CHANGES AHEAD
In the words of new Nobel laureate Bob Dylan, “the times they are a-changin’...”. Change is all around us – from the national level to our own City government. Tamarac has welcomed two new members to the City Commission: Marlon Bolton from District 1, and Julie Fishman representing District 3. They each bring their own vision for moving Tamarac toward the future.

Part of a successful future includes developing new leaders. That’s why we’ve launched Leadership Tamarac, an outreach program to area high school students modelled after the Tamarac University program for adults. It’s an opportunity to educate students about the City, how they can become part of the process and opportunities in public service. With support from administrators from J.P. Taravella and Piper high schools, the inaugural class is comprised of a bright group of students who may well help shape our future. Leadership Tamarac is helping to prepare the next generation to make a difference in their communities.

Another way to make a difference is by putting Tamarac to work. The City’s first Career Fair did just that: connecting residents with job opportunities offered by a dozen employers.

As the coming year unfolds, we’ll see many initiatives come to fruition that will positively impact the City and its future:

- Construction of the first phase of the long-awaited buffer walls;

- Dedication of the newly constructed Fire Station #78 on Commercial Boulevard at the Turnpike, along with the significant sculpture honoring fire service that will adorn one side of the building;

- Demolition and the start of construction of a new clubhouse at Colony West that will not only support the golf course, but also provide meeting and dining space for the 120-room hotel that will be built next door;

- Submittal of the site design for Tamarac Village, an upscale mixed-use project that will include residential, commercial, and open space;

- Installation of newly designed gateway and neighborhood signs that foster a sense of place; and

- The unveiling of “Inspiration Way on Nob Hill”, a public art exhibition of outdoor sculpture along one of the City’s well-travelled streets.

Tamarac is changing; it’s becoming much more vibrant and the City is initiating a variety of projects that will help us realize our long-term potential. While change can sometimes be unsettling, many times it’s just a different way to take us down a better path.
Welcome New Commissioners

Commissioners Marlon Bolton of District 1 and Julie Fishman of District 3 have officially been sworn in to office. Bolton is the senior pastor at Praise Experience World Outreach Church in North Lauderdale. In addition, he volunteers with a number of organizations including the Driven Project, which provides art, academic and athletic programs for teens, and the ESUBA program to rehabilitate inmates in prisons in the South Florida area.

An Air Force veteran, Fishman has worked as a legislative aide in Tallahassee, and as the governmental affairs and community outreach director for the Community Advocacy Network (CAN). Her civic involvement includes having served on the board of the Parks and Recreation Foundation of Tamarac, Tamarac Chamber of Commerce, Tamarac Kiwanis Club and as co-chair for the Tamarac Relay for Life.

Fond Farewell

There were numerous accolades and a tear or two as the City and community wished retiring Commissioner Diane Glasser a fond farewell. She spent a lifetime in public service, including serving as the City’s District 3 Commissioner for the last eight years.
Transparency Builds Trust

BSO's Tamarac District has begun using body camera technology, which is being introduced in all BSO districts. Why? Body cameras can enhance safety, improve evidence collection and help protect both citizens and police officers from false accusations. But perhaps the most important reason is that they reinforce the public's trust of law enforcement officers.

“Transparency builds trust,” said BSO Tamarac District Chief Neal Glassman. “We’ve worked hard to develop relationships with the community; using these cameras demonstrates that we believe our deputies are doing the right thing, and that we’re willing to be transparent and open with those we serve.”

The City will invest more than $150,000 into launching this technology. This includes the cost of the equipment as well as the necessary infrastructure to support the program.

An Inside View of City Government

Ever wonder how local government works? Tamarac University is an eight-week interactive program that provides a behind-the-scenes look at how the City functions. It’s only offered once a year, and is a great primer for civic-minded people who want to volunteer or serve on boards or committees.

Interested parties can apply online at www.tamarac.org, or email TU@tamarac.org for more information. This year’s application deadline is January 27th.

New Utility Bonds Earn High Marks

Tamarac’s recent utility bond issue raised $21.9 million and received high marks from Moody’s Investor Service and Fitch Ratings – Aa2 and AA, respectively – thanks to the utility system’s strong financials. They received a coveted green designation due to the environmental benefits of the project they will fund.

An estimated $11 million of the revenue generated will be used to improve the City’s wastewater system by lining sewer pipes to reduce the amount of groundwater seeping into the wastewater system. This will significantly decrease the amount the City pays Broward County for wastewater treatment.

