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

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

You may also email your comments or questions to the Public Information Office at PIO@Tamarac.org.

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TAM-A-Gram is the official publication of the City of Tamarac, Florida.

From the City Commission

Martin Luther King Jr. Unity March

The City of Tamarac Has Curb Appeal!

New Business Partnership at Caporella Aquatic Center

Discovery

IMPORTANT NUMBERS

MAIN NUMBER ................................................................. (954) 597-3500
ADA Coordinator/Accessibility ............................................ (954) 597-3505
Voice ............................................................................... 1 (800) 595-8770
Voice (Activated During Emergencies) ............................. (954) 718-1800
Citizen Hotline ................................................................. (954) 597-3420
Building Services ................................................................ (954) 597-3700
Building Inspections, Building Permitting and Inspection Results
City Clerk’s Office ............................................................ (954) 597-3505
City Manager’s Office ....................................................... (954) 597-3510
PIO (Media) ....................................................................... (954) 597-3523
Community Development ............................................... (954) 597-3530
Code Enforcement ............................................................ (954) 597-3425
Business Revenue ............................................................ (954) 597-3537
Financial Services ............................................................. (954) 597-3550
Purchasing ........................................................................ (954) 597-3570
Customer Service ............................................................ (954) 597-3590
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 & Recreation ........................................................... (954) 597-3620
Community Center ......................................................... (954) 597-3620
Caporella Aquatic Complex ............................................. (954) 597-3660
Caporella Fitness Center ................................................ (954) 597-3661
Social Services ................................................................. (954) 597-3642
Purchasing ........................................................................ (954) 597-3649
Police/BSO Tamarac District (General) ............................ (954) 720-2225
(Non-Emergency) .......................................................... (954) 764-4357
Public Services ................................................................ (954) 597-3700
Engineering ..................................................................... (954) 597-3712
Recycling & Trash Hotline .............................................. (954) 597-3740
Utilities (Water) ............................................................... (954) 597-3750
Billing Inquiries ............................................................... (954) 597-3750
Utilities (Leaks, Breaks, etc.) ........................................... (954) 597-3775
Water Treatment Plant ................................................... (954) 597-3775
(Available 24/7 for after-hours utility emergencies)

SERVICE PROVIDERS:

Florida Power & Light ..................................................... (954) 797-5000
Waste Management ....................................................... (866) 684-3142
Comcast Cable ............................................................... (954) 252-1937
Library (Tamarac Branch) .............................................. (954) 765-1970
Post Office (Tamarac Branch) ........................................ (954) 722-3152

TAMARAC
The City For Your Life

INSIDE 03|04|2023
Spring is the season of new beginnings. For nearly 60 years, seeds have been planted to evolve Tamarac into today's "City For Your Life." Signs of positive change and progress are happening throughout the City. Great plans are in motion to keep our entire community involved as we grow.

In February, during the Annual Strategic Planning Session, the City Commission and staff set the framework of Tamarac's 2023 goals focused on infrastructure, safety, beautification, development and more.

In March, the City of Tamarac underwent a significant leadership change. We bid a fond farewell to Kathleen Gunn, who served faithfully as Tamarac’s City Manager from August 2021 to March 2023. Gunn previously served as Acting City Manager, following a four-year period as Assistant City Manager. The City welcomed Levent Sucuoglu on March 4. Employed as the City of Tamarac’s Information Technology Director for 28 years, Sucuoglu served for more than a year as Tamarac’s Interim Assistant City Manager.

In Spring, the City of Tamarac will officially kickoff the 2040 Comprehensive Planning process. The Plan is designed to map out Tamarac’s preparation strategy for entering the next two decades successfully. Learn more on page 15.

In the near future, many fun and exciting things are planned for the City of Tamarac. In July, we will celebrate the 60th Anniversary of Tamarac’s founding. Throughout the year, we’ll recognize this milestone as a community, with a major 60th Anniversary celebration in store for the One Tamarac Multicultural Festival, on May 20.

Speaking of events, we hope to see you at the Peter Cottontail Springfest on Saturday, April 1, from 10 a.m. to noon, at the Tamarac Sports Complex. Another highly anticipated Tamarac spring feature is the beautiful new array of public art sculptures being installed soon on Inspiration Way, as part of the 2023 collection. We’ve also received lots of inquiries about the return of the Movie in the Park and Groove on the Grass events. Both returned in March. Details about City events are available at www.Tamarac.org/SpecialEvents.

In the meantime, let’s stay connected! For information about Tamarac’s events, activities, updates and resources, visit www.Tamarac.org or follow us on social media.
Dear Neighbors,

Springtime is here; and the beautiful weather has arrived. I love the renewed feeling that comes around every spring and the hope and vibrant energy around us. I’m looking forward to the beautiful sunshine, flowers and fun activities in Tamarac over these next few months.

