

TAMARAC
COMMUNITY CENTER
8601 West
Commercial Boulevard
Tamarac, Florida 33321



2008 AGENCY
EXCELLENCE AWARD
WINNER

YOUR
RECREATION
PROFESSIONALS

Rafael Acosta
Supervisor
954-597-3648

Theresa Backer
Programmer II
954-597-3623

Charlene Nevadomski
Programmer II
954-597-3635

Michelle Sien-Sendik
Programmer I
954-597-3637

www.tamarac.org/parks

Senior Program

Membership Fees

\$18.75 Residents

\$28.75 Non-Residents

Tamarac Senior

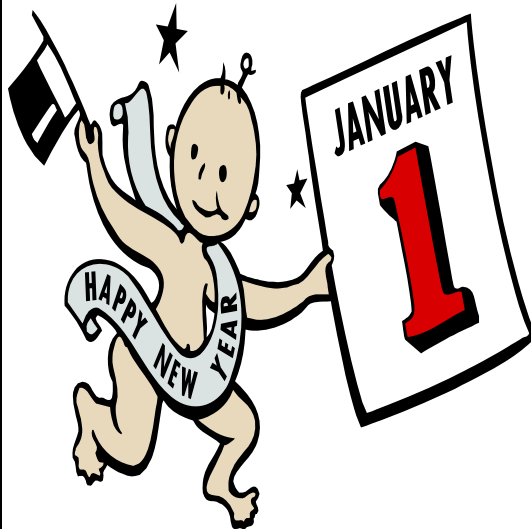
A Serious Guide for the Mature Recreator
with a Fondness for Fun!

Parks & Recreation Volume 2, Issue 4

JANUARY 2012

Happy New Year TO ALL OUR RESIDENTS!

Hail 2012



Farewell 2011



A Happy New Year!
Grant that I may bring no tear to any eye
When this New Year in time shall end
Let it be said I've played the friend,
Have lived and loved and labored here,
And made of it a happy year.

~Edgar Guest

BREAKFAST AND LEARN EVENT



sponsored by *First Investors*

Tuesday

February 7th
11am.

Advanced registration required.

Put your name on the list at the front desk to reserve a spot.

Free breakfast

PLEASE NOTE:



THE CITY WILL BE CLOSED MONDAY JANUARY 16, 2012 FOR THEMARTIN LUTHER KING JR. HOLIDAY.

SENIOR DANCE SOCIALS

Calling all dance addicts! Stop by the Paradise Ballroom to get your twist & groove moving!

Thursday, January 5th at 1pm

Thursday, January 12th at 1pm

Thursday, January 19th at 1pm

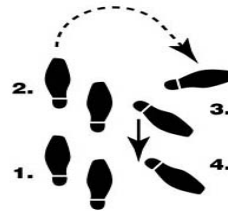
Thursday, January 26th at 1pm

Senior members are free.

Non members: \$1.00

REFRESHMENTS SERVED!

JOIN US FOR FUN!



VOLLEYBALL



Volleyball is an Olympic team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

Join us every Monday and Thursday at 11:30am AND every Wednesday at 10:30am in the Tamarac Community Center Gymnasium!

Guaranteed great physical fun!

ADULT TRIPS AND TOURS



TRIP	DATE	COST		ETD	DESTINATION	ETA
		RESIDENT	NON-RESIDENT			
<i>IMAX & Tarpon Bend</i>	<i>12 Jan 2012</i>	\$20	\$30	<i>5pm</i>	IMAX Fort Lauderdale	10pm
<i>Jersey Boys</i>	<i>19 Jan</i>	\$100	\$110	<i>6:30pm</i>	Broward Center	11pm
<i>Laffing Matterz</i>	<i>09 Feb</i>	\$75	\$85	<i>6pm</i>	Abdo River Room	10pm
<i>Dinner & A Movie</i>	<i>23 Feb</i>	\$20	\$30	<i>6pm</i>	Magnolia Theatre	10pm
<i>Billy Elliot</i>	<i>08 Mar</i>	\$90	\$100	<i>6pm</i>	Broward Center	11pm
<i>Joseph & the Amazing Technicolor Dream Coat</i>	<i>22 Mar</i>	\$60	\$70	<i>6pm</i>	Actors Playhouse at Miracle Mile	11pm

GREAT ESCAPES FOR A GREAT 2012

GREAT ESCAPE TRIPS are for Senior Program Members only and will be listed in the senior calendar each month.