The remainder of the revenues will be used to refund debt issued in 2009, creating future savings of over $1.4 million.
Chess Success

An impressive crowd of local chess enthusiasts joined Tamarac’s Mayor and several Commissioners for a great time at the annual Mayors’ Chess Challenge.

Citizen Hero

Imagine you’re home, going about a normal day, when suddenly you hear people calling for help. You run outside, and see someone drowning. What do you do?

When faced with this scenario, Tamarac resident Tim Hornbaker didn’t think twice: he jumped into a lake to save a woman who nearly drowned. She had been playing on the golf course at Woodmont Country Club and fell into the lake trying to retrieve her ball.

For his heroic action, the Broward Sheriff’s Office presented Hornbaker with a Life Saving Award.

Whether you call 911 or are able to personally help someone in a life-threatening situation, every second counts. Thanks to his quick reaction, Hornbaker saved a life and became a hero.

We’ve got lots of great events and activities coming this year, but final details are still in the works for some. Keep an eye on the City’s website and Facebook page for information about the following:

- The 2017 Neighborhood Meetings; there will be one for each of the City’s four districts
- A ribbon cutting ceremony for a new public art project on Nob Hill Road
- The dedication of the new Fire Station 78

For updates, visit www.tamarac.org and www.facebook.com/tamarac.florida/, or email pio@tamarac.org with questions.
After a successful first year, the Tamarac Arts & Crafts Festival will be back even bigger and better than before. This two-day event will feature exhibits from artists and artisans, a children's area, and a diverse range of entertainment.

Festivalgoers can also take in an exhibition featuring interactive robot demonstrations by middle and high school students. This exhibition will be held April 1st in the Tamarac Community Center ballroom.

Whether you are an art aficionado, love homemade crafts and goodies, or would like to introduce your children to art or science and technology, this year's festival offers something for everyone to enjoy.

So, save the date – and join us in supporting the arts in the “City For Your Life”.

**Dates:** April 1st – 2nd  
**Time:** 10 am – 5 pm

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County Gives Veterans a Lift

Broward veterans can get door-to-door transportation to the William “Bill” Kling VA Clinic through the County’s TOPS Program. Paratransit vehicles that can accommodate most wheelchair and scooter devices will be used, and the cost is $1.75 each way. Because it’s a shared-ride program, users may be riding with other customers.

To make sure no one gets stranded, veterans can call and coordinate a new pick-up time if there’s a delay in a scheduled return trip from the VA clinic.

For more information, or to register to use the service, visit www.broward.org/BCT or call (954) 357-8400.
Tamarac’s code of ordinances sets the standards for how residential and nonresidential properties in Tamarac are maintained, protecting public safety as well as community appearance and property values. The code is regularly reviewed and modified, as needed.

The Commission recently made several updates to clarify sections of the code, including the portion addressing hurricane shutters. All shutters (including plywood coverings) must now be removed from the windows of occupied buildings within 15 days after a hurricane watch or warning. The City can rely on water usage measurements to determine if a property is occupied.

This update addresses fire safety concerns. It ensures that windows can provide an alternate exit for occupants in case of a fire, and additional points of entry for firefighters.

The Commission also modified the section of the code addressing bulk trash collection, more clearly defining bulk trash (see accompanying chart). The changes also expanded the timeframe bulk trash can be put out for pickup: up to forty-eight hours before the scheduled collection date. In addition, the amount that can be left out for collection was increased from three to four cubic yards (approximately 5 feet high, 6.5 feet wide and 4 feet deep).

CITY CODE NOW DEFINES BULK TRASH AS:

**HOUSEHOLD GOODS:** Appliances, furniture, mattresses, box springs, toys, carpet, draperies, and other miscellaneous materials as are normally found in a residential household.

**HORTICULTURAL MATERIALS:** Trimmings from bushes, shrubs, and trees which do not exceed four inches in diameter at the base or four feet in length.

**BUILDING MATERIALS:** Wooden fence sections four feet or less in height and length, wooden doors, sinks, commodes, small wood scraps and other small building or repair materials.*

**MISCELLANEOUS TRASH:** Bulk trash not previously defined that is of household, noncommercial, nonindustrial and nonhazardous nature.

* This does not include construction or demolition debris.

A family fun day was held at Heathgate Sunflower Park, where more than 200 people enjoyed games, bounce houses, a fishing tournament, and more.
Stylish Seating

A new group of mosaic benches installed around the City are providing both style and seating, reflecting the vibrancy of the community and creating a sense of place.