I’m so excited that the monthly Move With the Mayor series resumed last month. Thank you to everyone who joined us for Jazzercise to start the year off strong. Our next class will be a 20/20/20 class, which involves 20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching. The class will be held at 10:30 a.m. on Saturday, March 18th, at the Tamarac Community Center, 8601 W. Commercial Blvd. Please mark your calendars for Jazzercise at 6 p.m., on Friday, April 28th, at 9300 NW 58th Street.

In honor of National Pet Month this April, please consider donating to the Tamarac Pet Pantry to help struggling families get food and supplies to care for their pets. Economic challenges affect people and pets. With so many animal shelters at capacity, your donations will help families hold on to their pets. The Pet Pantry is located at the Tamarac Recreation Center, 7501 North University Drive. It is open from 10 a.m. to 6 p.m., Monday through Friday. At this time, we are accepting unopened and unexpired treats and food products for dogs and cats.

To learn more about the Pet Pantry, Move with the Mayor dates, and upcoming City events, please visit the City’s website or scan the QR code below!

Warmest Regards,
Michelle

Mayor Gomez is the proud owner of three dogs, two cats and a turtle (not pictured).
Neighbors and Friends,

I hope that my letter finds you in the best of health. A few residents have asked me to further address the reasons for the continued construction along Prospect Road. So I want to address this first. The Florida Department of Transportation (FDOT) is in the process of enhancing how we use this street. Known as a Mobility Improvement Project, the construction along the two-mile stretch of Prospect Road, between SR-7 and Commercial Boulevard, will include widening the roadway to accommodate buffered bicycle lanes in both directions, constructing new sidewalks, upgrading signage and pavement markings, and resurfacing the roadway. This project is expected to wrap up later this year.

Next, food truck businesses are a part of an emerging industry centered on providing innovative on-the-go cuisine, often in a synergistic, social, pedestrian environment. On March 24, 2021, on my recommendation, the City Commission adopted Ordinance 2021-013, permitting food trucks in all the Mixed Use and Non-Residential Zoning Districts in the City, subject to certain performance standards, operating requirements and the issuance of a “No Cost” Business Tax Receipt. I want to take the opportunity to thank Chef David and Carmen Gilbert, owners of Billy Joe’s Food Truck, who not only presented this idea to me, but attended countless Commission meetings to address the need.

Residents continue to play an important role in the policy decisions, ideas and initiatives that I advance for consideration. For instance, I was able to work with our City staff to construct speed humps along Woodlands Boulevard. Residents complained primarily about speeding along the corridor; but it was Mrs. Venus Stacy who started a petition, gaining more than 70% support of the community for the speed humps to be considered.

If you feel you need speed humps in your community, let’s do some good together and collect signatures to make it happen.

Finally, our Comprehensive Signage Program is still making a big impact in our eastern communities. This time, I would like to congratulate the Court at Woodland community on the delivery and installation of their community sign.

Until next time, remember, I can always be reached at (954) 275-3850 (no text messages, please.)

See You Soon,

Marlon D. Bolton, Vice Mayor, District 1
There is an African Proverb that says, "If you want to go fast, go alone. If you want to go far, go together.” Over my first few months in office, I have experienced the array of cultures in our community. From lighting the menorah for Hanukkah, to marching in Tamarac’s first Martin Luther King Jr. Unity March, to celebrating the Chinese Lunar New Year at Fo Guang Shan Buddhist Temple.

Tamarac’s demographics are evolving, which is a microcosm of the same demographic change happening across the Country. Tamarac’s diversity truly is a strength that positions our City to be a 21st century leader. I find great joy in the way Tamarac embraces diversity and understands that out of many, we are one; or as they say in Spanish, “De muchos, somos uno.”

Like the African proverb says, you can go alone and go fast; or we can go together and go far. For Tamarac to go far in public safety, we have to go together. For Tamarac to go far with smart economic growth, we have to go together. For Tamarac to go far in achieving its full potential, our community must go together.

By the way, I invite you to check out my new appointment tool, available at www.Tamarac.org/MoreyWright. Let’s schedule a meeting! I’d love to meet you virtually or in-person.
The essence and value of time are immeasurable. I’ve had the privilege of celebrating with so many Tamarac residents reaching 100 years of age. I’ve even celebrated with some residents as young as 106! With our Tamarac residents, I’ve grieved as loved ones left us, celebrated new and growing families and cheered for employees celebrating years of service milestones. I’ve enjoyed many special moments in our City.

In May, we’ll host the magical ONE TAMARAC event, one of several activities throughout the year, where we will celebrate Tamarac’s 60th Anniversary, which takes place in July. ONE TAMARAC will take place at the Tamarac Sports Complex, located in District 3. More information about ONE TAMARAC is available at www.Tamarac.org/SpecialEvents.

