL EVENTS

### Teen Summit

Teen Summit is a conference style event that brings teens together to explore social issues and topics of interest of today's young adults. The Teen Summit is geared towards middle and high school students emphasizing social awareness, healthy living, and personal development. Continental Breakfast, lunch, and goody bags are included.

**Where:** Tamarac Community Center

**When:** October 15, 2011, 9:00am – 3:00pm

**Fee:** \$5.00 per person

### Halloween Hoopla and BSO National Night Out Against Crime

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

**Ages:** All Ages

**Where:** Tamarac Park, 7501 N. University Dr

**When:** Saturday, October 29, 6:00 pm – 8:00 pm

### Veterans Day Ceremony

Please join us as we recognize our fallen heroes who served our country.

**Where:** Veterans Memorial Park

**When:** Friday, November 11, 10:30 am

### 31<sup>st</sup> Annual Turkey Trot 5K Race

**Where:** Tamarac City Hall

**When:** Thursday, November 24, 7:30 am

**Fee:** Before November 11 \$20.00

November 12 - 23 \$25.00

November 24 (Race day) \$50.00

### Paws and Claus Holiday Paw-ty

Have your dogs photo taken with Santa Claus. Also enjoy pet contests including pet tricks, and best dressed holiday hound!

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

**When:** Saturday, December 3, 9:00 am - 12:00 pm

### Holiday Lighting Festival

Join us while the Mayor and Commission light the holiday tree and Menorah. There will be a special holiday concert featuring Tamarac's best school choirs along with a special appearance by Santa Claus and children's entertainment.

**Where:** Tamarac Community Center

**When:** Wednesday, December 7, 6:00 pm

### Rudolph's Winter Wonderland

Join the City of Tamarac for a holly jolly night of reindeer games. Enjoy bounce houses, face painting, carnival games, candy cane hunt, pictures with Santa, and a special appearance by Rudolph the red-nosed reindeer.

**Ages:** All Ages

**Where:** Tamarac Park, 7501 N. University Dr.

**When:** Friday, December 16, 6:30 pm - 8:30 pm

### Artist of the Month Exhibit

Visit the Tamarac Community Center to view:

**October:** Gene Pelletier, "Illusion Art", (Acrylic and Markers)

**November:** Clara Ruiz and Rafael Mata, "Other Point of View", (Photography)

**December:** Captain Larry Spisak, "Sea Dreamer", (Photography)

## ADULT TRIPS

Register for all trips at the Tamarac Community Center located at 8601 W. Commercial Boulevard from 8:00 am - 8:00 pm. All bus trips will leave from this location. **For information about any of our trips, call (954) 597-3620.** Trips are subject to cancellation. No refunds one month prior to trip date (no exceptions).

### **Broward Center- "RAIN - A Tribute to the Beatles"**

**When:** Thursday, October 13  
(Bus leaves at 6:00 pm / returns at 11:00 pm)  
**Fee:** Residents: \$75, Non-Residents: \$85

### **Lakeworth Playhouse - "Little Shop of Horrors"**

**When:** Thursday, October 20  
(Bus leaves at 4:00 pm / returns at 11:00 pm)  
**Fee:** Residents: \$65, Non-Residents: \$75

### **Broward Stage Door - "My Fair Lady"**

**When:** Thursday, November 3  
(Bus leaves at 5:00 pm / returns at 11:00 pm)  
**Fee:** Residents: \$55, Non-Residents: \$65

### **Broward Center - "Beauty and the Beast"**

**When:** Thursday, November 17  
(Bus leaves at 6:00 pm / returns at 11:00 pm)  
**Fee:** Residents: \$75, Non-Residents: \$85

### **Fort Lauderdale Christmas Pageant**

**When:** Friday, December 2  
(Bus leaves at 5:00 pm / returns at 11:00 pm)  
**Fee:** Residents: \$40, Non-Residents: \$50

### **Cirque Dreams Holiday**

**When:** Thursday, December 29  
(Bus leaves at 6:00 pm / returns at 11:00 pm)  
**Fee:** Residents: \$90, Non-Residents: \$100

**FLORIDA'S FUTURE.. It Starts in Parks!** 1000 new residents a day! With that kind of relentless population growth, people need a place to connect and form new relationships, to learn about Florida's heritage and its natural treasures - a place to become Floridians. Florida's parks are the place where it all comes together - a sense of community, appreciation of history, and respect for nature.

