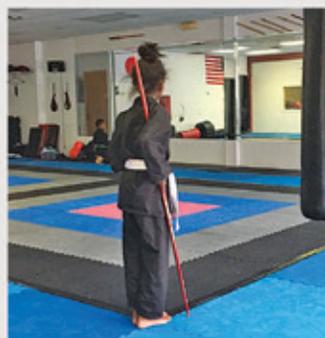


# TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

APRIL | MAY | JUNE | 2018



ONE TAMARAC

# TAMAGRAM

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.

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

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

You may also email your comments or questions to the Public Information Office at: [pio@tamarac.org](mailto:pio@tamarac.org). Please include Tam-A-Gram in the subject line of your email.

To submit pictures, please send high-resolution photos to [pio@tamarac.org](mailto:pio@tamarac.org).

Tam-A-Gram and other City publications are available online at [www.tamarac.org](http://www.tamarac.org).

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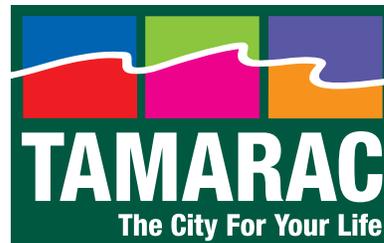
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## IMPORTANT NUMBERS

MAIN NUMBER	(954) 597-3500	Financial Services	(954) 597-3550	Public Works	(954) 597-3700
ADA Coordinator/Accessibility	(954) 597-3505	Purchasing	(954) 597-3570	Engineering	(954) 597-3712
Voice	1 (800) 955-8770	Customer Service	(954) 597-3590	Recycling & Trash Hotline	(954) 597-3740
TTY	1 (800) 955-8771	Fire Rescue (Non-Emergency)	(954) 597-3800	Utilities (Water)	(954) 597-3750
Citizen Hotline	(954) 718-1800	Florida Power & Light	(954) 797-5000	Billing Inquiries	(954) 597-3590
(Activated During Emergencies)		Human Resources	(954) 597-3600	Utilities (leaks, breaks, etc.)	(954) 597-3750
Building Services	(954) 597-3420	Job Line	(954) 597-3615	Water Treatment Plant	(954) 597-3775
Building Inspections		Risk Management	(954) 597-3613	(Also used for afterhours Utilities Emergencies.)	
Building Permitting and Inspection Results		Mayor and Commission	(954) 597-3460	Service Providers:	
City Clerk's Office	(954) 597-3505	Parks & Recreation	(954) 597-3620	Waste Management	(866) 684-3142
City Commission	(954) 597-3460	Community Center	(954) 597-3620	Comcast Cable	(954) 252-1937
City Manager's Office	(954) 597-3510	Caporella Aquatic Center	(954) 597-3660	Library (Tamarac Branch)	(954) 765-1500
PIO (Media)	(954) 597-3523	Caporella Fitness Center	(954) 597-3661	Post Office (Tamarac Branch)	(954) 722-3152
Community Development	(954) 597-3530	Social Services	(954) 597-3642		
Code Compliance	(954) 597-3425	Transit/Shuttle Bus	(954) 597-3649		
Business Revenue	(954) 597-3537	Police/BSO Tamarac District (Non-Emergency)	(954) 720-2225		

# Transforming into One Tamarac

**W**e're on the cusp of a new Tamarac. What was once a retirement enclave is now becoming a bustling community. We're a diverse, multi-generational City and we're just beginning to realize our potential.

- More people of all ages are choosing to call Tamarac home. The average median age here is now 47. Over half of our residents are of working age; to support them there are now housing options for all stages of life and income levels.
- More people are looking to raise a family in Tamarac; children now comprise 19% of the City.
- More companies are recognizing how smart a move it is to build - or expand - a business here. Unipharma has invested \$85 million in their pharmaceutical facility in the Tamarac Commerce Park. Interplex Sunbelt has just broken ground on a 42,500-square foot medical manufacturing facility. And new restaurants and service businesses are opening throughout the area.

Why are people snapping up the new housing options across our City? Because working families have discovered what a hidden gem we have here. They

appreciate our continued focus on quality of life and realize the potential we have for economic development.

New homes mean more people. People who need to eat, shop, and in increasing numbers, send their children to school. That's also why an increasing number of businesses - large and small - are choosing Tamarac. They appreciate the reasonable cost of real estate, the growing pool of skilled workers and the ease of doing business.

A metamorphosis is taking place on the site of the City-owned Colony West Golf Club. It's now an active construction site for a new clubhouse and upgraded banquet facilities and meeting rooms. Those will not only serve the public, but also guests at the soon-to-be-built 120-room Fairfield Inn and Suites by Marriott next door.

Tamarac is transforming. We're a beautiful blend of ages and cultures. We are many faces and many voices, but we are all united as One Tamarac.

***On the cover: These photographs were submitted by Millennium 6-12 Collegiate Academy as part of the City's Public Art Committee project "In Focus: Diversity in the Community" in conjunction with the One Tamarac Multi-cultural Festival.***



# Bon Appetit, Tamarac!



**M**ore and more businesses are recognizing that Tamarac isn't just a great place to live and play – it's also a great place to do business. As our City continues to grow and diversify, so does our restaurant selection.