I hope to see you there, as we get to learn many new faces, enjoy getting to know other cultures, dance and relax. It will be an incredible experience for first timers. Please join us if you have not attended in recent years. It is never the same!

The New Year came and went; and I hope you are fulfilling your new year’s resolutions. If you have not, each new day is a good time to start. As Adam Cantos said, “Success isn’t as much a destination, as it is part of an ongoing journey.”

As always, feel free to reach out to us by calling the Mayor and Commission Office at 954-597-3461, emailing me at Elvin.Villalobos@Tamarac.org and messaging me on social media.

Scan this QR Code with your smart device to view past issues of the Tam-A-Gram.
Commission Editorial
Commissioner Kicia Daniel, District 4

The Tamarac Fire Rescue (TFR) team is exceptional and worthy of accolades. There is so much that they do to service our community. They not only save lives and stop fires; they also provide a multitude of training and helpful resources for all residents.

It is comforting to see the comprehensive measures our TFR team takes in preparation for the future. Tamarac is home to four fire stations, five fire engines and eight paramedic rescue trucks. We are currently using paramedic rescue trucks in all five stations and fire engines at three stations. TFR maintains an outstanding average emergency response rate of 5 minutes and 33 seconds.

In preparation for Tamarac’s projected growth and development over the next decade, the City will be placing a fire engine at Station 36, by October 2023, using an “Adaptive Response Model” for staffing, where the existing crew will respond on either a fire truck or a paramedic rescue unit, depending on the call type. This will save the City approximately $1 million, over the next couple of years. In the meantime, we are preparing to purchase two new fire engines and two additional rescue units, which takes approximately two years to build.

Please visit our fire department’s website at www.Tamarac.org/FireRescue, or give them a call at (954) 597-3800 to see what resources they have available to assist you and your loved ones.

Scan this QR Code with your smart device for the latest Commission initiatives outlined on the Tamarac Events Calendar.
Monday, Jan. 16, members of the community came together for the City of Tamarac’s inaugural Martin Luther King Jr. Unity March. Hosted in collaboration with Alpha Kappa Alpha, Sorority, Incorporated, Chi Psi Omega Chapter, this event drew 200 participants of all ages and backgrounds, who walked side-by-side on the 1.8-mile course from Tamarac Park to City Hall. Guests enjoyed poetry, traditional African drum and dance performances, live music and inspirational speakers at this festive affair. Festivities also included a showcase of community resources from Broward County.
Annual
R.I.S.E.
HEALTH & WEALTH SMALL BUSINESS EXPO
April 20, 2023 12:00 PM - 3:30 PM
Tamarac Community Center

For more information: 954-722-1520 www.risebusinessexpo.com

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- Science, Technology, Engineering, and Math
- Public Safety
- Social Behavioral Sciences and Human Services

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broward.edu/rapids

BIKE SAFETY

According to Florida Law, three feet is the minimum distance drivers must place between their vehicle & bicyclists when passing.

ALERT TODAY. ALIVE TOMORROW!

PAY Attention • AVOID Distractions
READ the Signs • ABIDE by the Rules
The City’s Neighborhood Beautification Recognition Program celebrates property owners who take pride in the appearance of their home or business. Congratulations to our most recent award winners for helping to keep Tamarac looking beautiful.

2nd Semi Annual
2022 Residential Property Winners

**DISTRICT 1**
Patricia Baxter
5614 NW 49th Way

**DISTRICT 2**
Daphne Lyew & Lynette Lee
8413 NW 58th Pl.

**DISTRICT 3**
Eduardo Cruz & Leydy Rodriguez Mora
9411 NW 72nd Ct.

**DISTRICT 4**
Christopher A Rozefort
7360 NW 83rd Ave.

2nd Semi Annual
2022 Commercial Property Winner

**CITYWIDE**
THLB LLC (Dunkin Donuts)
7450 W. McNab Rd.

Would you like to nominate a property for a beautification award? Forms are available at www.Tamarac.org/951!
GREEN SCENE
Spring is right around the corner. Whether you do a deep cleaning every spring or quarterly, here are tips to help you stay green and eco-friendly when cleaning.

Ditch the paper towels. Switch to reusable and washable towels or cut-up old T-shirts for cleaning rags.

Make an all-purpose cleaner. Mix 1/4 cup of vinegar, 3/4 cups of water and a few drops of your favorite essential oil (optional) in a spray bottle.

Reduce the clutter by going paperless. Many companies offer small discounts when enrolled in paperless billing.

Reuse and repurpose items around the house. Something as simple as a shoe box helps keep small items organized.