**It Starts  
in Parks™**

## SENIOR PROGRAMS

**Calling all Seniors!** Want to live a more vibrant life, form new friendships, feel a sense of achievement, and get in heart healthy shape? Be part of the fun and become a member of the award winning Tamarac Community Center Senior Program!

With over 40 different activities, programs and services per week, there is truly something for everyone. The Senior Program has over 800 members who participate in activities such as Jazzercise, painting, line dancing, scrabble, volleyball, chair yoga, and much, much more. Where else can you enjoy all these activities all for \$30 a year!

The Senior Program is available to individuals ages 55 and up from Monday through Friday, 8:30 am - 4:00 pm. For more information and to check out our program listing, please visit the Community Center (8601 W. Commercial Blvd.), or call **(954) 597-3620**, or visit us on the web at [www.tamarac.org/parks](http://www.tamarac.org/parks). You can also get updates on Tamarac's Senior Program through **Twitter** ([www.twitter.com/CityofTamarac](http://www.twitter.com/CityofTamarac)) and **Facebook** ([www.facebook.com/TamaracParks](http://www.facebook.com/TamaracParks)).

**Below is a partial list of the classes Tamarac's Senior Program has to offer. Call (954) 597-3620 for more information...**

### **INDULGE YOUR PASSION**

Zumba, Bingo, Badminton, Movies,  
Ballroom Dancing, Volleyball...

### **STIMULATE YOUR MIND**

Scrabble, Dominoes, Mah Jong, Rummikub,  
Cards, Computer Classes, Computer Club,  
Battle of the Sexes Trivia...

### **ENLIGHTEN YOUR SPIRIT**

Happy Hookers (knitting club), Morning Walkers,  
Line Dancing...

### **EXERCISE YOUR BODY**

Jazzercise, Yoga, Proactive Arthritis Water Aerobics  
Class, Heart Healthy, Chair Yoga, Body Basics,  
Stretch & Tone, Yagalites...

### **EXPRESS YOUR CREATIVITY**

Creative Writing, Painting, Arts & Crafts...



# F R E E P L A Y FRIDAYS!

Bring your child to one of Tamarac's parks for some good old-school style fun where *we let kids be kids!* We will have fun games and activities set up for them to enjoy...and it's all FREE! Each month we will highlight a different City park for you and your child to enjoy! Please meet the recreation staff at the playground of the park. *(Parents must stay/supervise their children.)*

### **FALL PARK TOUR: (All times are 11:00 am - 1:00 pm)**

November 18, 2011 ..... Caporella Park  
December 9, 2011 ..... Tamarac Park

## SOCIAL SERVICES

All services are provided at the Tamarac Community Center (TCC) unless otherwise noted. Call the Information and Referral line at (954) 597-3642 for more information on social service programs that may be available in Broward County. For transportation issues, to register for our Transportation Program or to inquire about transit, please call (954) 597-3649. Schedules for the Red and Yellow Transit Routes are available at [www.tamarac.org/transportation](http://www.tamarac.org/transportation) and at City facilities.

### PROGRAMS

#### Caregiver Support Group

Are you a full time caregiver for someone over the age of 60? Do you feel stressed out and overwhelmed? Meet others who share similar experiences caring for a loved one. In partnership with the Jewish Family Services. Please call Susan Panzer, at Jewish Family Services for **FREE** respite for your loved ones so you can attend this meeting; (954) 370-2140.

