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 Avenue
Tamarac, Florida 33321

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

To submit “Life in Tamarac”, or “Who Reads Us” pictures, please send high-resolution photos to pio@tamarac.org.

Tam-A-Gram, and other City publications, are available online at www.tamarac.org; or for an enhanced viewing/reading experience, visit www.issuu.com/tamaracflorida.

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<td>ADA Coordinator/Accessibility (954) 597-3505</td>
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<td>1(800)955-8770 (Voice)</td>
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<td>Service Providers:</td>
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<td>Waste Management (954) 974-7500</td>
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<td>Tamarac Theatre (954) 726-7898</td>
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As a resident of the City of Tamarac you have certain expectations – safe streets, the assurance that every effort is being made to protect your property value, parks and services that meet your needs, and the belief that while all of this is being accomplished, your city is being run efficiently and effectively.

Efficiently and effectively – how is that measured? In Tamarac, it’s measured in multiple ways: budgets that take care of current requirements while planning for the future, a tax rate that remains stable despite the peaks and valleys of the economy, and resident surveys that confirm we’re headed in the right direction.

A number of years ago, Tamarac officials determined that the best way to achieve long-term stability was to manage the city as if it were a business; a business whose product is service. So, in a businesslike manner, a strategic planning process was developed. Updated annually, the strategic plan has actionable goals: an inclusive community, a healthy financial environment, a dynamic organizational culture, clear communication and a vibrant community. It also has key performance measures which show what’s working, as well as opportunities for improvement.

As part of the drive toward excellence, the City has been collaborating with Florida’s Sterling Council, a group which provides feedback at all levels of an organization on ways to comprehensively improve their management approach. The Council’s recommendations and the subsequent processes that have been put in place are now a fundamental part of the way Tamarac does business. It’s those processes and the ongoing feedback that we receive from our community that will help keep the City financially sound and poised for growth.

So, when someone from the City of Tamarac asks “how are we doing?” we really want to know. It’s just good business.

For more information on the City of Tamarac’s Strategic Plan visit www.tamarac.org.

Applications for the 2013 class of Tamarac University (TU) will be accepted beginning November 1. TU provides an excellent opportunity to learn more about how your city’s government works: the budget process, the roles and responsibilities of each department as well as the City Manager, Mayor and Commission members.

After completing the multi-week program, graduates will have an increased understanding of local government and the role they play in helping improve its effectiveness. Classes are held in the evening and are open to residents and members of the business community. Check the City’s website, www.tamarac.org, in November for class details including dates and times, as well as an application.

Five Goals:

- **Inclusive Community** – The City of Tamarac is committed to providing programs and services that meet the needs of an increasingly diverse community.

- **Healthy Financial Environment** – The City will utilize financial management to develop and maintain a healthy financial environment, encouraging and supporting economic development and redevelopment.

- **Dynamic Organizational Culture** - The City will create and sustain a culture conducive to development and retention of a skilled workforce.

- **Clear Communication** - The City will ensure effective communication within the organization and throughout the City, and enhance the visibility of City programs and services.

- **A Vibrant Community** – The City will provide resources, initiatives and opportunities to continually revitalize our community and preserve the environment.
All voters registered as of Tuesday, October 9, 2012, are eligible to vote in the November 6th general election. Here’s what you need to know:

**EARLY VOTING DATES**

(Hours of operation: 7:00 am – 7:00 pm)

**TAMARAC EARLY VOTING SITE**

Tamarac Branch Library
8701 W. Commercial Blvd.
Tamarac, FL 33321

**ACCEPTABLE FORMS OF IDENTIFICATION AT POLLING PLACE**

Any combination of photo identification and identification with voter’s signature:

- Florida Driver’s License
- Florida Identification Card Issued By State Agency
- U.S. Passport
- Debit/Credit Cards
- Military ID
- Student ID
- Retirement Center ID
- Public Assistance ID
- Neighborhood Association ID

**OVERVIEW OF OFFICES APPEARING ON THE NOVEMBER 6, 2012 BALLOT**

**Federal Offices**

President/Vice President
United States Senator
United States Congressional Representatives

**Multicounty and District Offices**

State Senator
State Representative
State Attorney
Public Defender

**Judicial Retention (Nonpartisan)**

Justice of the Supreme Court
Judge, District Court of Appeal
Circuit and County Court Judges

**State Offices**

State Attorney

**Broward County Constitutional Offices**

Clerk of the Circuit Court
Sheriff

**County Offices**

Board of County Commissioners
Broward County School Board

**City of Tamarac**

Both Commissioner Pamela Bushnell (District 1) and Vice Mayor Diane Glasser (District 3) qualified for the November 6, 2012 City of Tamarac general municipal election and were unopposed.

For additional election information, such as polling place locations, please contact the Broward County Supervisor of Elections at (954) 357-7050 or www.browardsoe.org.
Taste of Tamarac

Purveyors of some of the finest food Tamarac has to offer will be showcasing their wares at the 9th Annual Taste of Tamarac and Business Expo on Saturday, October 27, 2012. Held at the Tamarac Community Center, 8601 W. Commercial Boulevard from 11:30 a.m. – 3:30 p.m., the event will include restaurants and caterers as well as a number of local businesses.