While completing the benches, artists from Cero Design gave children from Tamarac's Fast Track aftercare program a hands-on demonstration about the mosaic art process, and the kids got to help complete a bench.

The benches have been placed throughout the City: at the Caporella Aquatic Complex (2); Mainlands Park (2); Veterans' Memorial Park; in front of City Hall; at the Community Center; at the Tamarac Multi-Purpose Center; near the baseball fields at Tamarac Sports Complex; and at the Tamarac Wildlife Preserve located off West Prospect Road.

Putting Tamarac to Work

Connections were made and jobs were filled at Tamarac's first Career Fair. It was attended by 12 employers and approximately 150 job seekers.

Tops in Technology

Tamarac is leading the nation in its use of technology to provide services, enhance transparency and engage with the community. The City achieved top ranking in the 2016 Digital Cities Survey in the population category of 75,000 or under.

Conducted by the Center for Digital Government, the survey evaluates 10 key characteristics of a digital city: open, mobile, engaged, collaborative, secure, staff/supported, connected, efficient, resilient and innovative. Tamarac received kudos for our fiber network, which has been consistently upgraded to meet the community’s evolving technology needs, and top-notch cybersecurity.
Joan Pacheco has volunteered with the Social Services division for six years, becoming a valued member of the team. Every year she updates the City’s vulnerable population registry and condominium association list. The registry consists of residents who are at risk due to disability, frailty or health issues—regardless of age—who elect to stay at home in the event of an emergency such as a hurricane. In addition, Social Services keeps a list of condo associations to coordinate with in delivering goods and services to residents in emergency situations.

Pacheco also helps with many administrative tasks including data entry, handling transportation calls and filing.

The City relies on dedicated volunteers like Pacheco to help us provide the community with excellent service, and we thank her for her hard work and assistance.
High School Program Launched

Leadership Tamarac offers high school students interested in leadership and public service the opportunity to learn how local government works. During the full day sessions, spread over four months, the inaugural class is meeting with the City’s elected officials and staff and participating in hands-on activities. Graduates will receive their certificates at the February 8th Commission meeting.

Celebrating African-American Art

In honor of Martin Luther King Day and Black History Month, the Community Center will feature African-American art with a two-month exhibit by artist Sharon Thomas Duca that includes colorful portraits, still life and abstract art.

A reception will be held on Friday, January 13th for those who want to meet Duca and learn more about her work. Her art has been featured at the African-American Research Library and Cultural Center and at the Urban League of Broward County Community Empowerment Center.

In February, Duca will be working with children from the City’s Fast Track aftercare program. Creations by the artist and program participants will be displayed at the Community Center at a reception on Friday, February 24th at 6 pm.

MEET THE ARTIST RECEPTION

Friday, January 13th
Tamarac Community Center
6 pm
Cost: Free
LIFE IN TAMARAC
Veterans Day Ceremony
LIFE IN TAMARAC

36th Annual Turkey Trot

The turnout for the 36th Annual Turkey Trot matched the year: we had a record-breaking 2,016 participants. The overall winners were Christopher Mills (male) and Danielle Brown (female).
LIFE IN TAMARAC
Holiday Lighting Festival
Discover the Benefits of Tamarac Parks and Recreation

Playability
The extent to which a city makes it easy for all kids to get balanced and active play

#playability

Tamarac Parks and Recreation e-Newsletter
The Parks and Recreation department’s monthly e-newsletter, called P&R e-News, highlights department happenings including events, trips, classes and services.

To subscribe, sign up online at: www.tamarac.org
click the “Notify Me” tab in the left column and click the “Online Newsletter” box.

Save your Spot for Summer

If you’re looking for fun and affordable child care this summer, Camp Tamarac provides eight weeks of supervised activity for children ages 5-14. It includes one field trip and one swim trip every week.

Registration begins well before summer – on March 6th for Tamarac residents and on March 13th for non-residents – and is completed by mail only. You can pick up registration packets at the following locations starting February 27th:

Tamarac Recreation Center:
9 am - 9 pm (Mon – Fri) and
9 am - 4:30 pm (Sat)

Tamarac Community Center:
8:30 am - 9 pm (Mon - Sat)

Note: All campers must be 5 years of age or older on or before September 1, 2017. (Copy of birth certificate required).