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Monday of each month, 10:30 am

#### Chronic Caregiver Self-Management Program

Are you a full-time caregiver for someone over the age of 60? Do you feel stressed out and overwhelmed? Meet others who share similar experience caring for a loved one. Please call Susan Panzer at Jewish Family Services for **FREE** respite for your loved ones so you can attend this meeting at (954) 370-2140. *In partnership with Jewish Family Services.*

**When:** 1<sup>st</sup> Monday of each month, 10:30 am

#### Financial Counseling

**Do you need to learn how to manage your finances?** Learn how to budget or use online banking during your one-on-one counseling session with a financial specialist. Also get assistance with applying for federal programs such as Medicaid, Food Stamps and Cash Assistance. **FREE** for Tamarac residents. Please call (954) 720-2485 to set up your sessions. By appointment only. In partnership with CareSource, Inc., a non-profit social services agency.

#### Free Flu Shots for Tamarac Residents

Dates and times to be announced; please call (954) 597-3620 for more information.

#### Tamarac Holiday Shuttle

The Transportation Division will be offering a Holiday Shuttle to the Coral Square Mall and Super Walmart in Coral Springs in the months of October, November, and December. Call (954) 597-3649 for more information.

### SERVICES/ GROUPS

#### Alzheimer's Support Group

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month at 10:00 am

#### Bereavement Support Group

**When:** Every Monday, 10:00 - 11:30 am

#### FREE! 911 Cell Phones for Seniors

Call (954) 597-3642 to set up an appointment to receive a phone.

**Donations of cell phones are accepted.**

**When:** 2<sup>nd</sup> Monday of each month, 9:00 am

#### FREE! Amplified Phones (Center for Communications)

Provides amplified phones and TDDs **FREE** of charge to residents of the State of Florida who are deaf and/or hard of hearing. Call Social Services for more information (954) 597-3642.

**When:** 3<sup>rd</sup> Wednesday of the month, 10:00 - 11:00 am

#### FREE! Eye Screenings

Appointments available for October 12, November 16, and December 14 between 9:00 am – 12:00 pm. Please call (954) 597-3642 to schedule an appointment.

**When:** October 12; November 16; December 14;  
9:00 am - 12:00 pm

#### FREE! Eyeglass Repair Program

**When:** Every Tuesday, 10:00 am - 1:00 pm

#### FREE! Hearing Screenings

**When:** 2<sup>nd</sup> Tuesday of the month, 9:00 - 10:45 am

#### FREE! Individual Limited Senior Counseling

Contact Sharon Roseman, LCSW at (954) 895-6031 for an appointment. Short-term counseling only. Tamarac residents only.

#### Meals on Wheels: Lunch

Served at 11:30 am for seniors 60 and older. Suggested donation: \$2. Provided by Broward Meals on Wheels. **Must** reserve meal no later than noon the day prior by calling (954) 724-2544 between 9:30 am and 12:30 pm.

#### Senior Coping Skills Group

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month, 10:30 am - 12:00 pm

#### Senior Social

Join us for bagels and coffee and an educational lecture.

**When:** 3<sup>rd</sup> Tuesday of each month, 11:00 am

#### SHINE Counselor

Serving Health Insurance Needs for the Elderly. 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.

#### Veterans Advisor

**When:** Every Friday, 8:00 - 11:00 am. No appointment necessary.

### PROGRAM SPOTLIGHT:

## WE NEED YOUR HELP!

### Tamarac is "The City for Your Life!"... You can help make a difference.

The City of Tamarac is in need of your help. We're accepting donations to help low-income and needy families in our City. These donations are used to assist families in need with items such as food and clothing. The holidays are an especially important time for these families -- donations are used to assist with holiday dinners and toys for children. **YOUR TAX-DEDUCTIBLE CONTRIBUTION CAN BE ACCEPTED AT THE TAMARAC COMMUNITY CENTER** (8601 W. Commercial Blvd., Tamarac, FL 33351). **For more information, please contact Tamarac's Social Services Office at (954) 597-3642.** Thank you.