“Taste” has more than a food focus, with a car and motorcycle show outside and a children’s activity center inside featuring a Halloween costume contest and puppet show. While there, attendees can also pick up their Shop Chamber card, which provides a discount from any one of approximately 45 participating members. Admission to the event is $10 per person (children under 12 will be admitted free), or buy one get one free with a coupon from the Chamber office, located in Tamarac City Hall, 7525 NW 88th Avenue, Suite 103.

For more information about the Taste of Tamarac or the Shop Chamber program, call 954-722-1520 or visit www.tamaracchamber.org.

Talent of Tamarac

One of those remarkable young women strolling across the stage at the Tamarac Community Center on November 3, 2012 might just be wearing a jeweled tiara in January, as our City plays host to the preliminaries of both the Miss America and Miss America’s Outstanding Teen pageants. This event is the first step on the road to the final competition to be held in Las Vegas in 2013.

The local pageants will name Miss Broward County (for ages 17-24) and Miss Broward County’s Outstanding Teen (for ages 13-16). The teen pageant will be awarding a scholarship to Nova Southeastern University, valued at up to $40,000. The Broward College Foundation will be awarding a scholarship to Miss Broward County.

To purchase tickets for the event or for additional information, contact Brenda Edwards at (954) 609-3334 or visit any of these web sites: www.missbrowardcounty.org, www.missflorida.org, or www.missamerica.org.

The Bus Will Stop Here

The City of Tamarac has been awarded a $401,440 federal Bus Livability grant for the construction of new bus shelters. This is in addition to the grant previously awarded by Broward County and will allow for the replacement and installation of approximately 30 shelters throughout Tamarac. The locations for the new shelters are being determined, with installation anticipated to begin this winter.
October 1, 2012 marks the start of Tamarac’s 2013 fiscal year, supported by an operating budget that was created with an eye toward both current and future needs. During the development process City leaders focused on one priority: how can we best manage Tamarac and its finances while minimizing any negative impact on our residents?

The budget development cycle actually began two years ago, in conjunction with the City’s long-term strategic planning process. Subsequent meetings were held this past year to evaluate both revenue availability (current and future), and the impact that decisions made now will have in years to come.

According to City Manager Michael Cernech, the budget for 2013 is both responsive and responsible. “This budget allows us to be responsive to the service requirements of our residents, while remaining responsible in recognizing the challenges resulting from the economic climate and the availability of resources.”

City leaders took great care to focus on maintaining core services and, whenever possible, augmenting funding with grants; keeping in mind the effect the economic downturn has had on everyone, but not sacrificing the quality of life that Tamarac residents expect. Many of the projects scheduled for the coming year relate directly to the goals set forth in the strategic plan, in particular Goal #5: A safe and vibrant community.

For details on the City of Tamarac’s FY 2013 budget visit www.tamarac.org.

PARKS AND RECREATION

• Tamarac Sports Complex - Installation of picnic shelters, trash receptacles and landscaping improvements. Partially funded through a Broward County Parks for People and a Broward County Tree Preservation Grant
• Multi-Purpose Center - Improvements included renovations to the interior and exterior, new floor and new roof, as well as upgrades to lighting and landscaping.
• Sunset Point Park - In response to high usage levels, the parking lot was expanded by 20 spaces and picnic shelters and lighting were added.

PUBLIC SERVICES

Sidewalks and roadways

• Lagos de Campo Boulevard - A sidewalk was constructed between Pine Island Road and McNab Road as part of the City’s Community Development Block Grant program.
• Southgate Boulevard - The installation of curbing redirects storm water ponding and prevents vehicles from damaging landscaped and irrigated areas along the roadside.
• Edgewater Village - Six speed bumps were installed to reduce vehicular speeding and discourage cut-through traffic.
• Bike Path System - The first of a three-phase project was completed that will create an integrated system
Project Highlights

of bike lanes and bike paths that will provide a safe connection between City facilities and the Broward County Greenway System. Constructed with federal and local funds.

Citywide ADA improvements – A project to make all City facilities accessible.

Storm Water

• Maintenance of culverts (used for drainage) and headwalls (retaining walls) throughout the City helps forestall the effects of erosion and preserve the drainage system.

Water Treatment Plant

• A series of projects to improve the function and efficiency of the plant, resulting in the savings of over 300,000 gallons of water per day and lengthening the lifespan of the existing equipment.

GREEN INITIATIVES

These projects will save energy and money as well as improve visibility:

• Design and installation of solar panel systems at City Hall, Fire Stations 15 & 41, the Parks & Recreation administration building, and the IT/Utilities building.
• High energy street lighting was installed throughout the City and at the tennis courts and multi-purpose field at Tamarac Sports Complex; partially funded through a Department of Energy appropriation.

2013 Planned Capital Project Highlights

Ongoing:

Storm water improvements – A program to repair and/or reconstruct drainage culvert crossings and retaining walls that have significant erosion problems.

PARKS AND RECREATION

• Tamarac Sports Complex press box - Design and construction of a 2-story structure to provide a press box as well as dedicated storage for the recreational football leagues.
• Mainlands Park - Construction will begin on a 23-acre passive park located within the Mainlands of Tamarac, Sections 3 & 4. The park will have multi-purpose pathways, shaded sitting areas, landscaping, restrooms and parking facilities.
• Tamarac Sports Complex & Caporella playground: Re-do both playgrounds including the canopy, equipment and surface.

PUBLIC SERVICES

Sidewalks and roadways

• Woodlands Boulevard North bike path – To be constructed between Commercial Boulevard and Bailey Road, it will connect the Woodlands subdivision and Bailey Road bike paths.