2017 CAMP INFORMATION

Dates: June 19th - August 11th
Times: 7:30 am - 6 pm
Location: Tamarac Recreation Center

CAMP FEE (Ages 5-12):
1st Child/Resident $611; Non-Resident $740
2nd Child/Resident $568; Non-Resident $688

TWEEN CAMP FEE
(Ages 13-14/space is limited):
1st Child/Resident $630; Non-Resident $756
2nd Child/Resident $586; Non-Resident $703

One camp T-shirt is included with fee.
Visit the Caporella Aquatic Complex and enjoy its many amenities including a 25-meter heated swimming pool with zero-depth entry, a slide and children’s water sprayground. The complex also offers a 3,000-square-foot fitness center, locker rooms and outdoor picnic tables. Please call (954) 597-3660 for admission fees and rental information, or for additional details on the classes listed below.

**POOL HOURS**

Weekdays: 10 am – 6 pm  
*Slide and Sprayground:* 3 pm – 6 pm  
Saturdays: 10 am – 6 pm  
*Slide and Sprayground:* 10 am – 6 pm  
Sundays: 10 am – 4 pm  
*Slide and Sprayground:* 10 am – 4 pm

*Pool closed January and February for open swim.*

**SWIM LESSONS**

<table>
<thead>
<tr>
<th>Level</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tot</td>
<td>3 – 5</td>
</tr>
<tr>
<td>Levels 1 and 2</td>
<td>5 &amp; over</td>
</tr>
<tr>
<td>Adult Level 1</td>
<td>13 &amp; over</td>
</tr>
</tbody>
</table>

When: Call for days and times  
Fee: Residents: $45; Non-residents: $55

**PROACTIVE ARTHRITIS WATER EXERCISE CLASS**

When: Monday and Wednesday  
10 – 11 am

Fee: Senior Program Members: Free  
Others: $4/Class

**WATER AEROBICS**

When: Monday and Wednesday  
6 – 6:45 pm

Fee: Residents: $45; Non-residents: $55  
(Four-week session)

**TAMARAC SWIM TEAM**

TS Aquatics offers a competitive swim team program for children ages 5 – 18, and a master’s program for adults ages 18 – 90 at the Caporella Aquatic Complex. Free tryouts are held Monday – Thursday, between 5 – 7 pm. Receive a second month FREE when you try out and sign up for a month. Rates start as low as $50/month.

For additional information please email tamaracswimming@gmail.com or visit www.tsaquatics.com.

**FITNESS CENTER**

The Caporella Fitness Center offers a friendly, non-competitive workout environment with a variety of free weights, Life Fitness machines, treadmills, elliptical cross trainers, recumbent lifecycles, stationary bikes and more. On your first visit, our qualified staff will help you get familiar with the equipment. We also have personal training sessions available by appointment. For more information, visit the fitness center, contact us at (954) 597-3661, or visit www.tamarac.org/parks.

**Annual Fitness Membership Fees:**

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Membership</td>
<td>$150</td>
</tr>
<tr>
<td>Senior/Military/Vets Membership</td>
<td>$135</td>
</tr>
<tr>
<td>Teen Membership (16-17 years old)</td>
<td>$95</td>
</tr>
<tr>
<td>Teen Membership (13-15 years old)</td>
<td>$65</td>
</tr>
</tbody>
</table>

*Three month and six month membership options are also available.*

**BE STRONG TOTAL BODY FITNESS CLASS**

When: Saturdays, 1:30 – 2:30 pm  
Fee: Resident: $7; Non-Resident: $8 per class, or free to fitness class members
FACILITY LOCATIONS

Caporella Aquatic Complex and Fitness Center
9300 NW 58th Street

Caporella Park
5200 Prospect Road

Colony West Golf Club
6800 NW 88th Avenue

Gary B. Jones Park for People and Pups
8101 Southgate Boulevard

Mainlands Park
4500 Monterey Drive

Sunset Point Park
11000 West McNab Road

Tamarac Community Center
8601 West Commercial Boulevard

Tamarac Multi-Purpose Center
7531 North University Drive

Tamarac Park Recreation Center
7501 North University Drive

Tamarac Sports Complex
9901 NW 77th Street

Tephford Park
10003 Southgate Boulevard

Veterans’ Memorial Park
7825 Southgate Boulevard

ATHLETIC LEAGUES

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

YOUTH FLAG FOOTBALL
Registration for Youth Flag Football begins January 9th. The league is for boys and girls ages 5-14. Season begins in March and concludes in May. Space is limited. Volunteer coaches are needed.
Fee: Residents: $85; Non-Residents: $95

YOUTH BASEBALL
Registration for youth baseball continues until January 19th. The league is for boys and girls ages 4-16. Season begins in February and concludes in May. Space is limited. Volunteer coaches are needed.
Fee: Residents: $85; Non-Residents: $95

FIELD RENTAL
Athletic fields are available to rent at a nominal fee. Call (954) 597-3620 for more information.