**ADULT ACTIVITIES**

Activity	Day	Time	Ages	Resident/ Non-Resident Fee		Location	Session
Badminton	Mon. & Wed. Sat.	6:00 - 9:00 pm 5:00 - 9:00 pm	13 & over	\$3/\$5	Community Center	Per Class	
Ballroom Dance	Wed.	7:30 - 8:30 pm	18 & over	\$50/\$60	Community Center	6-week	
Co-ed Volleyball	Mon. & Thurs. Sat.	7:00 - 8:45 pm 1:30 - 4:00 pm	16 & over	\$80/\$100	Multi-Purpose Center	Membership	
Fitness Boot Camp	Tues. & Thurs.	6:00 - 7:00 pm	16 & over	\$4/\$6	Recreation Center	Per Class	
Line Dancing (Beginner)	Thurs.	6:00 - 8:00 pm	18 & over	\$7/\$8	Community Center	Per Class	
Line Dancing (Intermediate)	Tues.	7:15 - 8:45 pm	18 & over	\$5/\$6	Community Center	Per Class	
Line Dancing (Intermediate)	Thurs.	8:00 - 9:30 pm	18 & over	\$7/\$8	Community Center	Per Class	
Middle Eastern Dance	Tues.	7:00 - 8:30 pm	18 & over	\$45/\$55	Community Center	4-week	
Mixed Art	Wed.	9:30 - 11:30 am	18 & over	\$40/\$50	Recreation Center	8-week	
Pilates & Yogalates	Sat.	9:30 - 10:30 am	16 & over	\$20/\$30	Recreation Center	4-week	
Pottery Class	Mon.	6:00 - 8:45 pm	13 & over	\$50/\$60	Recreation Center	8-week	
Table Tennis	Sat.	2:00 - 9:00 pm	18 & over	\$1/\$2	Community Center	Per Class	
Taekwondo	Tues. & Thurs.	7:00 - 8:00 pm	13 & over	\$70/\$80	Recreation Center	4-week	
Zumba	Mon.	7:00 - 8:00 pm	13 & over	\$20/\$30	Recreation Center	4-week	
	Wed.	9:30 - 10:30 am		\$20/\$30	Recreation Center		
	Wed. or Fri.	7:00 - 8:00 pm		\$25/\$35	Community Center		
Zumba Toning	Tues. & Thurs.	9:30 - 10:30 am	16 & over	\$20/\$30	Recreation Center	4-week	
	Wed.	7:00 - 8:00 pm		\$35/\$45			

**FITNESS SCHEDULE**

Body Sculpting	Thurs. & Fri.	6:00 - 7:00 pm	16 & over	Tamarac Community Center Residents: \$5, Non-residents: \$6 per class Residents: \$45, Non-residents: \$54 for 10 classes Residents: \$132.50, Non-residents: \$198.75 for annual membership
Boot Camp	Wed.	7:00 - 8:00 pm		
Hi/Low Impact Aerobics	Tues.	6:00 - 7:00 pm		
Pilates	Mon. & Thurs.	7:00 - 8:00 pm		
Strength Training Aerobics	Wed.	6:00 - 7:00 pm		
Yoga	Mon.	5:30 - 6:30 pm		
	Thurs.	7:00 - 8:00 pm		
	Sat.	9:00 - 10:00 am		

**Where:** Tamarac Community Center  
**Fee:** Residents: \$5, Non-residents: \$6 per class  
 Residents: \$45, Non-residents: \$54 for 10 classes  
 Residents: \$132.50, Non-residents: \$198.75 for annual membership



## CAPORELLA AQUATIC CENTER

Visit the Caporella Aquatic Center located at 9300 NW 58 Street. Enjoy its many amenities including a 25 meter swimming pool with zero depth entry and slide, children's water playground, 3,000 sq.ft. fitness room, locker rooms, picnic tables, and more.

### Lap Swimming

**When:** Monday and Wednesdays, 12:30 - 1:30 pm

### Pool Hours:

**Weekdays:** Pool: 10:00 am - 6:00 pm

Slide and Sprayground:

2:30 - 6:00 pm

**Saturdays:** Pool, Slide, and Sprayground:

10:00 am - 6:00 pm

**Sunday:** Pool, Slide, and Sprayground:

10:00 am - 4:00 pm

**(POOL CLOSED IN DECEMBER)**

**For fees and rental information, call (954) 597-3660.**

### Pro-active Arthritis Water Exercise Class

Work on balance and coordination while increasing range of motion, joint flexibility, muscle strength, and cardiovascular fitness without causing strain.