• Sabal Palm Boulevard East sidewalk improvement – Construction of a sidewalk along Sabal Palm Boulevard East between Rock Island Road and Bailey Road, as part of the City’s Community Development Block Grant program.
• 108th Terrace/80th Avenue drainage and resurfacing – Improvements within the large landscaped medians will address a natural condition of extremely poor drainage which adversely affects the roadway surface.
• Bike Path System – The third phase of the project will begin and will help provide a safe connection between City facilities and the Broward County Greenway System.

Water Treatment Plant

• Replacement of an emergency generator.
CELEBRATING BREAST CANCER AWARENESS MONTH

October marks national Breast Cancer Awareness month, designed to share information on the disease and provide greater access to health services.

Among the local events to raise awareness is the launch of the book *i am a strong woman*, by Tamarac’s own Susan Buzzi. It’s a poignant collection featuring photographs and personal stories of breast cancer survivors, their families and health care professionals. The launch will be part of a Pink Tea on Tuesday, October 16, 5:30-7:30 p.m. at the Broward County Main Library. Contact (954) 357-7443 for details.

Going Solar to Get Easier

Tamarac is working to help solar energy become a more attractive option in the city. It’s part of our commitment to making Tamarac *A Vibrant Community*, as laid out in the City’s Strategic Plan. We’ve teamed with the County in the Go SOLAR Broward Rooftop Solar Challenge to make it easier – and less expensive – for homeowners and small businesses to install a photovoltaic (PV) system. PVs convert sunlight into DC electrical energy which travels from the solar panels to an inverter that converts it to AC energy, the current used every day. The energy then travels to the breaker panel, where it’s ready for use in the home or business.

Plans call for the new Go SOLAR program to offer:

- A convenient online permitting system, available 24/7
- One standard fee that saves both time and money
- Pre-approved system designs that streamline the permit approval process

Solar provides a cleaner form of energy and results in greenhouse gas reductions. FPL offers solar rebates for up to a maximum of $20,000 per system (based on capacity). The federal government allows a tax credit for up to 30 percent of the residential system cost. Solar will help save money on your energy bill and help the environment by shrinking your carbon footprint.

Tamarac, a certified Florida Green City, has installed solar panels on a number of properties including the Community Center, Fire Station 15, City Hall, the IT/Utilities Building, the Parks and Recreation Administration Building and path lighting at the Sports Complex.

For more information on the Go SOLAR program, visit broward.org/GOGREEN/GOSOLAR or email gosolar@broward.org.
Goal number three of Tamarac’s Strategic Plan provides that the City use sound management practices to sustain a strong financial position. This goal was established to ensure that we continue to meet the needs of the community both today and long into the future. We’re proud to report that Tamarac’s most recent Comprehensive Annual Financial Statement:

There are lots of ways you can earn Recyclebank Points:

- Recycling in Tamarac
- Referring your friends and family
- Learning about ways to green your lifestyle
- Entering point codes from our partners

The more points you earn the more rewards you can get. Go to Recyclebank.com/wm to shop for the rewards of your choice.

Recognizing Volunteer Excellence

Thank you to Seena Kuby, who volunteers in the Transportation and Social Services division of Tamarac’s Parks and Recreation Department. A volunteer for the past two years, she not only gives her time but shows genuine interest in others. In addition to assisting with transportation calls and senior socials, Seena is eager to help and bakes up a storm for special events in the office. Always ready with a smile and a hug, congratulations Seena for being named our volunteer of the quarter.

CATCH Kids Club Recognized

The Florida League of Cities has designated the City of Tamarac’s CATCH Kids Club at Challenger Elementary a “best practice” and will feature it in its statewide publication so that other Florida cities can emulate the innovative program.

CATCH (Coordinated Approach to Child Health) is helping children modify their behavior by learning healthy eating habits and the critical role that daily physical activity plays; lessons that will last a lifetime. CATCH is facilitated by Tamarac’s Parks and Recreation staff, who visit the school twice a week to teach fourth and fifth graders. The Kids Club helps fill the void left by budget cuts which forced elimination of physical education classes.
As Tropical Storm (and later Hurricane) Isaac proved, even the best preparations are no match for the whims of Mother Nature. Forecasters predicted a “wet” storm, with approximately 5-8 inches of rain in South Florida. What we saw in Tamarac was one of the heaviest concentrations of rain in Broward County: 12 inches, with over 8 inches falling in a two-day period – much of it falling after the storm was at its closest.

This issue of the Tam-A-Gram contains the City’s National Flood Insurance Program insert which discusses flood safety and property protection. It’s also a good opportunity to explain more about how the City prepares for a storm.

What preparations did the City of Tamarac take in advance of Tropical Storm Isaac?

As part of its normal pre-storm preparation, staff examined the entire system and took steps to mitigate flooding. City workers:

- Inspected and cleared all drainage inlets and culverts of trash, debris or other obstructions that could impede storm water flow;
- Managed storm water pumping stations and canal levels in accordance with forecasted rainfalls;
- Attended emergency preparation meetings with Broward County, South Florida Water Management District, and the National Weather Service to obtain forecasted wind speeds and rainfall;
- Secured all City facilities; and
- Maintained the necessary staffing levels during the storm (including overnight staff where warranted) to address potential emergencies.

With all of that preparation, why did some canals reach such high levels?