Located on University Drive just north of Commercial Boulevard, Metro Diner opened last summer and offers imaginative twists on classic dishes. To find out what's cooking visit [www.metrodiner.com/locations/florida/tamarac](http://www.metrodiner.com/locations/florida/tamarac).



The new Food Emporium on State Road 7 opened in September and features three culinary treats under one roof. The Golden Krust Caribbean Bakery & Grill ([www.goldenkrustbakery.com](http://www.goldenkrustbakery.com)) serves up Jamaican food, while the Southern Pig Co. ([www.southernpigco.com](http://www.southernpigco.com)) offers slow smoked BBQ and Salty Apple ([www.mysaltyapple.com](http://www.mysaltyapple.com)) offers a variety of healthy salads, sandwiches, smoothies and more.



If you want lots of options, Chow Time Grill & Buffet offers American, Chinese, hibachi and sushi, as well as a variety of salads and desserts. Located on Commercial Boulevard, Chow Time changes its buffet menu every two weeks. Visit [www.chowtimetamarac.com](http://www.chowtimetamarac.com) for more information.

# Ready to Play?

**A** new decorative fence at Sunset Point Park makes its popular playground an even more inviting place to play. Designed by local artist Marcos Conde, this addition to the City's growing public art collection was paid for with developer fees on new construction. The project was administered by the Public Art Committee.



# Yes, Tamarac!

**T**amarac is transforming into a bustling, more vibrant community, as people of all ages and stages of life choose to say "yes" to making Tamarac their home and to building businesses here. That was the message of Mayor Harry Dressler's State of the City address.

What's fueling this growth? New housing options and the City's focus on quality of life are attracting people at all income levels and phases of life. At the same time, we're seeing an increase in new businesses and expansion plans by existing ones, thanks to our reasonable real estate costs, great location, growing pool of skilled workers, and the ease of doing business here.

This transformation will continue in 2018, as we experience progress on the



redevelopment of the City-owned Colony West Golf Club, and a groundbreaking for Tamarac Village.

The new families and businesses we've welcomed to the City have made us a more diverse, multi-generational and multi-cultural community. By saying "yes, Tamarac," they've brought growth and renewed vitality to *The City For Your Life*.

# Many Faces, Many Voices:



# One Tamarac

Thanks to all the attendees, performers, exhibitors and volunteers who helped us celebrate our diversity and unity at the One Tamarac Multi-cultural Festival. We had hours of fun before bad weather caused the event to end early. We're looking forward to next year's celebration!



# Head-Turning Homes

**A**pppearance affects our City's reputation, property values and sense of community. That's why the City established the Neighborhood Beautification Recognition Awards program to acknowledge owners who take pride in their property's appearance. Congratulations to our 4th quarter winners, and thanks for helping to keep Tamarac looking good.

## 4th Quarter Residential Property Winners



**DISTRICT 1**  
Thuan Cao Do  
4811 NW 58th St.



**DISTRICT 2**  
Patricia Somoza  
8605 NW 58th Pl.



**DISTRICT 3**  
Lorraine Burn  
10600 NW 80th Ct.



**DISTRICT 4**  
Keenan Poole, Geraldine Rinaldi  
7928 NW 83rd St.

## 4th Quarter Commercial Property Winner



**NORTHSTAR FUNERAL SERVICES  
FLORIDA LLC  
ALEXANDER-LEVITT FUNERALS  
& CREMATIONS**  
8135 W. McNab Rd.

## NOW ACCEPTING NOMINATIONS!

Help us recognize property owners with Neighborhood Beautification Recognition Awards. Nomination forms are available at City Hall and at [www.tamarac.org](http://www.tamarac.org) and due by 4 pm on the following dates:

### Nomination Deadlines:

- 2nd Quarter: June 29th**
- 3rd Quarter: September 28th**
- 4th Quarter: December 28th**

Submit forms to the Housing division by email, [housing@tamarac.org](mailto:housing@tamarac.org), or by dropping them off at City Hall, room 206. For more information, call (954) 597-3530, email [housing@tamarac.org](mailto:housing@tamarac.org) or visit the Community Development department pages on [www.tamarac.org](http://www.tamarac.org).

# Dispose of Meds, Documents Safely

**Y**ou can protect yourself from identify theft and prevent prescription drug abuse by keeping your unused medication and old financial documents out of the wrong hands.

At BSO's Operation Medicine Cabinet and Shred-A-Thon event in Tamarac, Broward residents can drop off up to five boxes of documents to be shredded and disposed of safely. Please note, these boxes can't be larger than 15"L X 12"W x 10"H.

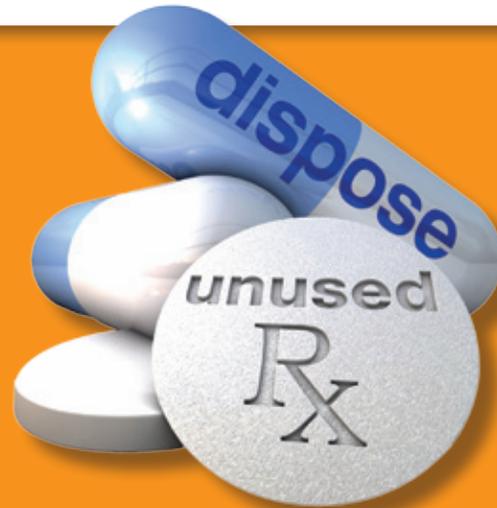
BSO will also collect unused, unwanted or expired medications at this free event. Those who turn in prescription medications will receive a \$5 gift card (while supplies last). Only medications will be collected.

