

# Senior Program

## CLASS DESCRIPTIONS

**Advanced Rubber Stamping with Darlene:** Craft your way with homemade cards! Set your creativity loose! Call Darlene to reserve your spot 954-304-1691.

**Ageless Seniors:** Low-impact class featuring weight training, cardio, balance, memory exercises, and stretching to support overall wellness.

**Beading Club:** Get creative and make bracelets, necklaces and earrings!

**Bingo:** Standard bingo playing with Dollar store prizes.

**Board Games:** Play a variety of board games we have or bring your own. Make new connections, or come with friends

**Cardio Dance:** Fun, high-energy dance moves that get your heart pumping and your body moving.

**Chair Resistant Strength Workout:** Pilates exercises performed on a chair, standing, seating or other equipment to promote strength, stability, and flexibility.

**Chair Yoga:** Chair yoga class. All levels welcome.

**Circle of Support:** Led by a licensed mental health therapist, guest will learn strategies to cope with life changes.

**20 /20 /20:** Three workouts in one! Class designed to give ultimate challenge and total body workout. Sweat through 20' of cardio, 20' of strength toning training and 20' of core work and stretching.

**Clay Class:** Our clay class break down the processes of creating handmade ceramics in a way that makes it approachable.

**Clay Workshop:** This workshop is for established artists from the Clay Class where extra time on projects is the focus.

**Creative Writing:** If you enjoy writing Short stories poetry or your personal history, please join us for our creative writing workshops.

**Drawing & Intro to Painting:** Draw with pen and ink, pencil and pastels. Beginner painting instruction.

**Fit and Fun Dance:** Get a great workout with dancing and aerobics.

**Golden Girls:** Discussion group that will bring new connections and friendships.

**Gravity & Balance:** Class will help older adults reduce their fear of falling and improve balance and strength through exercise.

**Happy Hookers:** Crochet your way to a good time! All levels of crochet crafters! Bring your supplies to work on your project.

**Line Dancing:** This class teaches line dancers at beginner and intermediate levels. Line Dance offers not only a physical workout, but also a mental workout.

**Mah Jong:** or mah-jongg is a tile-based game that is commonly played with four players.

**Mat Pilates:** A mind-body exercise that uses your body weight to strengthen and stretch muscles and improve flexibility.

**Men's Forum Discussion Group:** Come meet interesting guys and enjoy some engaging conversations.

**Mind Body Balance:** An hour of incorporated mindfulness, breathwork, meditation, tapping, laughter therapy, yoga stretches and more.

**Multi-Level Line Dancing Class:** This Line Dance class is perfect if you are in between beginner and intermediate level.

**Painting for Experienced Artists:** Learn from an experienced artist! Work with oil and acrylics and learn tips on how to improve your painting skills.

**Pickleball:** See specific days for Beginner Level or Intermediate/Advanced level. No instruction will be given. Open play.

**Pickleball Training:** Volunteer led training for new players.

**Ping Pong:** An indoor sport played on a table with a ball and paddles. Bring a partner or find one here.

**Quilting:** Beginners and advanced are welcome! Bring your sewing machine, basic supplies, rotary cutter, and ruler.

**Senior Dance:** Don't miss a beat to show off your moves! Enjoy dancing with music from our DJ. Light snacks and coffee.

**Senior Synergy:** A mix of Kickboxing and Parkour exercises for total body fitness.

**Senior Social:** A lecture, given by an expert in the subject's field, served with lite refreshments.

**Sit and Fit:** This creative chair-based workout utilizing weights and yoga balls.

**Soulful Step:** A vibrant and energetic class that teaches popular line dances set to a variety of music such as R&B, soul, and hip-hop music.

**Spanish for Beginners with Natacha:** Como estas? Learn the basics of Spanish.

**Stretch & Core with Mark:** Mat based stretching and standing core building strength class. Good for all levels.

**Stretch Plus+:** Gentle stretches and mobility exercises to increase flexibility, release tension, and improve overall movement

**Tai Chi/Qigong with Mark:** Tai Chi is a low-impact class using slow, gentle movements and breathing to boost focus, imagery, and multitasking, while Qigong offers repeated, fluid stretches for the whole body.

**Total Body Works—Cardio:** Cardio class using balls, bands, and focus on flexibility.

**Travel Club:** Learn about travel discounts, get suggestions on vacations, and maybe find a travel buddy.

**Walking Club:** On your own, enjoy walking the perimeter of our indoor gymnasium.

**Water Aerobics:** at Caporella Aquatics boosts balance, strength, flexibility, and cardio in a gentle, low-impact workout.

**Yoga with Beth:** Mat yoga for all levels.

**Zumba:** Medium intensity choreographed aerobics class using Latin American music and dance rhythms.



MONTHLY  
REVIEW OF  
SENIOR  
RECREATION

# Senior Calendar

February 2026

The City For Your Life

Visit us on the web at [www.tamarac.org/parks](http://www.tamarac.org/parks)

**TAMARAC COMMUNITY CENTER**  
8601 West Commercial Boulevard, Tamarac, Florida 33351

## YOUR RECREATION STAFF

**Michelle Sendik**  
Recreation Site Supervisor  
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Recreation Programmer II  
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## Sound & Meditation Workshop

Relax, recharge, and  
restore on **Friday,**  
**February 27th** from  
**11:30 a.m. –12:30**  
**p.m.**  
No registration  
needed.