The storm turned out to be exceedingly “wet”, with intense rainfall over a short period of time. The prediction was for 5-8 inches of rain over a 24-hour period, but the storm delivered more than 12 inches. In some places, the large pockets of rain took an extremely long time to drain.

Why can’t the City just drain the canals when they get too high?

The City has only two options: pumping into the C-14 canal, or gravity flow through control gates into the C-13 canal, which pushes the water down through other cities. Draining the canals using gravity is problematic when our neighbors down the line have been inundated with rain as well. Lowering our canals in that situation could cause extreme flooding in Oakland Park, Lauderdale Lakes and Lauderhill.

What is the City doing to prepare for the next major storm?

Following every significant storm we conduct “post event” meetings to analyze our pre-, during, and post-storm performance and make improvements accordingly. The “Plan/Do/Check/Act” process is part of the City’s path to enhanced problem solving and continuous improvement.
Playing It Safe At The ATM

Automatic Teller Machines (ATMs) are a great convenience, but they can compromise your safety. A motivated criminal only has to keep watch on an ATM for a short time to scope out the availability of a potential victim. As consumers, you’re reminded to always be cautious of your surroundings and conduct your business only in areas where you feel comfortable.

Due to the availability of surveillance cameras, ATMs at banks are typically the safest option, but that does not mean you have to steer clear of the ones at shopping malls, airports and sports venues. When you need to get cash, be sure to plan ahead before making an ATM withdrawal. If possible, always have someone with you. There are several safety tips you should follow to avoid becoming a victim at an ATM:

- Always be aware of your surroundings when using an ATM. If you notice someone or something suspicious, do not stop to use it! Go to another ATM or return at a later time.
- Avoid using an ATM after dark. If you must, do so only in a well-lit area. Be mindful of tall or overgrown shrubbery and vegetation in the area.
- Have your ATM card and any other documents you need ready when you approach an ATM. Fumbling with your wallet or purse makes you an easy target for thieves.
- When you use a drive-up ATM, be sure your passenger windows are closed and all doors are locked.
- If you are using an enclosed ATM, be sure the door completely closes and locks behind you. Do not allow anyone to enter while you are making your transaction. Authorized bank customers will have their own access (not holding the door for someone entering a secure area is not rude; it is safe).
- When entering your Personal Identification Number (PIN), use your hand or body to shield the screen or keypad. Never give your PIN to another; this is the leading cause of theft.
- When your transaction is finished, be sure you put your card, cash and receipt away before leaving the area.
- Do not display or count large amounts of cash in front of the ATM. Count your cash in the safety of your home or locked vehicle.
- If you are threatened for your money or your card by a thief, do not fight. Cash and cards are replaceable; your life is not.
- If at any time you need emergency assistance, do not hesitate to call 911.

While we all enjoy the convenience of today’s technology, these conveniences can come at a price. When you’re out getting cash, the Broward Sheriff’s Office reminds you to always be alert, be cautious and follow these tips to stay safe.
TAMARAC CELEBRATES JULY 4TH
Tamarac Launches Recyclebank Rewards Program

Tamarac, and its recycling partner Waste Management, marked the kickoff of the new Recyclebank household rewards-for-recycling program with a pizza party at Mazzola’s Restaurant. The program is now available to all single family homes in the City. Residents earn points for recycling, which can be used to “shop” for rewards at both national and local businesses like Mazzola’s. The average annual savings for registered participants is $160. To sign up go to www.Recyclebank.com/WM.

Watch the video http://www.youtube.com/watch?v=coFpeGC_m4M&feature=youtu.be
Are you planning a birthday or special celebration and need somewhere to host it? Rent a pavilion and celebrate in your City park. Call the Tamarac Parks and Recreation Department and book a Pavilion today. Pavilions available at the following Tamarac locations:

- Sunset Point Park, 11000 W. McNab Rd.
- Tamarac Sports Complex, 9901 NW 77 St.
- Caporella Park, 5200 Prospect Rd.
- Tephford Park, 10003 Southgate Blvd. (West of Nob Hill Rd)
- Caporella Aquatic and Wellness Complex, 9300 NW 58th St., 954-597-3663

Continued: Page 7
**SPECIAL EVENTS**

**Tamarac Community Farmers Market**
The market is a great place to shop for fresh produce, spices, honey, sauces, baked goods, hummus, pickles, and other artisinal goodies. Come meet the producers and sample their locally prepared, all natural products.

*Where:* Veterans’ Memorial Park, 7825 Southgate Blvd.

*When:* Every Sunday of the month, 9:00 am – 2:00 pm

**Halloween Hoopla**
Enjoy this FREE event for all ages which will include music, arts & crafts, bounce houses, costume contest, carnival games, prizes, candy, and much more.

*Ages:* All Ages

*Where:* Tamarac Park, 7501 N. University Dr.

*When:* Friday, October 26th, 6:00 pm – 8:00 pm

**Veterans Day Ceremony**
Please join us as we recognize our fallen heroes who served our country.

*Where:* Veterans’ Memorial Park

*When:* Sunday, November 11th, 10:30 am

**32nd Annual Turkey Trot 5K Race**

*Where:* Tamarac City Hall

*When:* Thursday, November 22nd, 7:30 am

*Fee:* Before November 11th $20.00

*November 12th – 21st $25.00

*November 22nd (Race day) $50.00

**Community Garage Sale**

*Where:* Tamarac Community Center

*When:* Saturday, December 1st, 7:30 am – 12:30 pm

*Fee:* $20.00 per vendor space

**Holiday Lighting Festival**
Join us while the Mayor and Commission light the Christmas tree and Menorah. There will be a special holiday concert featuring Tamarac’s best school choirs along with a special appearance by Santa Claus, children’s entertainment, and a craft bazaar.