## **OPERATION MEDICINE CABINET AND SHRED-A-THON**

**Saturday, April 14th**

**10 am - 1 pm**

**Kings Point | 7620 Nob Hill Rd.**



# Honoring Centennial Citizens

**T**amarac centenarians were celebrated at the Tamarac Historical Society luncheon, where the Mayor and Commission visited with them, sharing stories and laughter.

In addition, the Historical Society created a photo exhibit currently displayed at City Hall honoring all our centenarian residents.



Pictured are:

**Shirley Strassler**  
(posthumous)

**Edna Babuschkin**

**Dorothy Elder**

**Hyman Kudler**

**Inge Lutze**

**Rose Calvina**

**Sol Lerner**

**Bertha Rappaport**

**Lee Feldman**

**Rose Gebell**

**Aurelia Kolar**

**Aaron Schragar**

**Ruth Cook**

**Alice Considine**

**Lee Kamerling**

**Joane Rogers**

**Edward Smith**

# Lessons Learned from Hurricane Irma

Last year, virtually all of Florida was impacted by Hurricane Irma. While South Florida didn't suffer a direct hit, we experienced tree damage, power outages and some local flooding. Because Irma impacted every county in Florida, recovery resources were stretched, slowing debris collection and power restoration.

There are lessons to be learned from every storm. Here are some tips for this year's hurricane season, based on what Irma taught us.

**Stay Connected:** In critical situations such as hurricanes, the City needs to be able to quickly communicate important information to residents.

Sign up for City updates at [www.tamarac.org](http://www.tamarac.org). Click "Emergency Notifications" on the home page to sign up for CodeRED phone calls and emails. Then click "Stay Connected" from

the home page and subscribe to the "City at Large" list. You can also call (954) 718-1800 for recorded updates pre- and post- storm.

We'll tell you about the City's preparations, storm-related openings and closings, debris collection, water notices, local safety issues, recovery efforts, post storm assistance and more.

We also post hurricane updates on our website, as well as Facebook and Twitter. If electronic and phone communications are down, information will still be shared with local media, and flyers posted throughout the City as conditions allow.

**Recovery Takes Time:** In today's fast-paced society, we're used to immediate results. After a hurricane that's not possible. A few days without power may feel like an eternity, but know that people are working hard to restore services as quickly as possible. Set

## Girl Power!

This year we had an all-female class in our Leadership Tamarac program, which connects future leaders from local high schools with City officials and staff. The students learned about leadership and public service, participating in hands-on interactive activities including a mock crime scene investigation and a build-a-park project, as they discovered how local government works.

We truly enjoyed getting to know the young ladies in the Class of 2018, and wish them all the best in the future!



realistic expectations for yourself and others after a storm.

**Expect the Unexpected:** While forecasts are increasingly accurate, they do change. A small shift in conditions can alter a storm's course and make a big difference. With Irma, it looked like we would get a direct hit from a massive hurricane until just before landfall. That's why it's important to plan in advance, prepare early and closely monitor every hurricane that threatens the region.

**Take Charge:** Take responsibility for your safety and that of your family and pets, and for the protection of your property. Visit [www.broward.org/hurricane](http://www.broward.org/hurricane) and [www.ready.gov/hurricanes](http://www.ready.gov/hurricanes) for detailed information on creating a hurricane plan, shelter options, suggested disaster supplies, home protection and other hurricane-related advice.

And remember to stay connected.

## IMPORTANT NUMBERS:

### TAMARAC:

Hurricane Hotline .....(954) 597-3800  
Recorded Updates ..... (954) 718-1800  
CodeRED Registration .....(954) 597-3800  
or [www.tamarac.org](http://www.tamarac.org)  
Utilities Emergency ..... (954) 597-3750  
*After Hours Only* ..... (954) 597-3775  
Volunteer Desk .....(954) 597-3620

### BROWARD COUNTY:

Hurricane Hotline ..... 311 or (954) 831-4000  
TTY (954) 831-3940  
Emergency Management ..... (954) 831-3900  
Special Needs Shelter Registration  
(954) 831-3902  
TTY (954) 831-3940

### Vulnerable Population

Registration.....(954) 831-4000  
TTY (954) 831-3940

### Pet-friendly Shelter/

Humane Society .....(954) 989-3977

### OTHERS:

Emergency ..... 911  
Florida Power & Light ..... (800) - 4OUTAGE  
Waste Management..... (866) 684-3142  
BSO Non-emergency..... (954) 764- 4357  
FEMA Hotline ..... (800) 621-3362  
TTY (800) 462-7585

## A Night to Remember

**A**frican-American culture and life were celebrated through the arts at Tamarac's Martin Luther King, Jr. remembrance event. Attendees were treated to a presentation and exhibit by visual artist Terri A. Meredith, and performances by Ashanti Cultural Arts.