VOLUNTEER SPOTLIGHT
For 16 years, Sandy Ehrlich has dedicated her time to volunteering with Tamarac Fire Rescue.

Sandy assists with various tasks, including data entry, organizing the office, assembling program materials and more.

Her attention to detail, dependability and dedication are immeasurable.

Sandy’s suggestions, systems and skills have been so effective in the team’s performance, that they have implemented many of her ideas throughout the years.

The City of Tamarac appreciates everything Sandy does to help Tamarac Fire Rescue, while bringing joy to everyone she works with.

SPRING FORWARD INTO SAFETY
We’ll move our clocks forward before heading to bed on Saturday, March 11. Daylight saving time is the perfect reminder to review fire prevention measures that enhance the safety of your family and property.

Here are some additional safety measures to keep in mind:

• Change your smoke alarm and carbon monoxide alarm batteries twice per year. Test batteries monthly.
• Smoke alarms should be placed inside each bedroom, in the immediate vicinity outside each room and on every livable level of your home.
• Both alarms should be replaced every 10 years. Check the back of the alarms for the manufacturing date when changing batteries.
• If it’s time to change your smoke alarm, consider covering both bases by purchasing a dual-purpose alarm that detects carbon monoxide and has a sealed 10-year battery. Carbon monoxide alarms are critical if your home has an attached garage, gas appliances or if you plan to use a generator during power outages.
#WORKWITHUS

Do you want to earn a living while making a difference in the community? Explore opportunities to work for the City of Tamarac. From experts in a wide variety of trades to skilled professionals, we offer a range of challenging and rewarding positions and professional development opportunities. Join us in enhancing the lives of residents and businesses who call Tamarac home. We invite you to #WorkWithUs.

**FEATURED POSITIONS**
- Assistant Director of Information Technology
- Bus Driver (Part Time)
- Grants Administrator
- Groundskeeper I
- Permit Services Supervisor
- SCADA Operations Analyst
- Summer Camp Positions:
  - Recreation Leader I
  - Recreation Leader II
  - Site Supervisor

For more information or to apply, visit www.Tamarac.org/Jobs.
CONSTRUCTION CORNER
Take a look at construction and development projects currently underway or coming soon to Tamarac!

Private Development
- Tamarac Self Storage, 8251 W. McNab Rd.
- Elite Dialysis, 8201 N. University Dr.
- Dunkin’, 7001 N. Pine Island Rd.
- Tamarac Day Care, 7830 N. University Dr.
- 5601 Hiatus Road Industrial, 5601 N. Hiatus Rd.
- Fairfield Inn & Suites, 6800 NW 88th Ave.
- Parkside Memory Care, 7501 NW 76th St.
- The Enclaves at Woodmont Single-Family Residential Community, Sales Office, 7910 NW 79th Ter.
- Bailey Square Apartments, 6170-6190 Rock Island Rd.
- Eden West Apartments, 8601 & 8701 W. McNab Rd.
- Tamarac Circle – Five Home Development, 5400-5440 NW 57th Ct.
- Lake of Tamarac Townhomes – Six Unit Townhouse Development, 5980 NW 94th Ave.
- Clinica Las Mercedes, 6650-6682 NW 57th St.
- Sonny’s The CarWash Factory Office Building, 5601 N. Hiatus Rd.
- Cali Coffee, 7775 W. McNab Rd.
- Culver’s Restaurant, 8251 W. Commercial Blvd.

Major City Projects
- Tamarac Lakes Sections 1 & 2 Water Main Improvement Project, W. Prospect Rd.
- Sunset Point Park Sunset Hammock Art Installation, Parking Lot and Restroom Improvements, 11000 W. McNab Rd.

Public/Private Partnerships
- Tamarac Village, north side of Commercial Blvd., between Pine Island Rd. and NW 94th Ave.
Tropibowls, the latest addition to Tamarac’s food scene, is already making a name for itself with its healthy fare and friendly service.

With four locations across South Florida, Tropibowls has earned a reputation for serving fresh ingredients with delicious flavor combinations; and that’s just what you can expect from this new location.

This family-owned restaurant is the passion of Natasha Teague and Daniel Mederos. This health-conscious couple sought to create a healthy and delicious food stop that helps others achieve their health goals.

“We want to spread healthy foods to communities at an affordable price, with a full menu from acai bowls and smoothies to wraps, rice bowls and avocado toasts,” said Mederos, Co-Founder of Tropibowls.

Located at 8154 N. University Drive, Tropibowls is all about creating healthy dishes, and they are not afraid of experimentation to create new and unique recipes. Their menu features nutritious items like the “Everything Acai Bowl,” made with granola, bananas, strawberries, blueberries, kiwi, blackberries, coconut flakes and peanut butter.

