

# 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.



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MONTHLY  
REVIEW OF  
SENIOR  
RECREATION

# Senior Calendar

March 2026

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

## YOUR RECREATION TEAM

**Michelle Sendik**  
Recreation Site Supervisor  
(954) 597-3637  
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**Jalynn Jones**  
Recreation Programmer II  
(954) 597-3633  
[Jalynn.jones@tamarac.or](mailto:Jalynn.jones@tamarac.or)

## Donuts with Dudes

Come out for a fun and welcoming morning to enjoy donuts, share laughs, and connect with friends. Join us on **Monday, March 30th 10:30-11:30 a.m.**

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



**Hotline**

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



## Bingo Bash



Feeling lucky? Test the luck of the Irish and join us for Bingo Bash on **Friday, March 13th at 12 p.m.!** Bring your lucky charm and get ready for a great time! This **members-only event is free**, pre-registration is required and opens on **Monday, March 2nd.**



## Wellness Wednesday Forum

Join us for our Wellness Wednesday Forum on **Wednesday, March 11th, at 10:30 a.m.-12:30 p.m.**, featuring the topic **March: Mind Matters (Memory, Mood, Dementia, and Advanced Directives)**. This session will focus on brain health, offering helpful information and resources to support cognitive wellness and future planning.



## Great Escapes



**Great Escape Trips are back!** Seats are limited and will be filled on a **first-come, first-served basis. Registration opens Thursday, March 12th.** Join us for our upcoming trip to **West Palm Beach Outlets on Thursday, March 26th.** We will depart at **10 a.m.**, and return at approximately **3 p.m.**, so please plan accordingly. Be sure to register to reserve your seat!

## Coffee with the Supervisor

Join us **Wednesday, March 25th, 10 a.m.–12 p.m.** with Michelle Sendik, Site Supervisor at TCC! Enjoy a cup of coffee and share your thoughts and suggestions on the senior programs, and recommendations for future programs!



**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

## March 2026—Tamarac Senior Program

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:30 AM Chair Resistant Strength Workout 9 AM Tai Chi/Qigong 10 AM Water Aerobics 9:45 AM Sit & Fit 10:30 AM Yoga 10:30 AM Circle of Support 10:45 AM Stretch & Core <b>11 AM Travel Club (03/02) &amp; (03/16)</b> 11 AM Fit and Fun Dance 12 PM Painting (for experienced artists) 12 PM Ping Pong 12:30 PM Happy Hookers 1 PM Beg./ Int. Pickleball  <b>On Monday, March 16th Pickleball is cancelled.</b>	9:00 AM Walking Club 9:45 AM Total Body Works Cardio 10 AM Creative Writing 10:15 AM 20/20/20 11:30 AM Cardio Dance 11:30 AM Chair Yoga 12:30 PM Bingo 12:45 PM Gravity & Balance 12:45 PM Multi-Level Line Dancing 1 PM Advanced Pickleball 1 PM Beading  <b>*On March 3rd, 17th, and 31st, at 10am a Mental Health Workshop will be held to touch on a series of topics.</b>  <b>On Tuesday, March 17th the Walking Club, 20/20/20, and Pickleball is cancelled.</b>  <b>On Tuesday, March 24th &amp; 30th, Total Body Works Cardio, Chair Yoga, and Multi-Level Line Dancing is cancelled.</b>	9 AM 20/20/20 10 AM Water Aerobics 10 AM Yoga 10 AM Drawing/Into to Painting 10:15 AM Sit & Fit 10:15 AM Dance Fit 11 AM Golden Girls Discussion Group 11:30 AM Pickleball Training for New Players 12 PM Intermediate Line Dance 12:30 PM Clay Workshop 1 PM Beg. / Int. Pickleball 1:15 PM Beginner Line Dance 2:30 Ping Pong 3:15 Midday Pilates on Mat with Paula  <b>*Our March Wellness Wednesday Forum will be held on Wednesday, March 11th.</b>	9 AM Walking Club 9 AM Ageless Seniors 10:15 AM Senior Synergy 10:15 AM Stretch Plus+ 10:15 AM Mind Body Balance <b>11 AM Advanced Rubber Stamping — (03/05) &amp; (03/19)</b> 11:30 AM 20/20/20 11:30 AM Soulful Step 12:30 PM Mah Jong 12:30 PM Board Games 1 PM Quilting 1 PM Ping Pong 1 PM All Level Pickleball 4:30 PM Spanish for Beginners with Natacha	8:30 AM Tai Chi/Qigong 9 AM Walking Club 10 AM Water Aerobics 10:15 AM Zumba 10:15 AM Chair Yoga 10:30 AM Clay Class 11:15 AM Jerry Kaber Men's Forum 11:30 AM 20/20/20 1 PM Advanced Pickleball