# Presentations and Proclamations

As part of our Black History Month observance, the Mayor and Commission recognized several community members for their contributions: Dorris Toppin, George and Linda Danner, Dorothy Edwards, Mona M. Malbranche and Bishop Clinton G. Ruddock.



December 13th was declared Dr. Alan J. Bussell Day. He has operated a successful dental practice in Tamarac for 43 years and contributed much to the community through his Chamber involvement.



The Mayor and Commission declared December Tamarac Library Month in recognition of the Tamarac Branch Library's 40th anniversary.

# Neighborhood Improvement Grants

**W**hen it comes to keeping Tamarac beautiful, we're all in it together. To support neighborhood improvements that enhance their visual image and improve livability, the City developed its Neighborhood Partnership Program.

For a limited time, eligible homeowners' associations and neighborhood associations/organizations can apply for matching funds for improvement projects.

The 2018 application period is May 14th - 25th. Funds are limited, and grants for selected projects will be capped at \$5,000. Recipients must contribute at least 50% of the value of the City's contribution to the project - cash or the sweat equity of residents will be accepted.

To apply, a group must be registered with the Community Development department as an active neighborhood organization and registered as a Florida not-for-profit corporation. Projects must be improvements to private, common property in Tamarac neighborhoods that are at least five years old. They should benefit the entire neighborhood or community and be visible and accessible from a public roadway.

On April 18th, the full criteria will be available online in the Community Development department's section of [www.tamarac.org](http://www.tamarac.org), under Housing Administration, or at City Hall, room 206. Applications will be posted May 14th, and selections announced on June 25th.



## Little Free Libraries

**T**he City unveiled two Little Free Libraries to encourage school-aged children to read and share their favorite books. Located at the Tamarac Sports Complex and Caporella Park, these free book exchanges were sponsored by the International Association of Firefighters Local 3080 and provide convenient places for children to take a book, return a book and leave a book.



# Celebrating Tamarac Expansion

**M**anufacturer Interplex Sunbelt is significantly expanding its presence in Tamarac by opening a second facility that will be used for medical manufacturing. Mayor Harry Dressler and City Manager Michael C. Cernech joined company executives at a groundbreaking ceremony for the build-out of the 42,500-square-foot building, which is scheduled to open in May 2018.



## Board Members: Know Your Role

**C**ondominium and homeowners' association boards have a significant impact on the community. That's why the City partners with the law firm of Kaye Bender Rembaum to provide FREE certification courses for new and existing board members. Taking these courses fulfills the state requirement to show they understand the job and its obligations.

### RESIDENTIAL BOARD MEMBER CERTIFICATION COURSES

Tuesday, June 5th  
6:30 - 8:30 pm

Tamarac Community Center  
8601 W. Commercial Blvd.

Space is limited. RSVP to  
(954) 776-1999, ext. 242 or  
[KBRLegalSeminar@PiersonGrant.com](mailto:KBRLegalSeminar@PiersonGrant.com)  
*Light refreshments will be served.*

## 2018 Neighborhood Meetings

**J**oin Tamarac elected officials and City staff for a discussion on current projects and their impact on the community. They'll answer questions and share insight into what the future holds for *The City For Your Life*.

Have a topic you'd like addressed? Help frame the conversation by sending suggested topics or questions to [pio@tamarac.org](mailto:pio@tamarac.org).

All meetings begin at 6:30 pm. Residents are welcome to attend meetings in any district. For additional information, please call (954) 597-3530.

### MEETING SCHEDULE

#### **DISTRICT 2** April 18th

LIME BAY CLUBHOUSE  
9190 Lime Bay Blvd.

#### **DISTRICT 1** May 2nd

TAMARAC LAKES SOUTH CLUBHOUSE  
2800 W. Commercial Blvd.

#### **DISTRICT 3** May 16th

KINGS POINT CLUBHOUSE  
7620 Nob Hill Rd.

#### **DISTRICT 4** May 30th

TAMARAC COMMUNITY CENTER  
8601 W. Commercial Blvd.

## STAY COOL AT THE POOL

The hot weather is coming, but we've got you covered. The Caporella Aquatic Complex pool re-opened in time for spring after off-season renovations including the installation of new pool pumps, diamond brite refinishing and more.

Check out all the pool has to offer on the following page. There's something for everyone, whether you want to enjoy a day in the pool, take a ride down the Avalanche Waterslide, take water exercise classes, bring your tots to the sprayground, sign the kids up for swim lessons or enroll them in TS Aquatics' competitive swim program.



### Tamarac Parks and Recreation e-Newsletter

The Parks and Recreation department's monthly electronic newsletter, called *P&R e-News*, highlights department happenings including events, trips, classes and services.

To subscribe, sign up online at:  
[www.tamarac.org](http://www.tamarac.org)  
click the "Notify Me" tab in the left column and click the "Online Newsletter" box.

# CAPORELLA AQUATIC COMPLEX

Visit the Caporella Aquatic Complex and enjoy its many amenities including a 25-meter heated swimming pool with zero - depth entry, a slide and children's water sprayground. The complex also offers a 3,000-square-foot fitness center, locker rooms and outdoor picnic tables. Please call (954) 597-3660 for Aquatic Complex admission fees and rental information, or for additional information on the classes and lessons listed below.