*Where:* Tamarac Community Center

*When:* Wednesday, December 5th, 6:00 pm

**Paws with Claus Holiday Pawty**
Dress your pet up for the best dressed holiday hound contest and bring your camera to have your dog’s photo taken with Santa.

*Where:* Gary B. Jones Park for People and Pups

*When:* Saturday, December 8th, 10:00 am – 11:30 am

**Rudolph’s Winter Wonderland**
Join the City of Tamarac for a holly jolly night of reindeer games. Enjoy bounce houses, face painting, carnival games, candy cane hunt, pictures with Santa, and a special appearance by Rudolph the Red-Nosed reindeer.

*Ages:* All Ages

*Where:* Tamarac Park, 7501 N. University Dr.

*When:* Friday, December 14th, 6:30 pm - 8:30 pm

*Fee:* $5 per child, 2 & under free

**Artist of the Month Exhibit**
Visit the Tamarac Community Center to view:

*October:* Henry Lyko, (Acrylic)

*November:* Cheryl Kugel, (Photography)

*December:* Colette De Courvel, (Oils & Acrylic)

**Show Your Talent!**
Calling all local artists! Show off your creativity and share your love of art with the residents of Tamarac. If you are interested in displaying your artwork, applications are available at the Tamarac Community Center or call (954) 597-3635.

**Become a Sponsor!**
Sponsoring a special event is a great marketing approach to reach your desired audience. By partnering with the City of Tamarac, we will provide you with an avenue to promote your business and assist in increasing visibility in the community. Contact the Tamarac Parks and Recreation Department at 954-597-3632 for more information.
Calling all Seniors! Want live a more vibrant life, form new friendships, feel a sense of achievement, and get in heart healthy shape? Be part of the fun and become a member of the award winning Tamarac Community Center Senior Program!

With over 40 different activities, programs and services per week, there is truly something for everyone. The Senior Program has over 800 members who participate in activities such as Jazzercise, painting, line dancing, Scrabble, volleyball, chair yoga, and much, much more. Where else can you enjoy all these activities all for $25 a year!

The Senior Program is available to seniors ages 55 and up from Monday through Friday, 8:30 am – 4:00 pm. For more information and to check out our program listing, please visit the Community Center located at 8601 W. Commercial Blvd., or call 954-597-3620, or visit us on the web at www.tamarac.org. You can also get updates on the Senior Program through Twitter and Facebook (join our fan page “Parks and Recreation”). Membership renewals start October 1st.

Below is a partial list of the classes Tamarac’s Senior Program has to offer. Call (954) 597-3620 for more information.

**INDULGE YOUR PASSION**
- Zumba, Bingo, Badminton,
- Ballroom Dancing, Volleyball...

**STIMULATE YOUR MIND**
- Scrabble, Dominoes, Mah Jong, Rummikub,
- Cards, Computer Classes, Computer Club,
- Battle of the Sexes Trivia...

**ENLIGHTEN YOUR SPIRIT**
- Happy Hookers (knitting club), Morning Walkers,
- Line Dancing...

**EXERCISE YOUR BODY**
- Jazzercise, Yoga, Proactive Arthritis Water Aerobics Class, Heart Healthy, Chair Yoga, Body Basics, Stretch & Tone, Yogalites...

**EXPRESS YOUR CREATIVITY**
- Creative Writing, Painting

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Register for all trips at the Tamarac Community Center located at 8601 W. Commercial Boulevard from 8:00 am - 8:00 pm. All bus trips will leave from this location. For information about any of our trips, call (954) 597-3620. PLEASE NOTE: Trips are subject to change and/or cancellation, please call to verify dates and times. No refunds one month prior to trip date (no exceptions).
**SOCIAL SERVICES**

All services are provided at the Tamarac Community Center (TCC) unless noted otherwise. Call the Information and Referral line at (954) 597-3642 for more information on social service programs that may be available in Broward County. For transportation issues, to register for our Transportation Program or to inquire about transit, please call (954) 597-3649. Schedules for the Red and Yellow Transit Routes are available at www.tamarac.org and at City facilities.

### PROGRAMS

**Caregiver Support Group**
Are you a full-time caregiver for someone over the age of 60? Do you feel stressed out and overwhelmed? Meet others who share similar experiences caring for a loved one. In partnership with Jewish Family Services. Please call Susan Panzer at Jewish Family Services for FREE respite for your loved ones so you can attend this meeting at 954-370-2140.

*When:* 1st and 3rd Tuesday of each month, 10:30 a.m.

**Financial Counseling:** Do you need to learn how to manage your finances?
Learn how to budget or use online banking during your one-on-one counseling session with a financial specialist. Also get assistance with applying for federal programs such as Medicaid, Food Stamps, and Cash Assistance. Free for Tamarac residents. Please call 954-720-2485 to set up your free sessions. By appointment only. A partnership with Monarchcare Inc., a non-profit social services agency.

**FREE Spanish Counseling - Consejería en Español**
Para adultos que viven en Tamarac.
Sesiones conducidas por licencia terapeuta
Por favor llame a Alex Pineda 954-864-4552 para hacer una cita.