Tropibowls is a welcome addition to the neighborhood. Business hours are Monday – Friday, 7 a.m. – 7 p.m., and Saturday, 7 a.m. – 5 p.m. They’re closed Sunday. To view the restaurant’s full menu, visit www.Tropibowls.com.
The City of Tamarac is excited to announce a new partnership with Sports Facilities Companies (SFC), the nation’s leading resource for managing and developing sports, recreation, wellness and aquatic facilities. This new venture will bring many new and exciting programs to the Caporella Aquatic Center, with the ultimate goal of further enhancing the guest experience.

With new extended pool hours, you can expect more family activities, community events and swim programs. Stay tuned for upcoming announcements on all the new aquatics opportunities.

Guests will soon enjoy new additions to the food and beverage menu. The new and improved menu will feature a wider variety of local favorites, including hot and cold items, snack foods and drinks. With the improved dining options, you can enjoy a quick meal or grab a snack on-the-go!

Safety will continue to be at the forefront of our facility. All lifeguards will be Red Cross-certified. This enhances the safety and security of everyone who visits the Center.

The City of Tamarac and SFC are committed to providing an enjoyable experience for all guests. This new partnership will help ensure the highest quality of service and safety. We are excited about the changes this new partnership will bring and look forward to having you join us soon for all the fun and excitement Caporella Aquatic Center offers.
For an 11-month period, the City of Tamarac will take steps to update its 2040 Comprehensive Plan. The success of this project will rely heavily on robust participation and feedback from all members of the Tamarac Community. Residents, business owners, developers, stakeholders, and even regular visitors are encouraged to join the City in shaping its new modernized future!

The Comprehensive Plan is a document containing long-range planning of policy initiatives. Typically, the plans are implemented from the date of adoption until a targeted date, usually 15-20 years in the future. The goals and objectives within the Plan are implemented by the City’s staff at the direction of the City Commission. The goals are used to guide key areas of the City’s development.

What makes this initiative so unique is that the last major update to the City’s Comprehensive Plan occurred between 2007 and 2009. That’s almost 15 years ago! Since then, only minor changes have been adopted to comply with local and state guidelines. The 2040 Comprehensive Plan update will re-organize the plan in alignment with a newly established public vision, provide a foundation for the City’s long-term goals, and work in tandem with Tamarac’s current Strategic Planning process. The expected completion date of this project is in the Fall of 2023.

Dates of several public input meetings are coming soon. Community members are strongly encouraged to sign-up to receive meeting dates and additional project details. Your voice matters.

More information about the City of Tamarac’s 2040 Comprehensive Plan is available at www.Tamarac.org/ComprehensivePlan

SCAN TO SIGN-UP FOR 2040 COMPREHENSIVE PLAN UPDATES.
CROWDS AND ENGINES ROARED AT TAMARAC’S CLASSIC CAR SHOW AND CONCERT

Sunny skies, beautiful rides and delicious treats were main attractions at the City of Tamarac’s Rock N’ Ride. Saturday, Feb. 11, car enthusiasts, families and community members cruised to the Tamarac Sports Complex for a dazzling automotive exhibition of hot rods, classic and custom cars.

Each year, local enthusiasts from across South Florida come together to show off their prized rides. This year, 50 cars entered the show, ranging from convertibles to customized rides, each vying for the “Best of Show” title.

While attendees checked out the automobiles, they were also treated to live music by South Florida’s very own Hot Mess, who performed a mix of rock and roll hits, anthems and more. Festivities also included inflatable rides and delicious treats from popular South Florida food trucks like Kona Ice and Aroma Smoothies & Pastries.

As the evening settled, the trophy presentation began. Claiming the title of “Best Of Show” was James O’Hare, owner of the 2006/1963 restored Corvette.

It was a fantastic day filled with fun, food and cars!

STAY CONNECTED!
VISIT BCPSSMARTFUTURES.COM

SMART PROJECTS IN TAMARAC
All schools located in Tamarac are in active construction.

CHALLENGER ELEMENTARY SCHOOL
Scope of work: Roofing, Music Room Renovation, HVAC Improvements & Fire Alarm Improvements
Status: Active Construction

MILLENNIUM 6-12 COLLEGIATE ACADEMY
Scope of work: Roofing, Music Room Renovation, Band Room Renovation, Art Lab Renovation, HVAC Improvements & Fire Alarm Improvements
Status: Active Construction

TAMARAC ELEMENTARY SCHOOL
Scope of work: Media Center Renovation, Canopy Replacement, Electrical Improvements, HVAC Improvements & Re-roofing
Status: Active Construction

About the SMART Program
In November 2014, Broward County voters approved a bond referendum that provides critically needed funding for students and schools. Broward County Public Schools has committed to investing the funding in safety, music, art, athletics, renovations, and technology (SMART) at every school. The renovation component is on track to reach substantial completion in 2025. There are currently over 200 renovation projects under construction and over 60 completed across the District.
CAPORELLA AQUATIC COMPLEX AND FITNESS CENTER

Caporella Aquatic Complex amenities include a 25-meter heated swimming pool, with zero-depth entry, a slide and a children’s water spray ground. The complex also offers a 3,000-square-foot fitness center, locker rooms and outdoor picnic tables. Call (954) 597-3660 for more information.