FOR MEN’S SOCCER CALL (786) 367-0972

FOR THE FOLLOWING ATHLETIC LEAGUE INFORMATION PLEASE CALL (954) 597-3620:
Youth Baseball, Youth Flag Football, Youth Soccer, Youth Basketball, Men’s Basketball, Adult Softball, Adult Kickball and Adult Flag Football.

FOR YOUTH TACKLE FOOTBALL/ CHEERLEADING CALL (954) 292-6119

For information on field closures due to rain or maintenance, call (954) 597-3667.

For more information on any of the programs or activities listed in the Discovery section of Tam-A-Gram, please contact Tamarac Parks and Recreation at (954) 597-3620. Times and locations may be subject to change without notice.
### Youth Recreation Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Resident/Non-Resident Fee</th>
<th>Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art &amp; You</td>
<td>Mon.</td>
<td>6 - 7:30 pm</td>
<td>7 - 12 yrs.</td>
<td>$60/$70</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Basketball Fundamentals</td>
<td>Wed.</td>
<td>6 - 6:45 pm</td>
<td>10 - 14 yrs.</td>
<td>$30/$40</td>
<td>4-week</td>
<td>Multi-Purpose Center</td>
</tr>
<tr>
<td>Drama</td>
<td>Sat.</td>
<td>9:30 - 11:30 am</td>
<td>6 - 13 yrs.</td>
<td>$150/$160</td>
<td>10-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Fashionista</td>
<td>Sat.</td>
<td>12:30 - 1:15 pm</td>
<td>6 - 14 yrs.</td>
<td>$40/$50</td>
<td>4-week</td>
<td>Community Center</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Thurs.</td>
<td>6 - 6:45 pm</td>
<td>5 - 12 yrs.</td>
<td>$45/$55</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Hip Hop/Cheerleading/Tumbling</td>
<td>Sat.</td>
<td>11 am - 12 pm</td>
<td>5 - 12 yrs.</td>
<td>$45/$55</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Imagination Mornings</td>
<td>Wed.</td>
<td>10 - 10:45 am</td>
<td>2 - 4 yrs.</td>
<td>$25/$35</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>i-Imagine Art</td>
<td>Sat.</td>
<td>11:45 am - 12:30 pm</td>
<td>5 - 14 yrs.</td>
<td>$40/$50</td>
<td>4-week</td>
<td>Community Center</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>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Kids Cooking</td>
<td>Tues. (1st &amp; 3rd)</td>
<td>6 - 8 pm</td>
<td>7 - 12 yrs.</td>
<td>$40/$50</td>
<td>2-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Krafty Kids</td>
<td>Mon.</td>
<td>10 - 10:45 am</td>
<td>2 - 4 yrs.</td>
<td>$25/$35</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Level 1 &amp; 2 Ballet, Tap &amp; Jazz</td>
<td>Sat.</td>
<td>10 - 11 am</td>
<td>3 - 12 yrs.</td>
<td>$45/$55</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Lil Sprouts Cooking</td>
<td>Tues.</td>
<td>10 - 10:45 am</td>
<td>2 - 4 yrs.</td>
<td>$25/$35</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Start Smart Sports</td>
<td>Thurs.</td>
<td>6 - 6:45 pm</td>
<td>4 - 6 yrs.</td>
<td>$30/$40</td>
<td>4-week</td>
<td>Multi-Purpose Center</td>
</tr>
<tr>
<td>Taekwondo (Advanced)</td>
<td>Tues. &amp; Thurs.</td>
<td>5:30 - 8:30 pm</td>
<td>7 - 12 yrs.</td>
<td>$80/$90</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Teen Club</td>
<td>Thurs.</td>
<td>7 - 8 pm</td>
<td>12 - 17 yrs.</td>
<td>$25/$35</td>
<td>Annually</td>
<td>Multi-Purpose Center</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>4-week</td>
<td>Sports Complex</td>
</tr>
<tr>
<td>Zumbatomic</td>
<td>Wed.</td>
<td>5 - 6 pm</td>
<td>4 - 12 yrs.</td>
<td>$20/$30</td>
<td>4-week</td>
<td>Multi-Purpose Center</td>
</tr>
</tbody>
</table>