**SENIOR PROGRAM**  
(For updates and cancellations)



**Hotline**

**(954) 597-3620**  
then press  
**"2"**



## Cultural Connections



Our next Cultural Connections meet-up will celebrate **Black History Month** through food, music, fashion, and more. This potluck gathering will be held on **Monday, February 23rd, from 1–3:30 p.m.**, and welcomes Senior members interested in sharing and enjoying cultural traditions. To attend, please contact **Inez Webb** at [Inezwebb3@gmail.com](mailto:Inezwebb3@gmail.com).



## Sweetheart Dance



Love is in the air! Join us on **Thursday, February 12th, from 1:00–3:00 p.m.** for music, dancing, and sweet moments at our Sweetheart Dance. DJ Marian will be spinning all of your favorite tunes, so bring your sweetheart, a friend, or come ready to mingle. Enjoy a fun-filled celebration of love and friendship!



## Black History Month Trivia



Get ready for Black History Month Trivia on **Wednesday, February 4th from 12:30–1:30 p.m.!** Test your knowledge, challenge your friends, and enjoy a fun, interactive trivia experience celebrating Black history, culture, and achievements. Learn, compete, and win prizes!



## Salsa Workshop



Get moving and have fun in this lively Salsa dance workshop taught by Lidia! This four-week class focuses on basic steps, rhythm, and simple combinations in a welcoming, energetic environment. Classes are held on **Thursdays at 11:30 a.m.** throughout February.

**Senior Program Membership fees: \$33.75 Residents / \$43.75 Non-Residents**

Membership year: Oct. 1st —Sep. 30th; Drop in daily fee \$5 for non-members, Senior Dance drop-in \$3

# February 2026—Tamarac Senior Program

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>8:30 AM Chair Resistant Strength Workout</p> <p>9 AM Tai Chi/Qigong</p> <p>10 AM Water Aerobics</p> <p>9:45 AM Sit &amp; Fit</p> <p>10:30 AM Yoga</p> <p>10:30 AM Circle of Support</p> <p>10:45 AM Stretch &amp; Core</p> <p><b>11 AM Travel Club (02/09)</b></p> <p>11 AM Fit and Fun Dance</p> <p>12 PM Painting (for experienced artists)</p> <p>12 PM Ping Pong</p> <p>12:30 PM Happy Hookers</p> <p>1 PM Beg./ Int. Pickleball</p> <p><b>*We will be closed Monday, February 16th, in observance of President's Day.</b></p> <p><b>*The Cultural Connections Potluck will be held on Monday, February 23rd from 1-3:30pm.</b></p>	<p>9:00 AM Walking Club</p> <p>9:45 AM Total Body Works Cardio</p> <p>10 AM Creative Writing</p> <p>10:15 AM 20/20/20</p> <p>11:30 AM Cardio Dance</p> <p>11:30 AM Chair Yoga</p> <p>12:30 PM Bingo</p> <p>12:45 PM Gravity &amp; Balance</p> <p>12:45 PM Multi-Level Line Dancing</p> <p>1 PM Advanced Pickleball</p> <p>1 PM Beading</p>	<p>9 AM 20/20/20</p> <p>10 AM Water Aerobics</p> <p>10 AM Yoga</p> <p>10 AM Drawing/Into to Painting</p> <p>10:15 AM Sit &amp; Fit</p> <p>10:15 AM Dance Fit</p> <p>11 AM Golden Girls Discussion Group</p> <p>11:30 AM Pickleball Training for New Players</p> <p>12 PM Intermediate Line Dance</p> <p>12:30 PM Clay Workshop</p> <p>1 PM Beg. / Int. Pickleball</p> <p>1:15 PM Beginner Line Dance</p> <p>2:30 Ping Pong</p> <p>3:15 Midday Pilates on Mat with Paula</p> <p><b>*Black History Month Trivia will be held on Wednesday, February 4th from 12:30-1:30pm.</b></p>	<p>9 AM Walking Club</p> <p>9 AM Ageless Seniors</p> <p>10:15 AM Senior Synergy</p> <p>10:15 AM Stretch Plus+</p> <p>10:15 AM Mind Body Balance</p> <p><b>11 AM Advanced Rubber Stamping — (2/5) &amp; (2/19)</b></p> <p>11:30 AM Salsa</p> <p>11:30 AM Soulful Step</p> <p>12:30 PM Mah Jong</p> <p>12:30 PM Board Games</p> <p><b>1 PM Sweetheart Dance (2/12)</b></p> <p>1 PM Quilting</p> <p>1 PM Ping Pong</p> <p>1 PM All Level Pickleball</p> <p>4:30 PM Spanish for Beginners with Natacha</p> <p><b>*There will be no 20/20/20 on Thursdays in February.</b></p> <p><b>*The Sweetheart Dance will be held on Thursday, February 12th from 1-3pm.</b></p> <p><b>*All Level Pickleball. is cancelled on Thursday, February 19th.</b></p>	<p>8:30 AM Tai Chi/Qigong</p> <p>9 AM Walking Club</p> <p>10 AM Water Aerobics</p> <p>10:15 AM Zumba</p> <p>10:15 AM Chair Yoga</p> <p>10:30 AM Clay Class</p> <p>11:15 AM Jerry Kaber Men's Forum</p> <p>11:30 AM 20/20/20</p> <p>1 PM Advanced Pickleball</p> <p><b>*The Sound and Meditation workshop will be held on Friday, February 27th from 11:30am-12:30pm.</b></p> <p><b>*Advanced Pickleball is cancelled on Friday, February 20th.</b></p> <p><b>*Lana will be the sub for 20/20/20 on Fridays for the month of February.</b></p>