As part of our current safety procedure the pool opens in sessions to allow social distancing and time to sanitize between sessions.

OPEN SWIM RESUMED MARCH 1.

POOL HOURS

Monday-Saturday: Session I 10:00 a.m.  -  1:30 p.m.
       Session II 2:30 p.m.  -  6:00 p.m.

Sunday: Session I 10:00 a.m. -  12:30 p.m.
       Session II 1:30 p.m. -  4:00 p.m.

SPRAYGROUND AND SLIDE HOURS

Monday – Friday: Session 3:30 p.m. -  6:00 p.m

Saturday: Session I 10:00 a.m. -  1:30 p.m.
          Session II 2:30 p.m. -  6:00 p.m.

Sunday: Session I 10:00 a.m. -  12:30 p.m.
         Session II 1:30 p.m. -  4:00 p.m.

PROACTIVE ARTHRITIS WATER AEROBICS CLASS

Proactive Arthritis Water Aerobics classes are held every Monday, Wednesday and Friday. Winter hours are 10 – 11 a.m. These classes are free to Senior Program members.

FITNESS CENTER

The Tamarac Fitness Center offers a friendly, non-competitive workout environment with a variety of free weights, machines, treadmills, elliptical cross trainers, recumbent lifecycles, stationary bikes and more. Our qualified staff will show you around on your first visit to help you get familiar with the equipment. For more information, contact the fitness center at (954) 597-3661 or visit www.Tamarac.org/Parks.

ANNUAL FITNESS CENTER MEMBERSHIP FEES

Adults: $150
Seniors/Active Military/Veterans: $135
Teens (Ages 16 – 17): $95
Teens (Ages 13 – 15): $65

Three-month and six-month membership options are also available for adults, seniors, active duty military and veterans.
For additional information or to register online, visit www.Tamarac.me/Webtrac. Classes and schedules are subject to change.

TAMARAC RECREATION CENTER CLASSES

**BALLET, TAP AND JAZZ**
Saturday | 10 a.m.
$60 Residents; $70 Non-Residents

**CHEERLEADING AND HIP HOP**
Saturday | 11 a.m.
$60 Residents; $70 Non-Residents

**TAE KWON DO**
Tuesday & Thursday | 4:45 - 7:30 p.m.
$80 Residents; $90 Non-Residents

**GYMNASTICS**
Saturday | 11 a.m. and 11:50 a.m.
$60 Residents; $70 Non-Residents

**READING**
Saturday | 10 a.m. and 11 a.m.
$60 Residents; $70 Non-Residents

**FAST TRACK AFTER SCHOOL PROGRAM**
Monday – Friday | 3 – 6 p.m.
$150 Residents; $185 Non-Residents

**IMAGINATION MORNINGS** Toddlers 2-4 years
Wednesday | 10:30 – 11:30 a.m.
$25 Residents; $35 Non-Residents

Image captured during Imagination Mornings at the Tamarac Recreation Center.

WEEKLY ADULT FITNESS CLASSES

Classes are held in-person. For additional information, online registration or costs, visit www.Tamarac.me/Webtrac. Classes and schedules are subject to change.

**Booty Barre with Carol**
Monday | 6 p.m.

**Cycling with Carol**
Monday | 7:15 p.m.

**Transform 60 with Mike**
Tuesday | 6 p.m.

**Yoga with Carol**
Tuesday | 6 p.m.

**Cycling with Carol**
Tuesday | 7:15 p.m.

**Balance and Recovery with Gazelle**
Wednesday | 6 p.m.

**Beat Burners with Vincent**
Wednesday & Friday | 7 p.m.
Saturday | 8:30 a.m.

**Power Sculpting with Giselle**
Thursday | 6 p.m.

**Cycling with Vincent**
Thursday | 7 p.m.

**Yoga with Beth**
Thursday | 7 p.m.

**Body Sculpting with Mike**
Friday | 6 p.m.

**Cycling with Vincent**
Saturday | 9:30 a.m.

**20/20/20 with Paula**
Saturday | 10:30 a.m.
WEEKLY ADULT FITNESS CLASSES

TAMARAC RECREATION CENTER CLASSES

- **ZUMBA WITH MARIA**
  Monday | 6:30 p.m.