**Holiday Express Shuttle Trips**
Ride our Holiday Express Bus and do some holiday shopping. Cost is $1.00 each way to Super Walmart and Coral Square Mall. Dates: Thursday, October 11th, November 8th, December 13th and January 10th. A minimum of 10 riders must be signed up for Express bus to operate. Please call 954-597-3649 to sign up and for the schedule.

### SERVICES/GROUPS

**Alzheimer’s Support Group**
When: 1st and 3rd Wednesday of the month at 10:30 am, Facilitator: Stacey Hamilton-Grant

**Bereavement Support Group**
When: Every Monday, 10:00 - 11:30 am

**Center for Communications - Free Amplified Phone**
Provides amplified phones and TDDs free of charge to residents of the State of Florida who are deaf and/or hard of hearing. Please call Social Services at 954-597-3642 for information.

*When:* 3rd Wednesday of the month, 10:00 - 11:00 am.

**Eye Screenings**
Please call (954) 597-3642 to schedule an appointment.

**FREE! 911 Cell Phones for Seniors**
Call (954) 597-3642 to set up an appointment to receive a phone. *Donations of cell phones are accepted.*

*When:* 2nd Monday of each month, 9:00 am

**FREE! Eyeglass Repair Program**
When: Every Tuesday, 10:00 am - 12:00 pm

**FREE! Individual Limited Senior Counseling**
Please contact Sharon Roseman, LCSW at 954-895-6031 to make an appointment. Short-term counseling only

**FREE! Flu Shots**
When: First come, first served
For more information call (954) 597-3642

**Hearing Screenings**
When: 2nd Tuesday of each month, 9:00 - 10:45 am

**Senior Coping Skills Group**
When: 2nd and 4th Tuesday of each month, 10:30 am – 11:30 am

**Senior Social**
Join us for bagels and coffee and an educational lecture.
When: 3rd Tuesday of each month, 11:00 am

**SHINE Counselor**
Serving Health Insurance Needs for the Elderly. 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.

**Veterans Advisor**
When: Every Friday, 8:00 - 11:00 am. No appointment necessary.

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**WE NEED YOUR HELP!**
The City of Tamarac is in need of your help. We’re accepting donations to help low-income and needy families in our City. These donations are used to assist families in need of such items as food and clothing, especially at this important time of year.

YOU CAN DROP OFF YOUR TAX DEDUCTIBLE CONTRIBUTION AT THE TAMARAC COMMUNITY CENTER (8601 W. Commercial Blvd.) For more information, please contact Tamarac’s Social Services Office at (954) 597-3642.

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**SERVICES/GROUPS**

All services and groups held at the Tamarac Community Center, 8601 W. Commercial Boulevard / (954) 597-3620.

**SHINE Counselor**
Serving Health Insurance Needs for the Elderly. 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.

**Veterans Advisor**
When: Every Friday, 8:00 - 11:00 am. No appointment necessary.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Resident/Non-Resident Fee</th>
<th>Location</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic Cycling</td>
<td>Mon. Tues. Wed, Thurs, Fri Sat.</td>
<td>6:15 - 7:15 pm 7:15 - 8:15 pm 6:00 - 7:00 pm 10:00 - 11:00 am</td>
<td>16 &amp; over</td>
<td>$5/$6 Or purchase 10 class punch card for $40</td>
<td>Community Center</td>
<td>Per Class</td>
</tr>
<tr>
<td>Badminton</td>
<td>Mon. Wed. Sat.</td>
<td>6:00 - 9:00 pm 5:00 - 9:00 pm</td>
<td>13 &amp; over</td>
<td>$3/$5</td>
<td>Community Center</td>
<td>Per Class</td>
</tr>
<tr>
<td>Cultural Creations Cooking</td>
<td>Thurs.</td>
<td>6:30 - 8:00 pm</td>
<td>13 &amp; over</td>
<td>$40/$50</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Line Dancing (Beginner)</td>
<td>Thurs.</td>
<td>6:30 - 8:00 pm</td>
<td>18 &amp; over</td>
<td>$7/$8</td>
<td>Community Center</td>
<td>Per Class</td>
</tr>
<tr>
<td>Line Dancing (Interm)</td>
<td>Tues.</td>
<td>7:00 - 9:00 pm</td>
<td>18 &amp; over</td>
<td>$5/$6</td>
<td>Community Center</td>
<td>Per Class</td>
</tr>
<tr>
<td>Line Dancing (Interm)</td>
<td>Thurs.</td>
<td>8:00 - 9:30 pm</td>
<td>18 &amp; over</td>
<td>$7/$8</td>
<td>Community Center</td>
<td>Per Class</td>
</tr>
<tr>
<td>Middle Eastern Dance</td>
<td>Tues.</td>
<td>7:00 - 8:30 pm</td>
<td>18 &amp; over</td>
<td>$45/$55</td>
<td>Community Center</td>
<td>6-week</td>
</tr>
<tr>
<td>Mixed Art</td>
<td>Wed.</td>
<td>9:30 - 11:30 am</td>
<td>18 &amp; over</td>
<td>$40/$50</td>
<td>Recreation Center</td>
<td>6-week</td>
</tr>
<tr>
<td>Pilates &amp; Yogalates</td>
<td>Sat.</td>
<td>9:30 - 10:30 am</td>
<td>16 &amp; over</td>
<td>$20/$30</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Pottery Class</td>
<td>Mon.</td>
<td>6:00 - 8:45 pm</td>
<td>16 &amp; over</td>
<td>$50/$60</td>
<td>Recreation Center</td>
<td>6-week</td>
</tr>
<tr>
<td>Taekwondo</td>
<td>Tues. &amp; Thurs.</td>
<td>7:00 - 8:00 pm</td>
<td>13 &amp; over</td>
<td>$80/$90</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Sat.</td>
<td>2:00 - 9:00 pm</td>
<td>18 &amp; over</td>
<td>$1/$2</td>
<td>Community Center</td>
<td>Per Class</td>
</tr>
<tr>
<td>Tennis Lessons</td>
<td>Sat.</td>
<td>9:00 - 10:00 am</td>
<td>13 &amp; over</td>
<td>$40/$50</td>
<td>Sports Complex</td>
<td>4-week</td>
</tr>
<tr>
<td>Total Fitness Training</td>
<td>Tues. &amp; Thurs.</td>
<td>6:00 - 7:00 pm</td>
<td>16 &amp; over</td>
<td>$6/$8</td>
<td>Recreation Center</td>
<td>Per Class</td>
</tr>
<tr>
<td>Zumba</td>
<td>Wed or Fri.</td>
<td>7:00 - 8:00 pm</td>
<td>13 &amp; over</td>
<td>$25/$35</td>
<td>Community Center</td>
<td>4 sessions 8 sessions</td>
</tr>
<tr>
<td>Zumba Fitness</td>
<td>Mon. Wed.</td>
<td>7:00 - 8:00 pm 9:30 - 10:30 am</td>
<td>13 &amp; over</td>
<td>$20/$30 $35/$45</td>
<td>Recreation Center</td>
<td>4 sessions 8 sessions</td>
</tr>
<tr>
<td>Zumba Toning</td>
<td>Tues. &amp; Thurs. Wed.</td>
<td>9:30 - 10:30 am 7:00 - 8:00 pm</td>
<td>16 &amp; over</td>
<td>$20/$30 $35/$45</td>
<td>Recreation Center</td>
<td>4 sessions 8 sessions</td>
</tr>
</tbody>
</table>