## POOL HOURS

Weekdays: 10 am - 6 pm  
*Slide and Sprayground:*  
3 pm - 6 pm

Saturdays: 10 am - 6 pm  
Sundays: 10 am - 4 pm

## SWIM LESSONS

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

## PROACTIVE ARTHRITIS WATER EXERCISE CLASS

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

## H2O POWER HOUR

Challenge yourself with an interval-based aquatic workout. Focus will be on increasing your fitness level while incorporating strength for the major muscle groups. All classes can be tailored to the individual's ability level. Come out and take a plunge with this challenge!

**When:** Tuesday and Thursday  
6:15 - 7 pm  
**Fee:** Residents: \$45; Non-residents: \$55  
(Four-week session)

## TAMARAC SWIM TEAM

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



## FITNESS CENTER

We invite you to visit the Caporella Fitness Center which offers a friendly, non-competitive workout environment with a variety of free weights, Life Fitness machines, treadmills, elliptical cross trainers, recumbent lifecycles, stationary bikes and more. On your first visit, our qualified staff will show you around and help you get familiar with the equipment. We also have personal training sessions available by appointment. For more information, visit the Fitness Center today, contact us at (954) 597-3661 or visit our website at [www.tamarac.org/parks](http://www.tamarac.org/parks).

### Annual Fitness Center Membership Fees:

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

*Three-month and six-month membership options are also available for adults, seniors, military and veterans.*

## FACILITY LOCATIONS

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### **Caporella Aquatic Complex and Fitness Center**

9300 NW 58th St.

### **Caporella Park**

5200 Prospect Rd.

### **Colony West Golf Club**

6800 NW 88th Ave.

### **Gary B Jones Park for People and Pups**

8101 Southgate Blvd.

### **Mainlands Park**

4500 Monterey Dr.

### **Sunset Point Park**

11000 W. McNab Rd.

### **Tamarac Community Center**

8601 W. Commercial Blvd.

### **Tamarac Multi-Purpose Center**

7531 N. University Dr.

### **Tamarac Park Recreation Center**

7501 N. University Dr.

### **Tamarac Sports Complex**

9901 NW 77th St.

### **Tephford Park**

10003 Southgate Blvd.

### **Veterans' Memorial Park**

7825 Southgate Blvd.

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*For more information on any of the programs or activities listed in the Discovery section of Tam-A-Gram, please contact Tamarac Parks and Recreation at (954) 597-3620. Times and locations may be subject to change without notice.*

## ATHLETIC LEAGUES

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The following sports leagues are offered in the City of Tamarac. Registration is available at the Tamarac Community Center.

### **YOUTH BASKETBALL**

Registration for Youth Basketball's Summer/Fall Season begins May 7th. The league is for boys and girls ages 6 - 17. Practices will begin in July with games starting in August. The season concludes in October. Space is limited. Volunteer coaches are needed.

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

### **ADULT ATHLETIC LEAGUES (18 & OVER)**

30 & Over Basketball is played on Thursday evenings and registration is by individual only.

Coed & Men's Softball begins in May. Games are played on Wednesday and Friday evenings. Registration is by team only.

Adult Flag Football begins in June. Games are played on Wednesday evenings. Registration is by team only.

### **FIELD RENTAL**

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

### **FOR THE FOLLOWING ATHLETIC LEAGUE INFORMATION, PLEASE CALL (954) 597-3620.**

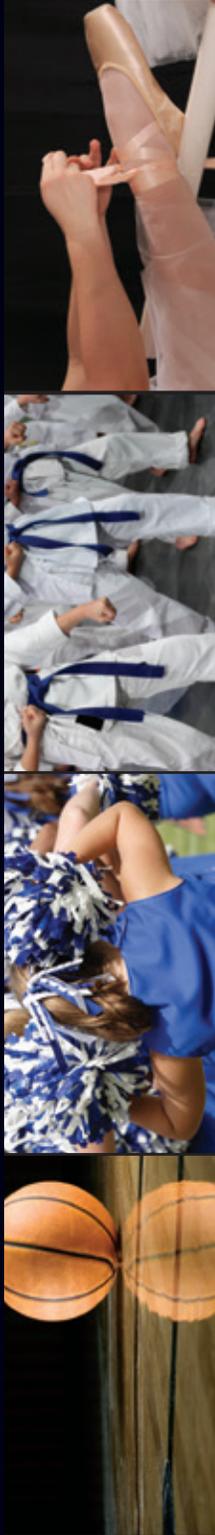
Youth Baseball, Youth Flag Football, Youth Soccer, Youth Basketball, Men's Basketball, Adult Softball and Adult Flag Football.