- **ZUMBA WITH MARIA**
  Tuesday, Wednesday & Thursday | 9:30 a.m.

- **ZUMBA FITNESS WITH KARLENE**
  Tuesday | 7 p.m.

- **ZUMBA TONING WITH PAULA**
  Thursday | 6 - 7 p.m.

- **CARIBBEAN DANCE WITH KARLENE**
  Thursday | 7 p.m.

- **BARRE FITNESS WITH MARIA**
  Saturday | 10:35 - 11:35 a.m.

WEEKLY SENIOR CLASSES

TAMARAC COMMUNITY CENTER CLASSES

The classes below are for pre-registered guests only. Walk-ins are not allowed.

- **KICKBOXING LITE WITH MARK**
  Monday | 10:30 a.m.

- **CREATIVE WRITING**
  Tuesday | 10 a.m.

- **PAINTING WITH RITA**
  Tuesday | 12 p.m.

- **MAT YOGA AND MEDITATION WITH DEBBIE**
  Thursday | 11:30 a.m.

- **CARDIO WITH DEBBIE**
  Tuesday | 11:30 a.m.

- **BINGO**
  Tuesday | 12:30 p.m.

- **MAH JONG**
  Tuesday | 1 p.m.

- **BEADING WITH JILL**
  2nd and 4th Tuesday | 1 p.m.

- **DRAWING WITH MICHELE**
  Wednesday | 12 p.m.

- **INTERMEDIATE LINE DANCING WITH HELAINE**
  Wednesday | 10 a.m.

- **ABSOLUTE BEGINNERS LINE DANCING WITH HELAINE**
  Wednesday | 1:15 p.m.

- **STRETCH & CORE WITH MARK**
  Thursday | 10:15 a.m.

- **MIND BODY BALANCE WITH DEBBIE**
  Thursday | 10:30 a.m.

- **20/20/20 WITH PAULA**
  Thursday | 11:30 a.m.

- **CHAIR YOGA AND MEDITATION WITH DEBBIE**
  Friday | 10:15 a.m.

- **JAZZERCISE WITH WARREN**
  Monday, Tuesday, Thursday & Friday | 10 a.m.

- **SENIOR DANCE**
  Thursday | 2 p.m.

- **TAMARAC SOCIAL CLUB**
  1st and 3rd Thursday | 1 p.m.

- **YOGA WITH BETH**
  Monday | 12:30 p.m. & Wednesday | 10 a.m.

- **SIT AND FIT WITH DEBBIE**
  Monday, Wednesday & Friday | 11:30 a.m.

- **TAI CHI/QIGONG WITH MARK**
  Monday | 9 a.m & Friday | 8:30 a.m.

- **HAPPY HOOKERS**
  Monday | 12:30 – 2:30 p.m.

- **ADVANCED RUBBER STAMPING**
  Every Other Thursday | 11 a.m.

- **ZUMBA**
  Tuesday | 11:15 a.m. & Friday | 11:30 a.m.

- **PICKLEBALL**
  Beginners | Monday & Wednesday | 1 p.m.
  Intermediate/Advanced | Tuesday & Friday | 1:30 p.m.

- **VOLLEYBALL**
  Monday, Thursday | 6 p.m. & Saturday | 1:30 p.m.
  Residents: $7; Non-Residents: $8

**YOU MUST BE A SENIOR PROGRAM MEMBER TO PARTICIPATE**

55+ Senior Program: Registration is Now Open!

- Visit www.Tamarac.me/Webtrac.
- Choose “Login,” whether you have an existing account or not.
- Current and former members must enter a username and password. If you’ve forgotten your username or password, please select the appropriate option.
- First-time patrons will need to create a new account. Once logged in, please choose “Memberships” and then the “55+ Senior Program.”

Classes and schedules are subject to change. For information, visit www.Tamarac.org/Parks or call (954) 597-3620.
INDIVIDUAL COUNSELING
Free limited counseling sessions are available for Tamarac residents only. To make an appointment, call Lakshmi at (954) 655-7040. Please leave a message with your name and phone number. Calls are returned within 24 hours.

FREE HEARING SCREENING
Hear for Good, Inc. provides free hearing tests with a board-certified doctor of audiology and discounted hearing aids through its nonprofit foundation. Pricing on hearing aids is based on income. Please call (954) 597-3642 to make an appointment.

SHINE COUNSELOR
Under a grant from the Florida Department of Elder Affairs, the SHINE (Serving Health Insurance Needs of Elders) Program is a free and confidential counseling service to assist current and prospective Medicare beneficiaries, their families and caregivers. A network of trained volunteers is available to assist with Medicare, Medicare Savings Plans, Medicare Advantage Plans, Medicare Supplemental Insurance, Financial Assistance, Prescription Drug Plans and more. Call (954) 745-9779 for more information.