**FITNESS SCHEDULE**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Sculpting</td>
<td>Thurs. &amp; Fri.</td>
<td>6:00 - 7:00 pm</td>
</tr>
<tr>
<td>Boot Camp</td>
<td>Wed.</td>
<td>7:00 - 8:00 pm</td>
</tr>
<tr>
<td>Pilates</td>
<td>Mon. &amp; Thurs.</td>
<td>7:00 - 8:00 pm</td>
</tr>
<tr>
<td>Strength Training Aerobics</td>
<td>Wed.</td>
<td>6:00 - 7:00 pm</td>
</tr>
<tr>
<td>Weights with Will</td>
<td>Tues.</td>
<td>6:00 - 7:00 pm</td>
</tr>
<tr>
<td>Yoga</td>
<td>Mon. Thurs. Sat.</td>
<td>5:30 - 6:30 pm 7:00 - 8:00 pm 9:00 - 10:00 am</td>
</tr>
</tbody>
</table>

**Where:**
Tamarac Community Center
Residents: $5, Non-residents: $6 per class
Residents: $45, Non-residents: $54 for 10 classes
Residents: $132.50, Non-residents: $198.75 for annual membership
Senior Resident: $106.00, Senior Non-resident: $149.00 - Annual membership
Or purchase 10 class punch card for $40
<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Resident/ Non-Resident Fee</th>
<th>Location</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animation Class</td>
<td>Wed.</td>
<td>6:30 - 8:00 pm</td>
<td>14 &amp; over</td>
<td>$70/$80</td>
<td>Recreation Center</td>
<td>6-week</td>
</tr>
<tr>
<td>Basketball Fundamentals</td>
<td>Wed.</td>
<td>6:00 - 7:00 pm</td>
<td>7 - 13 yrs.</td>
<td>$30/$40</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Cartooning Class</td>
<td>Sat.</td>
<td>10:30 am - 12:00 pm</td>
<td>10 &amp; over</td>
<td>$60/$70</td>
<td>Recreation Center</td>
<td>6-week</td>
</tr>
<tr>
<td>Hip Hop/Cheerleading/Tumbling</td>
<td>Sat.</td>
<td>11:00 - 12:00 pm</td>
<td>5 - 12 yrs.</td>
<td>$40/$50</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Imagination Mornings</td>
<td>Wed.</td>
<td>10:30 - 11:15 am</td>
<td>2 yrs. - 4 yrs.</td>
<td>$20/$30</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Kempo Karate</td>
<td>Mon. &amp; Wed.</td>
<td>5:30 - 6:30 pm</td>
<td>7 - 18 yrs.</td>
<td>$70/$80</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Kids Cooking</td>
<td>Tues.</td>
<td>6:00 - 7:00 pm</td>
<td>7 - 12 yrs.</td>
<td>$40/$50</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Krafty Kids</td>
<td>Mon.</td>
<td>10:00 - 10:45 am</td>
<td>2 yrs. - 4 yrs.</td>
<td>$20/$30</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Level 1 &amp; 2 Ballet, Tap &amp; Jazz</td>
<td>Sat.</td>
<td>10:00 - 11:00 am</td>
<td>3 - 12 yrs.</td>
<td>$40/$50</td>
<td>Community Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Little Sprouts Cooking</td>
<td>Tues.</td>
<td>10:00 - 10:45 am</td>
<td>2 yrs. - 4 yrs.</td>
<td>$20/$30</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Taekwondo (Beginner)</td>
<td>Tues. &amp; Thurs.</td>
<td>5:00 - 6:00 pm</td>
<td>4 - 12 yrs.</td>
<td>$80/$90</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Taekwondo (Advanced)</td>
<td>Tues. &amp; Thurs.</td>
<td>6:00 - 7:00 pm</td>
<td>7 - 12 yrs.</td>
<td>$80/$90</td>
<td>Recreation Center</td>
<td>4-week</td>
</tr>
<tr>
<td>Teen Club</td>
<td>Thurs.</td>
<td>7:00 - 8:00 pm</td>
<td>12 - 17 yrs.</td>
<td>$25/$35</td>
<td>Multi-Purpose Center</td>
<td>Annually</td>
</tr>
<tr>
<td>Tennis Lessons</td>
<td>Tues.</td>
<td>5:30 - 6:30 pm</td>
<td>6 -12 yrs.</td>
<td>$40/$50</td>
<td>Sports Complex</td>
<td>4-week</td>
</tr>
<tr>
<td>Tiny Tots Program (includes Imagination Mornings, Krafty Kids, Little Sprouts Cooking, and Water Safety)</td>
<td>Mon - Fri.</td>
<td>Times Vary</td>
<td>2 yrs. - 4 yrs.</td>
<td>$50/$60</td>
<td>Recreation Center</td>
<td>Monthly Membership</td>
</tr>
</tbody>
</table>
CAPORELLA AQUATIC & WELLNESS CENTER