- Sign-up in person at the Community Center beginning the 1st of each month. Space is limited.
- Bus leaves the Tamarac Community Center @ 10 AM.
- All trips are subject to cancellation or change.
- Call to cancel if unable to attend.
- Bring along a bag lunch with a drink.
- All attraction fees & lunch (if applicable) are on your own!

Jan 19	Sunrise Flea Market
Feb 15	Festival Flea Market



"Cheers to a New Year and for another chance for us to get it right!

- Oprah Winfrey

SENIOR HEALTHY HEART RECIPE

Healthy 2012 Start Minestrone Soup

INGREDIENTS

- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 2 garlic cloves, minced
- 1 1/4 cups cubed peeled butternut squash
- 3/4 cup diced zucchini
- 1/2 cup chopped carrot
- 1/2 cup diced fennel
- 1 cup water
- 1 (14-oz) can chicken broth
- 5 TBSP no-salt-added tomato paste
- 1/4 cup uncooked ditalini
- 2 1/2 cups chopped Swiss chard
- 1/2 cup rinsed/drained canned Great Northern Beans
- 1/2 tsp ground black pepper
- 2 TBSP grated Asiago cheese

Preparation

Heat oil in a Dutch oven over medium-high heat. Add onion, basil, oregano, and garlic to pan; sauté 5 minutes or until onion is tender. Add squash and next 3 ingredients (through fennel); sauté 5 minutes. Stir in 1 cup water, broth, and tomato paste; bring to a boil. Reduce heat, and simmer 10 minutes or until vegetables are crisp-tender. Stir in pasta; cook 8 minutes, stirring occasionally. Add chard; cook 3 minutes. Add beans; cook 2 minutes or until thoroughly heated. Stir in pepper. Serve with cheese




"It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for both yourself and others will come."

-Dalai Lama

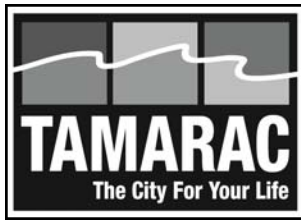
TAKE CARE OF YOURSELF IN 2012



If 2011 didn't bring you joy, just leave it behind
 Let's ring in the New Year with good things in mind
 Let every bad memory that brought heartache & pain
 And let's turn a new leaf with the smell of new rain
 Let's forget past mistakes making amends for this year
 Sending you these greetings to bring you hope & cheer:
Happy New Year! 

RESOLVE TO:

1. Spend time
2. Exercise
3. Eat Right
4. Relax more
5. Sleep Early
6. Be Strong
7. Get more sleep
8. Be happy
9. Be Yourself
10. HAVE FUN



Tamarac Senior Program

January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:00 Jazzercise 10:00 Scrabble, Dominoes, etc. 10:30 Yoga 11:00 Proactive Arthritis Water Exercise Classes (Aquatic Center) 11:30 Congregate Meal 11:30 Volleyball 11:45 Zumba 12:00 Meditation 12:30 Tai Chi 12:30 Bingo 12:30 Cards 1:30 Happy Hookers Club 2:00 Mah Jong	9:00 Walking Club 10:00 Jazzercise 10:00 Creative Writing Group 10:00 Scrabble 10:30 Healthy Heart 11:00 <u>SENIOR SOCIAL</u> <u>January 17th</u> Tax Planning 11:30 Congregate Meal 11:30 Chair Yoga 11:30 Badminton 12:30 Cards 1:00 Painting Class	10:00 Body Basics 10:30 Volleyball 11:00 Zumba 11:00 Stretch & Tone 11:00 Line Dancing 11:00 Proactive Arthritis Water Exercise Classes (Aquatic Center) 11:30 Congregate Meal 12:15 Yogalites 12:30 Cards 12:30 Badminton	9:00 Walking Club 10:00 Jazzercise 11:30 Volleyball 11:30 Chair Yoga 11:30 Congregate Meal 12:30 Cards 1:00 <u>SENIOR DANCE</u> Jan 5, 12, 19, 26 1:00 Arts & Crafts 2:00 Mah Jong	10:00 Jazzercise 11:00 Stretch & Tone 11:30 Congregate Meal 12:15 Yogalites 12:30 Cards 2:00 "Battle of the Sexes" Trivia 2:00 Computer Club	
					<p>Learn from yesterday, live for today, hope for tomorrow</p>

Pick of the Month

SENIOR SINGLES MINGLE

Special Meeting

TUESDAY, JANUARY 31ST @ 12NOON

Coconut Palm Room

BRING YOUR IDEAS!

**Join us for fun,
refreshments and friends!**