**When:** Monday and Wednesday, 11:00 am - 12:00 pm

**Fee:** Senior Program Members: **FREE**

Non-Senior Program Members: \$2.00 per class

### Swim Lessons

Swim Lessons are offered for beginner level swimmers. Swimmers will learn front float, back float, and general arm and leg motions for swimming freestyle and backstroke.

**When:** **Parents/Tots (Ages 3 -5):**

Monday/Wednesday, 6:00 - 6:45 pm;

Tuesday/Thursday, 5:00 - 5:45 pm;

Saturday, 9:00 - 9:45 am & 10:00 - 10:45 am

**Tots Only (Ages 3 -5):**

Monday/Wednesday, 6:00 - 6:45 pm;

**Level 1 (Ages 6 & over):**

Monday/Wednesday, 5:00 - 5:45 pm;

Tuesday/Thursday, 5:00 - 5:45 pm & 6:00 - 6:45 pm;

Saturday, 9:00 - 9:45 am

**Level 1 (Advanced):**

Saturday, 10:00 - 10:45 am

**Level 2 (Intermediate, Ages 6-16); and**

**Adult Level 1 (Ages 17 & over):**

Tuesday/Thursday, 6:00 - 6:45 pm

**Fee:** Residents: \$40.00, Non-residents: \$50.00

### Competitive Swim Team

Beginners to serious competitors of all ages can join the Sunrise Competitive Swim Team. Private lessons are also available. Call (954) 597-3660 for more information.

### Water Aerobics

Get a total body workout to improve motor skills, balance, strength, and posture. Moderate to high level of cardio will be achieved.

**When:** Monday/Wednesday, 6:00 - 6:45 pm

**Fee:** Residents: \$45, Non-residents: \$55

They will explore their creative side while also learning the food pyramid... slow, go and no foods...and be hands on with all projects. The best part... they get to enjoy and eat their creations! Parents are required to be present at each class and assist.

Squirts Sports is physical education program designed from the P.E. for Pee Wee's model specifically for toddlers and preschool children. This program has two main aims: first to teach children fundamental and gross motor skills to set them on the correct path for an active and sporting school life. Secondly it tackles the soaring problem of declining skills, childhood obesity and sedentary lifestyles. The program will also cover basic kicking, throwing and catching skills along with running and jumping. Parents are required to be present at each class and assist.

Also included in the monthly membership fee is a water safety class held at the Caporella Aquatics center. This class focuses on water safety and fundamentals including bobbing, floating and submerging their face in the water. Parents are required to be present at each class and assist.

Please contact the Tamarac Park Recreation Center for more information and to register for the Tiny Tots program at (954) 597-3674.

## WELLNESS CENTER

We invite you to visit the Tamarac Wellness Center. We have a variety of free weights, life fitness machines, treadmills, elliptical cross trainers, recumbent lifecycles, stationary bikes and more. The Wellness Center offers a friendly non-competitive workout environment with an awesome view of our competitive pool or community garden. If this is your first visit, our qualified friendly staff will show you around and get you familiar with the equipment. We also have personal training sessions available. Visit the Tamarac Wellness Center today at 9300 NW 58th Street or contact us at (954) 597-3661 or visit our website at [www.tamarac.org/parks](http://www.tamarac.org/parks).

**COMING SOON! Personal Fitness Training Sessions!**

# TAMAGRAM

flip for it flip for it

Now that you've read about [just a few] of the great programs and activities Tamarac's Parks and Recreation Department offers... *Flip For It!* and read the City's informative magazine, the *Tam-A-Gram!*



**MORE ONLINE:** Want to read back issues of the *Tam-A-Gram*, or share the current issue with a friend? The Current issue of the *Tam-A-Gram*, along with past issues and other informative City of Tamarac publications are available online, simply scan this QR Code! Links to: [www.tamarac.org/publications](http://www.tamarac.org/publications).