### **FOR YOUTH TACKLE FOOTBALL/CHEERLEADING, CALL (954) 292-6119**

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



# City of Tamarac Parks and Recreation Youth and Adult Activities



## YOUTH RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Session	Location
Archery	Mon.	6 - 7 pm	7 - 8 yrs.	\$45/\$55	4-week	Recreation Center
Art & You	Mon.	6:30 - 7:30 pm	7 - 12 yrs.	\$40/\$50	4-week	Recreation Center
Basketball Fundamentals	Wed.	6 - 6:45 pm	10 - 14 yrs.	\$30/\$40	4-week	Multi-Purpose Center
Ballet, Tap & Jazz	Sat.	10 - 11 am 11 am - 12 pm	3 - 6 yrs. 7 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Fashionista	Sat.	12:30 - 1:15 pm	6 - 14 yrs.	\$40/\$50	4-week	Recreation Center
Gymnastics	Thurs.	6 - 6:45 pm	5 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Hip Hop/Cheerleading /Tumbling	Sat.	11 am - 12 pm	5 - 12 yrs.	\$45/\$55	4-week	Recreation Center
Imagination Mornings	Wed.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center
I-Imagine Art	Sat.	11:45 am - 12:30 pm	5 - 14 yrs.	\$40/\$50	4-week	Recreation Center
Kempo Karate	Mon. & Wed.	5:30 - 6:30 pm	7 - 18 yrs.	\$70/\$80	4-week	Recreation Center
Kids Cooking	Tues. (1st & 3rd)	6 - 8 pm	7 - 12 yrs.	\$40/\$50	2-week	Recreation Center
Krafty Kids	Mon.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center
Lil Sprouts Cooking	Tues.	10 - 10:45 am	2 - 4 yrs.	\$25/\$35	4-week	Recreation Center
Start Smart Sports	Thurs.	6 - 6:45 pm	4 - 6 yrs.	\$30/\$40	6-week	Multi-Purpose Center
Taekwondo	Tues. & Thurs.	5:30 - 6:30 pm	6 - 12 yrs.	\$80/\$90	4-week	Recreation Center
Youth Tennis	Tues.	5:30 - 6:30 pm	6 - 12 yrs.	\$40/\$50	4-week	Sports Complex
Zumbatomic	Wed.	5 - 6 pm	4 - 12 yrs.	\$20/\$30	4-week	Multi-Purpose Center

For more activity information, please call the Tamarac Community Center at (954) 597-3620 or the Recreation Center at (954) 597-3674. Registration is also available online for some programs at <https://webtrac.tamarac.org>.

## ADULT RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Session	Location
Aerobic Cycling	Mon. Tues. Thur. Sat.	7:15 - 8:15 pm 7:15 - 8:15 pm 6:15 - 7:15 pm 8:30 - 9:30 am	16 & over	\$7/\$8 \$55/\$65 \$85/\$100 \$140/\$160	Per Class 10 Classes 6 months Annual	Community Center
Badminton	Mon. & Wed. Sat.	6 - 9 pm 5 - 9 pm	13 & over	\$3/\$5	Per Class	Community Center
Table Tennis	Sat.	2 - 9 pm	18 & over	\$1/\$2	Per Class	Community Center
Wing Chun	Tues. & Thurs.	6:30 - 8 pm	13 & over	\$80/\$90	4-week	Recreation Center
Vegan Cooking Classes	Thurs. (1st & 3rd)	7 - 8:30 pm	18 & over	\$50/\$60	2-week	Recreation Center
Volleyball	Mon. Thurs. Sat.	6:30 - 8:30 pm 7:15 - 8:30 pm 1:30 - 4 pm	16 & over	\$5/\$6	Per Class	Multi-Purpose Center

### RECREATION CENTER FITNESS SCHEDULE

Dance Fit	Tues.	7 - 8 pm
Salsa Fitness	Mon. Thurs.	6 - 7 pm 7 - 8 pm
Pilates	Sat.	9:30 - 10:30 am
Zumba Fitness	Mon. & Wed. Tues. Thurs. Sat.	7 - 8 pm 9:30 - 10:30 am 10:30 - 11:30 am

### COMMUNITY CENTER FITNESS SCHEDULE

Belly Dancing	Wed.	7 - 8 pm
Body Sculpting	Fri.	6 - 7 pm
Kickboxing	Mon.	6 - 7 pm
Pilates	Tues.	7 - 8 pm
Power Sculpting	Thurs.	6 - 7 pm
Strong By Zumba	Wed.	6 - 7 pm
Tone and Sculpt	Tues.	6 - 7 pm
Yoga	Mon. Tues. Thurs. Sat.	5:30 - 6:30 pm 6 - 7 pm 7 - 8 pm 9:30 - 10:30 am
Zumba	Wed.	7 - 8 pm

Participants can enjoy fitness classes at both facilities with a 10 class punch card, or with a 6-month or annual membership.

**Fees:** Per Class: Residents: \$7, Non-residents: \$8  
 10 Classes: Residents: \$55, Non-residents: \$65  
 6 Months: Residents: \$85, Non-residents: \$100  
 Annual Membership: Residents: \$140, Non-residents: \$160  
 Annual Membership/Seniors: Residents: \$110, Non-residents \$130

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

For more activity information, please call the Tamarac Community Center at (954) 597-3620 or the Recreation Center at (954) 597-3674.  
 Registration is also available online for some programs at <https://webtrac.tamarac.org>.

# SOCIAL SERVICES

**All services are provided at the Tamarac Community Center (TCC) unless otherwise noted.** Call the information and referral line at (954) 597-3642 for more information on these and other social service programs that may be available in Broward County.