For more activity information, please call the Tamarac Community Center at (954) 597-3620 or the Recreation Center at (954) 597-3674. Registration is also available online for some programs at https://webtrac.tamarac.org.
### Adult Recreation Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Ages</th>
<th>Resident/Non-Resident Fee</th>
<th>Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic Cycling</td>
<td>Mon. Tues.</td>
<td>7:15 - 8:15 pm</td>
<td>16 &amp; over</td>
<td>$7/$8 $85/$100 $140/$160</td>
<td>Per Class</td>
<td>Community Center</td>
</tr>
<tr>
<td></td>
<td>Thur. Sat.</td>
<td>7:15 - 8:15 pm</td>
<td></td>
<td></td>
<td>6 months</td>
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<tr>
<td></td>
<td></td>
<td>6 - 7 pm</td>
<td></td>
<td></td>
<td>Annual</td>
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<tr>
<td></td>
<td></td>
<td>8:30 - 9:30 am</td>
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</tr>
<tr>
<td>Badminton</td>
<td>Mon. Wed.</td>
<td>6 - 9 pm</td>
<td>13 &amp; over</td>
<td>$3/$5</td>
<td>Per Class</td>
<td>Community Center</td>
</tr>
<tr>
<td></td>
<td>Sat.</td>
<td>5 - 9 pm</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Mixed Art</td>
<td>Wed.</td>
<td>9:30 - 11:30 am</td>
<td>18 &amp; over</td>
<td>$35/$45</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Hand Building Ceramics</td>
<td>Thurs.</td>
<td>6 - 8:30 pm</td>
<td>16 &amp; over</td>
<td>$45/$55</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Sat.</td>
<td>2 - 9 pm</td>
<td>18 &amp; over</td>
<td>$1/$2</td>
<td>Per Class</td>
<td>Community Center</td>
</tr>
<tr>
<td>Tennis Lessons</td>
<td>Sat.</td>
<td>9 - 10 am</td>
<td>13 &amp; over</td>
<td>$40/$50</td>
<td>4-week</td>
<td>Sports Complex</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Tues.</td>
<td>6:45 - 7:45 pm</td>
<td>16 &amp; over</td>
<td>$45/$55</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Wing Chun</td>
<td>Tues. Thurs.</td>
<td>6:30 - 8:00 pm</td>
<td>16 &amp; over</td>
<td>$80/$90</td>
<td>4-week</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Mon. Thurs.</td>
<td>6:30 - 8:30 pm</td>
<td></td>
<td>$5/$6</td>
<td>Per Class</td>
<td>Multi-Purpose Center</td>
</tr>
<tr>
<td></td>
<td>Sat.</td>
<td>7:15 - 8:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:30 - 4 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Recreation Center Fitness Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salsa Fitness</td>
<td>Mon.</td>
<td>6 - 7 pm</td>
</tr>
<tr>
<td>Pilates</td>
<td>Sat.</td>
<td>9:30 - 10:30 am</td>
</tr>
<tr>
<td>Total Fitness Training</td>
<td>Tues. &amp; Thurs.</td>
<td>6 - 7 pm</td>
</tr>
<tr>
<td>Zumba Fitness</td>
<td>Mon. Wed.</td>
<td>7 - 8 pm</td>
</tr>
<tr>
<td></td>
<td>Tues. Wed.</td>
<td>9:30 - 10:30 am</td>
</tr>
<tr>
<td></td>
<td>Thurs. Sat.</td>
<td>11 am - 12 pm</td>
</tr>
</tbody>
</table>

### Community Center 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 - 7 pm</td>
</tr>
<tr>
<td>Kickboxing</td>
<td>Mon.</td>
<td>6 - 7 pm</td>
</tr>
<tr>
<td>Strength Training Aerobics</td>
<td>Wed.</td>
<td>6 - 7 pm</td>
</tr>
<tr>
<td>Tone and Sculpt</td>
<td>Tues.</td>
<td>6 - 7 pm</td>
</tr>
<tr>
<td>Yoga</td>
<td>Mon. Wed. &amp; Thurs. Sat.</td>
<td>5:30 - 6:30 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7 - 8 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9:30 - 10:30 am</td>
</tr>
<tr>
<td>Zumba</td>
<td>Wed. &amp; Fri.</td>
<td>7 - 8 pm</td>
</tr>
</tbody>
</table>

### Caporella Fitness Center Fitness Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be Strong Total Body Fitness</td>
<td>Sat.</td>
<td>1:30 - 2:30 pm</td>
</tr>
</tbody>
</table>

For more activity information, please call the Tamarac Community Center at (954) 597-3620 or the Recreation Center at (954) 597-3674. Registration is also available online for some programs at https://webtrac.tamarac.org.
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 these and other social service programs that may be available in Broward County.