Visit the Caporella Aquatic Center located at 9300 NW 58 Street. Enjoy its many amenities including a 25 meter swimming pool with zero depth entry and slide, children’s water playground, 3,000 sq.ft. fitness room, locker rooms, picnic tables, and more.

**Pool Hours:**
- **Weekdays:** Pool: 10:00 am – 6:00 pm  
  Slide and Sprayground: 2:30 – 6:00 pm
- **Saturdays:** Pool, Slide, and Sprayground: 10:00 am – 6:00 pm
- **Sundays:** Pool, Slide, and Sprayground: 10:00 am – 4:00 pm

*For Aquatic Center admission fees and rental information, please call (954) 597-3660.*

**Lap Swimming**
*When:* Monday and Wednesdays, 11:00 am - 12:00 pm

**Proactive Arthritis Water Exercise Class**
Work on balance and coordination while increasing range of motion, joint flexibility, muscle strength, and cardiovascular fitness without causing strain.
*When:* Mondays and Wednesdays, 10:00 am – 11:00 am  
*Fee:* Senior Program Members: FREE  
Non-Senior Program Members: $2.00 per class

**Swim Lessons**
- **Parent Tot:** Ages 3-5
- **Tot Only:** Ages 3-5. No parent. Will learn to ask for permission to enter, how to exit, submerging, floating, front kick & arm paddling.
- **Level One:** Ages 5 & over. Learn to blow bubbles, front and back float, glide, and kick, and front crawl stroke.
- **Level Two:** Ages 5 & over. Learn freestyle with breathing, backstroke, and breaststroke.
- **Adult Level 1:** Ages 18 & over. Front/back float, basic freestyle, backstroke and endurance.

*When:* Weekday morning and evening classes 2 times per week for 4 weeks, or 8 Saturday mornings classes  
*Fee:* Residents: $40.00, Non-residents: $50.00

**Water Aerobics**
Get a total body workout to improve motor skills, balance, strength, and posture. Moderate to high level of cardio will be achieved.
*When:* Monday and Wednesday, 6:00 – 6:45 pm  
*Fee:* Residents: $45, Non-residents: $55, 8 classes

**Aqua Zumba**
*When:* Tuesday and Thursday, 5:30 pm – 6:15 pm  
*Fee:* Residents: $45, Non-residents: $55, 8 classes

Get the Combo Deal and rent pavilions #2 & #3 at Sunset Point Park for one price:
- Residents: $79.90, Non-Residents: $95.80
- *$50 deposit is required*
- **Based on availability at the time of booking**

Want to have your party indoors? We also have rooms to rent at the Tamarac Park Recreation Center and Tamarac Community Center. Please call the Tamarac Parks and Recreation Department at 954-597-3620 for more information on pavilion sizes, fees, and availability.

**WELLNESS CENTER**

We invite you to visit the Tamarac Wellness Center. We have a variety of free weights, life fitness machines, treadmills, elliptical cross trainers, recumbent lifecycles, stationary bikes and more. The Wellness Center offers a friendly non-competitive workout environment with an awesome view of our competitive pool or community garden. If this is your first visit, our qualified friendly staff will show you around and get you familiar with the equipment. We also have personal training sessions available. Visit the Tamarac Wellness Center today at 9300 NW 58th Street or contact us at (954) 597-3661 or visit our website at tamarac.org/parks.

**Personal Weight Training sessions are available by appointment.**

1 person individual session - $40.00  
2 person shared session - $25.00pp.  
3 person shared session - $20.00pp.

TAMAGRAM

Now that you've read about [just a few] of the great programs and activities Tamarac’s Parks and Recreation Department offers... Flip For It! and read the City’s informative magazine, the Tam-A-Gram!