## INDIVIDUAL COUNSELING

Free limited sessions for Tamarac residents only. Please call counselors Lakshmi at (954) 655-7040 or Jessica at (954) 317-3460 to make an appointment. Program is grant funded and income verification is needed prior to sessions. Please leave your name and phone number and your call will be returned within 24 hours.

## LOWER YOUR PRESCRIPTION COSTS

Start saving today with the City of Tamarac Prescription Discount Card program for those without insurance. Benefits include an average savings of 20%, free enrollment and coverage for all family members.

No income requirements.

Pick up at Tamarac Community Center.



## TEEN PARENTING GROUP BY MEMORIAL HEALTHCARE SYSTEM

The City of Tamarac, in partnership with Memorial Healthcare System, cordially invites you to participate in FREE parenting sessions that provide different perspectives on adolescent development, parenting styles, communication, and working together as a family to improve relationships and strengthen family bonds.

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

## POSITIVE ADJUSTMENT GROUP

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

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

## PEACE OF MIND SUPPORT GROUP

Are you looking for peace of mind? Please join Chief Psychologist, Jessica Ruiz, Psy.D. from Jewish Family Services for group sessions on various topics.

When: First Tuesday of the month,  
10 - 11 am



## FREE 911 CELL PHONES FOR SENIORS

Call (954) 597-3642 to set up an appointment. Donations of cell phones are accepted.

When: Second Monday of each month  
at 9 am

## FREE BLOOD PRESSURE SCREENINGS

(Sponsored by Tamarac Pharmacy)

When: Second Thursday of the month  
11 am - Noon

## FREE HEARING SCREENINGS

When: April 4th and May 2nd  
(Please call for an appointment)

## SENIOR SOCIAL

Join us for light refreshments and an educational lecture.

When: Third Tuesday of each month  
at 11 am

## SHINE COUNSELOR

Serving Health Insurance Needs for the Elderly. Have questions regarding your Medicare/Medicaid insurance? Call the Area Agency on Aging and Disability Resource Center to speak to a SHINE counselor: (954) 745-9779.



## TRANSPORTATION AND EXPRESS SHUTTLE SERVICES

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

Tamarac also offers two community bus routes – the Red and Red Extension Transit Routes – to locations across the City. Schedules and fees are available at [www.tamarac.org](http://www.tamarac.org) and at City facilities.

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



## ADULT TRIPS

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



### KRAVIS CENTER - THE BODYGUARD

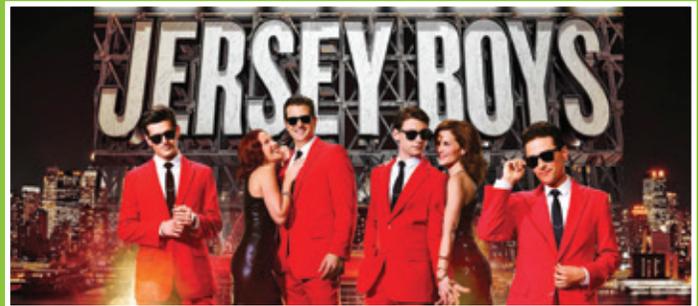
Thursday, April 12th, 4 - 11 pm  
Residents: \$70, Non-residents: \$80

### LAKE WORTH PLAYHOUSE - OLIVER THE MUSICAL

Thursday, April 26th, 4 - 11 pm  
Residents: \$65, Non-residents: \$75

### KRAVIS CENTER - SOMETHING ROTTEN

Thursday, May 3rd, 4 - 11 pm  
Residents: \$75, Non-residents: \$85



### BROWARD CENTER - JERSEY BOYS

Thursday, May 17th, 4 - 11 pm  
Residents: \$80, Non-residents: \$90

### MAI KAI POLYNESIAN DINNER SHOW

Thursday, June 14th, 4 - 11 pm  
Residents: \$80, Non-residents: \$90

### BROWARD CENTER - ROCK OF AGES

Thursday, June 28th, 4 - 11 pm  
Residents: \$65, Non-residents: \$75

# SPECIAL EVENTS



## COMMUNITY FARMERS MARKET

The market is a great place to shop for fresh produce, honey, sauces, baked goods, pickles and other artisanal goodies. Come meet the producers and sample their locally prepared, all-natural products.

Where: Veterans' Memorial Park  
When: Every Sunday, 9 am - 2 pm

## MOVIE IN THE PARK

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

Where: Tamarac Sports Complex  
When: Friday, April 6th - "Coco"  
Friday, May 4th - "Sing"  
Friday, June 1st - "Despicable Me 3"  
Time: Activities start at 7 pm,  
movie at 8:30 pm

## SPLASH BASH!

Enjoy swimming, music, raffle and a free frozen treat!

When: Saturday, April 7th, Noon - 4 pm  
Where: Caporella Aquatic Complex  
Fee: Adults - \$4; Child 17 & under - \$3.50

## GROOVE ON THE GRASS

Join us for a live outdoor performance, inflatable rides for the kids, and food trucks offering a variety of food for the evening.