BLESSED AND STRESSED - CARING FOR YOURSELF: A CAREGIVER SUPPORT GROUP
Are you a caregiver for a loved one? Do you feel stressed out and overwhelmed? Meet others who share similar experiences caring for a loved one. This free group is facilitated by a licensed clinician in partnership with Goodman Jewish Family Services. Please call (954) 370-2140 for more information.

When: First and third Tuesday of each month at 10:30 am

TEEN PARENTING GROUP BY MEMORIAL HEALTHCARE SYSTEM
The City of Tamarac, in partnership with Memorial Healthcare System, cordially invites you to participate in FREE parenting sessions that provide different perspectives on adolescent development, parenting styles, communication, and working together as a family to improve relationships and strengthen family bonds.

When: Wednesdays, 6:30 – 7:30 pm

POSITIVE ADJUSTMENT GROUP
Learn coping skills and how to adjust to life changes including losing a loved one, health, daily living activities, moving, etc. A licensed mental health therapist will facilitate this important group for all seniors.

When: Mondays, 10:30 – 11:30 am

INDIVIDUAL COUNSELING
Free limited sessions for Tamarac residents only. Please call counselors Lakshmi at (954) 655-7040 or Jessica at (954) 317-3460 to make an appointment. Program is grant funded and income verification is needed prior to sessions. Please leave your name and phone number and your call will be returned within 24 hours.

LOWER YOUR PRESCRIPTION COSTS
Start saving today with the City of Tamarac Prescription Discount Card program for those without insurance. Benefits include an average savings of 20%, free enrollment and coverage for all family members. No income requirements. Pick up at Tamarac Community Center.

CENTER FOR COMMUNICATIONS – FREE AMPHIFIED PHONE
Provides amplified phones and TDDs free of charge to Florida residents who are deaf or hard of hearing.

When: Call for dates

FREE 911 CELL PHONES FOR SENIORS
Call (954) 597-3642 to set up an appointment. Donations of cell phones are accepted.

When: Second Monday of each month at 9 am

SENIOR SOCIAL
Join us for light refreshments and an educational lecture.

When: Third Tuesday of each month at 11 am
VETERANS ADVISOR
When: Last Friday of each month 8 – 11 am

SHINE COUNSELOR
Serving Health Insurance Needs for the Elderly. Have 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.

TRANSPORTATION AND EXPRESS SHUTTLE SERVICES
Door-to-door paratransit service is available to the disabled and to people over age 60 with no other transportation. For additional information, please call (954) 597-3649.

Tamarac also offers two community bus routes – the Red and Red Extension Transit Routes – to locations across the City. Schedules and fees are available at www.tamarac.org and at City facilities.

Additionally, the City runs an Express Shuttle once a month. The shuttle starts at 10 am at the Tamarac Community Center and visits the following stops: Coral Square Mall, BJ’s, Home Depot, Whole Foods, Sam’s Club, Doris Italian Market & Bakery, Michaels, and Panera Bread. The shuttle costs $1 roundtrip, and no sign up is required. Please call (954) 597-3649 for dates.

ADULT TRIPS
Register for all trips at the Tamarac Community Center from 8 am – 8 pm. All bus trips will leave from this location. For information, call (954) 597-3620. Trips are subject to cancellation. No refunds one month prior to trip date (no exceptions).

KRAVIS CENTER - DIRTY DANCING
Thursday, January 5th, 4 – 11 pm
Residents: $75; Non-residents: $85

BROWARD CENTER – CABARET
Thursday, January 12th, 4 – 11 pm
Residents: $85; Non-residents: $95

KRAVIS CENTER – BEAUTIFUL THE CAROLE KING MUSICAL
Thursday, February 2nd, 5 – 10 pm
Residents: $80; Non-residents: $90

BROWARD CENTER – DISNEY’S THE LITTLE MERMAID
Thursday, February 23rd, 5 – 10 pm
Residents: $85; Non-residents: $95

KRAVIS CENTER – THE PHANTOM OF THE OPERA
Thursday, March 23rd, 4 – 11 pm
Residents: $85; Non-residents: $95
SPECIAL EVENTS

COMMUNITY FARMERS MARKET
The market is a great place to shop for fresh produce, honey, sauces, baked goods, pickles, and other artisanal goodies. Come meet the producers and sample their locally prepared, all natural products.
Where: Veterans’ Memorial Park
When: Every Sunday
9 am – 2 pm

FOOD TRUCK HUMP DAYS
Where: Tamarac Park
When: Every Wednesday
5:30 – 9:30 pm

COMMUNITY GARAGE SALE
Where: Tamarac Park
When: Saturday, February 11th
7:30 am – Noon

CONCERTS IN THE PARK
Join us for two live, outdoor concerts that will include bounce houses for the kids and food trucks offering a variety of food and snacks.