SENIOR SOCIAL
Senior Social events are available to both residents and non-residents, ages 55 and older. Events are held the third Tuesday of every month, at 11 a.m., at Tamarac Community Center. Programs include educational lectures and light refreshments. For more information, contact Michelle Sendik at (954) 597-3626.

VITA – VOLUNTEER INCOME TAX ASSISTANCE PROGRAM
Free tax assistance will be provided by volunteers of Hispanic Unity. Call (954) 597-3642 to schedule an appointment. For more information, call the VITA Hotline at (954) 678-6882 or visit www.VITAtaxesfree.org.

LOUD, CLEAR, AND FREE AMPLIFIED PHONES
Introducing a new program, Florida residents with hearing loss are eligible to receive FREE telephone amplifiers from Florida Telecommunications Relay, Inc. Existing landline or cell phone service is required. Limited to one per resident. Call 954-597-3642 for more information.

DEPRESSION BIPOLAR SUPPORT ALLIANCE GROUP (DBSA)
DBSA offers hope, support and education to improve the lives of people who live with a mood disorder.

Meetings are every Tuesday, from 6 – 8 p.m. Please call (954) 597-3642 for more information.

POSITIVE ADJUSTMENT GROUP
Led by a licensed mental health therapist, guests will learn strategies to cope with life changes. Sessions are held every Monday, from 10:30 - 11:30 a.m., at Tamarac Community Center. For more information or to sign up, call (954) 597-3642.

TRANSPORTATION SERVICES
Door-to-door paratransit service is available to residents with disabilities and those over age 60 with no other transportation. For additional information, please call (954) 597-3649. Tamarac also offers two free community bus routes to locations across the City. They are the Red and Red Extension Transit Routes. Schedules are available at www.Tamarac.org/439 and City facilities.

EXPRESS SHUTTLE
Dates to be announced. Members ride free on the Express Shuttle to Coral Square Mall, BJ’s Wholesale Club, Doris Italian Market and other popular stores. There is a $1 fee for non-members. The shuttle departs from the Tamarac Community Center. For more details, please call (954) 597-3649.

Departures:
10 a.m. or 11 a.m.

Returns:
2 p.m.
**SPECIAL EVENTS**

**SPRINGFEST**
Event features face painting, bounce houses, games, and an egg hunt for ages 10 and under. Egg hunt starts promptly at 10 a.m. Don’t be late and miss the action!
*When:* Saturday, April 1, 10 a.m. – 12 p.m.
*Where:* Tamarac Sports Complex

**MOVIE IN THE PARK**
Enjoy seeing one of your favorite movies on a huge inflatable screen. Pre-movie activities include face painting, inflatable rides, food trucks, music and much more.
*When:* Friday, March 10 - “Lightyear”
Friday, April 14 - “DC League of Super-Pets”
Friday, May 12 - “Spider-Man: No Way Home”
*Time:* Activities start at 6:30 p.m. The movie starts at 8 p.m.
*Where:* Tamarac Sports Complex

**GROOVE ON THE GRASS**
Join us for a live outdoor concert, inflatable rides for the kids and food trucks offering a variety of tasty treats.
*When:* Friday, March 3
Friday, April 21
*Time:* 7 – 9 p.m.
*Where:* Tamarac Sports Complex

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

**MEN’S 30 AND OVER RECREATIONAL BASKETBALL LEAGUE**
Registration for the Summer season will begin April 22. The “Rookie Run” for new players will be held on Thursday, May 18. Games will begin Thursday, May 25. All games will be played at the Tamarac Community Center.
*Residents: $70; Non-Residents: $80*

For more information about programs and activities listed in the Discovery section of Tam-A-Gram, please contact the Parks and Recreation Department at (954) 597-3620. Times and locations are subject to change without notice.

**ADULT TRIPS AND TOURS**
Explore these exciting new entertainment options for active adults. Register in-person at Tamarac Community Center or online at www.Tamarac.me/webtrac. For more information, please call (954) 597-3620.

**FROST SCIENCE MUSEUM**
Miami
Friday, March 10 | 1 – 10 p.m.
*Residents: $55; Non-Residents: $65*

**GULFSTREAM PARK & CASINO**
Hallandale Beach
Friday, March 24 | 4 – 10 p.m.
*Residents: $25; Non-Residents: $35*

**TO KILL A MOCKINGBIRD**
Broward Center
Thursday, March 30 | 4 - 11 p.m.
*Residents: $75; Non-Residents: $85*

**FACILITY LOCATIONS**

- **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.
- **Swim Central Annex Park**
  5800 NW 98th Ave.
- **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.
- **Waters Edge Park**
  7508 NW 61st St.
Stunning Views, Exquisite Event Space and Mouth-Watering Menus

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