Where: Tamarac Sports Complex  
When: Friday, April 20th, 7 - 9 pm - Simply Tina (Tina Turner Tribute Band)  
Friday, May 18th, 7 - 9 pm - Never Stop Believin (Journey Tribute Band)

## MOTHER'S DAY TEA PARTY

Where: Tamarac Recreation Center  
When: Saturday, May 12th, 10 am - Noon  
Fee: \$5 per person, pre-register by  
Wednesday, May 9th

## OPERATION SWIM EVENT

Be safe in and around the water! Join us for free water safety demonstrations, children's activities, music and much more.

When: Saturday, May 19th, 10 am - Noon  
Where: Caporella Aquatic Complex  
Fee: Adults - \$4; Child 17 & under - \$3.50



## MEMORIAL DAY CEREMONY

Join us in remembering our veterans as the City pays tribute to those who gave their lives to protect our freedom. The City of Tamarac Veterans Affairs Committee, along with our Mayor and City Commission, invite you to join them on this special holiday.

Where: Veterans' Memorial Park  
When: Monday, May 28th, 10:30 am  
Fee: Free

## FATHER'S DAY FISHING TOURNAMENT

Grab your fishing poles and bait and enjoy a day of fishing with your family. Price includes a gift for dad and lunch. Fishing starts promptly at 9 am.

Where: Caporella Park  
When: Saturday, June 16th, 9 am - Noon  
Fee: \$5 per person, pre-register by  
Wednesday, June 13th, at  
Tamarac Recreation Center or  
Community Center

# SENIOR PROGRAM

Want to have fun, try new activities, make friends and get in shape? Tamarac's Senior Program offers more than 40 different activities every week, Monday - Friday, 8:30 am - 4 pm. This program is for seniors aged 55 and up. For additional information, including full descriptions of the classes and programs listed below, please call (954) 597-3620.

△ Indicates degree of physical challenge

## CREATIVE CLASSES

- Advanced Rubber Stamping:** Thurs. 1 pm
- Clay Class:** Fri. 10 am
- Happy Hookers Knitting Group:** Mon. 1 pm
- Painting Club:** Tues. 1 pm
- Writing Group:** Tues. 10 am

## EXERCISE & MOVEMENT

- Belly Dancing** △△△: Fri. 9 am
- Blend for Balance** △△△: Wed. 9 am
- Carol's Cardio** △△△△: Fri. 11:15 am
- Carol's Cardio Kickboxing Plus Muscle Training** △△△△: Tues. 9:45 am
- Chair Yoga** △: Tues. and Thurs. 11:30 am
- Core Yoga** △△: Wed. 11:30 am
- Gentle Yoga** △: Fri. 12:45 pm
- Jazzercise** △△: Mon., Tues., Thurs., Fri. 10 am
- Line Dancing** △△: Mon. and Thurs. 11 am
- Movement Mix** △△: Wed. 10:15 am; Fri. 11:30 am
- Proactive Arthritis Water Exercise Class** △△: Mon. and Wed. 10 am (Aquatic Complex)
- Senior Dance - Ballroom:** Thurs. 1 pm
- Sit & Fit Aerobics** △: Tues. and Thurs. 10:15 am

- Small Group Strength Training** △△△△: Wed. 10:15 am (Advance sign up required; RSVP Monday mornings)
- Tai Chi / Qigong** △: Mon. 9 am; Fri. 9:30 am
- Yoga** △△: Mon. 10:45 am
- Zumba Sentao** △△△: Fri. 10:15 am
- Zumba Gold** △△: Mon. 12:15 pm

## GAMES & RECREATION

- Bingo:** Mon. 12:30 pm
- Pickleball** △△: (Beg) Mon & Thurs. 12:30 pm; (Adv) Tues. 12:30 pm; (Int) Wed. 12:30 pm; (Int & Adv) Fri. 12:30 pm
- Pickleball Fundamentals:** Thurs. 11:30 am - 12:30 pm (Advanced sign up only)
- Ping Pong:** Thurs. 12:30 pm; Fri. 10 am
- Trivia:** Fri. 2 pm
- Volleyball** △△: Tues. 11:15 am; Wed. 11 am



## BECOME A SPONSOR!

Sponsoring a special event is a great way to reach your target audience. Partnering with the City of Tamarac provides an opportunity to promote your business and increase visibility in the community. Contact the Tamarac Parks and Recreation Department at (954) 597-3632 for more information.



**CITY OF TAMARAC**  
7525 N.W. 88th Avenue  
Tamarac, Florida 33321-2401

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## P.A.R.O.T. GOLF TOURNAMENT

Enjoy a day on the green and play it forward by supporting the Parks and Recreation Foundation of Tamarac at its 7th annual golf tournament. Proceeds will fund youth and adult program grants, scholarships, specialty playground equipment and Tamarac parks and recreation events.

**WHEN:** Friday, May 4th  
Registration: 11 am  
Shotgun Start: Noon

**WHERE:** Woodlands Country Club  
4600 Woodlands Blvd.

**COST:** \$125/player



Registration includes a light lunch, golf shirt, goodie bag and dinner.

For information or registration, contact  
Linda Probert at [linda.probert@tamarac.org](mailto:linda.probert@tamarac.org) or (954) 597-3632.