Mainlands Park
The “Solid Brass” band will play classic rock and R&B songs from the 60s through the 80s.
When: Sunday, February 26th, 1 – 3 pm

Tamarac Sports Complex
“The Motowners” will perform hits by The Temptations, The Four Tops, The Supremes and more.
When: Friday, March 10th, 7 – 9 pm

YOU’VE GOT FITNESS OPTIONS
Are you ready to get in shape after the holidays? There are plenty of opportunities to do so right here in Tamarac.

The Caporella Fitness Center offers a variety of workout machines, free weights and cardio equipment in a friendly environment, and they’re currently offering a promotion. If you purchase an annual membership by February 1st, you’ll receive an extra month free.

In addition, the City offers a variety of classes at the Community Center and Recreation Center for both children and adults, and a senior program with a number of exercise and movement classes. From aerobic cycling to tennis, yoga, Zumba and more, there is something for everyone.

If you prefer to exercise in the great outdoors, now’s the time of year to do it. We’ve got fitness stations and multi-purpose paths at many of the City’s parks. For more information on park equipment and locations, visit www.tamarac.org/parks.
SENIOR PROGRAM

Want to have fun, try new activities, make friends and get in shape? Tamarac’s Senior Program offers more than 40 different activities every week, Monday – Friday, 8:30 am – 4 pm. This program is for seniors aged 55 and up. For additional information, including full descriptions of the classes and programs listed below, please call (954) 597-3620.

Indicates degree of physical challenge

CREATIVE CLASSES

Adult Coloring: Tues. 10 am
Card Making: Thurs. 1 pm
Clay Class: Fri. 10 am
Happy Hookers Knitting Group: Mon. 1 pm
Painting Club: Tues. 1 pm
Writing Group: Tues. 10 am

EXERCISE & MOVEMENT

Carol’s Cardio: Fri. 11 am
Carol’s Cardio Kickboxing Plus Muscle Training: Tues. 9:15 am
Chair Yoga: Tues. and Thurs. 11:30 am
Core Yoga: Wed. 11:30 am
Gentle Yoga: Fri. 12:15 pm
Jazzercise: Mon., Tues., Thurs., Fri. 10 am
Line Dancing: Mon. and Thurs. 11 am
Movement Mix: Wed. 10 am; Fri. 11:15 am
Proactive Arthritis Water Exercise Class: Mon. and Wed. 10 am (Aquatic Complex)
Senior Dance – Ballroom: Thurs. 1 pm
Sit & Fit Aerobics: Tues. and Thurs. 10:30 am
Small Group Strength Training: Wed. 10:15 am (Advance sign up required; RSVP Monday mornings)

Tai Chi/ Qigong: Mon. 9 am; Fri. 9:30 am
Yoga: Mon. 10:30 am
Zumba Sentao: Fri. 10 am
Zumba Gold: Mon. 12 pm; Wed. 11:15 am

GAMES & RECREATION

Badminton: Thurs. 12:30 pm
Bingo: Mon. 12:30 pm
Pickleball: (Beg) Mon. 12:30 pm; (Adv) Tues. 11:30 am; (Int) Wed. (Int & Adv) Fri. 12:30 pm
Pickleball Fundamentals: Thurs. 1:30 pm
Ping Pong: Thurs. 12:30 pm; Fri. 10 am
Trivia: Fri. 2 pm
Volleyball: Mon. 11:15 am; Wed.10:30 am; Thurs. 11:30 am

BECOME A SPONSOR!

Sponsoring a special event is a great way to reach your target audience. Partnering with the City of Tamarac provides an opportunity to promote your business and increase visibility in the community. Contact the Tamarac Parks and Recreation Department at (954) 597-3632 for more information.
The City shares news and information with the community in a variety of formats. To stay connected, just visit www.tamarac.org.

From there you can:

**Follow us on Facebook and Twitter:** Get real-time updates about City news, event pictures and more

**Register for Notifications:** Sign up for targeted notifications based on your interests

**Report a Concern:** Use this feature to make requests and report concerns

**Participate in an Online Forum:** Join the discussion on Open City Hall

**Access Publications:** View back issues of Tam-A-Gram and City brochures