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

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

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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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INSIDE

2 Your Guide to the 2020 Census
4 Beyond Bowling
5 Staying True to the Mission
6 Construction Corner
10 State of the City

IMPORTANT NUMBERS

MAIN NUMBER ................................................. (954) 597-3500
ADA Coordinator/Accessibility ....................... (954) 597-3600
Voice ...................................................... 1 (800) 955-8770
TTY ......................................................... 1 (800) 955-8771
Citizen Hotline ...................................................... (954) 718-1800
(Activated During Emergencies)
Building Services ................................................. (954) 597-3420
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
Transit/Shuttle Bus ............................................. (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) 597-3590
Utilities (Leaks, Breaks, etc.) ............................. (954) 597-3750
Water Treatment Plant ....................................... (954) 597-3775
(Also used for after-hours utilities emergencies.)

SERVICE PROVIDERS:

Florida Power & Light ........................................ (954) 797-5000
Waste Management ........................................... (866) 684-3142
Comcast Cable ............................................... (954) 252-1937
Library (Tamarac Branch) ................................... (954) 765-1500
Post Office (Tamarac Branch) .............................. (954) 722-3152
Tamarac 2040

For the City to prosper tomorrow, it requires long-term planning today. That’s why, though the 2020s have just begun, the City’s already preparing for 2040 with a new strategic plan. It includes six overarching goals, which will guide our initiatives for years to come, ensuring Tamarac remains safe, vibrant, smart, connected and economically resilient, served by talented people who care.

**Tamarac is Home**
Our number one goal is to make sure Tamarac is a welcoming and well-maintained “home.” One that’s inclusive and equitable to all.

To do that, we need to know who lives here. That’s why everyone must be counted in the 2020 Census. Not only does the City use census data to plan for providing services, but it affects how more than $675 billion in federal funds will be allocated to states and cities every year for the next decade. Read more about the census inside this edition.

**Tamarac is Safe and People Know It**
It’s vital that people are safe and feel safe where they live and work. Through the hard work of our first responders, Tamarac is a safe community. The crime rate is low, thanks to BSO, and Tamarac Fire Rescue’s response rate for fire and medical emergencies is impressive. As they work together to prepare for potential disasters and crises, we’ll continue ensuring they have the resources and training they need.

**Tamarac is Economically Resilient**
In addition to the responsible management of the City’s finances, economic resiliency means creating opportunities for our business community. The City wants a growing and diversified tax base. From workforce development to attracting new investment to the City - Tamarac is working to help people thrive, and businesses prosper.

**Tamarac is Vibrant**
Spectacular special events like One Tamarac, our vast array of classes and programs, and our beautiful parks provide plenty of opportunities to have fun, connect with people, and enjoy a healthy and active lifestyle. We’ll continue to invest in delivering an unparalleled quality of life that is green and sustainable.

**Tamarac is Smart and Connected**
To meet the expectations of residents, businesses and visitors, the City is investing in technology and infrastructure to provide information at your fingertips, whether you’re at City Hall, a City park or in the comfort of your own home. While we use technology to improve services, we will maintain our human touch and connection with the community.

**Tamarac is a Dynamic Workplace**
None of this happens without talented and dedicated staff serving the community. To attract and keep good employees, we’ll make sure to provide a workplace where they have opportunities to develop their skills and find innovative ways to serve you.

In the end, Tamarac is about the people. We are one Tamarac, and we will continue to build and grow so we remain a community of choice that we can all be proud to call home. We know that’s important, and that’s why we’re planning today for the next 20 years. It may seem far away, but 2040 will be here before you know it.
Everyone Counts in Tamarac:

Participating in the 2020 Census is one of the most important things you can do to help the City of Tamarac get its fair share of federal funds, as well as fair representation in state and federal government. Fortunately, it’s easy, safe and completely confidential. Here’s what you need to know.

**Why You Should Respond**

- It’s your civic duty! The U.S. Constitution mandates a census once every 10 years.
- The federal government will use 2020 Census data to determine how to distribute more than $675 billion annually for the next decade. It will help our community get our share of federal funding for schools, hospitals, roads, public works and other vital programs.
- Your responses are also used to determine how many representatives we have in Congress as well as our state legislature. Boundaries for congressional and state legislative districts are redrawn after each census to account for population shifts and to make sure districting is fair.
- Local governments use census data for public safety, emergency preparedness and to plan for the future.
- Businesses use census information when deciding where to locate.
- Real estate developers use it to determine where to build new homes.

**APRIL 1ST IS CENSUS DAY**

Your census count must be based on who lives in your household on Census Day, April 1st.

**CITIZENSHIP DOESN’T MATTER**

Everyone in Tamarac counts and should be included in the 2020 Census, whether they are citizens or not. The census doesn’t ask about citizenship status.
Your Guide to the 2020 Census

What’s Asked and What’s Not

• The census includes questions about the age, sex and race of everyone who lives in your home, including children. It also asks whether you rent or own your home.
• The census does not include questions about citizenship. Nor will you be asked for social security numbers, bank or credit card information, money or donations, or anything related to political parties.

Three Ways to Respond

• You can reply to the census online, by phone or by mail.
• Census forms are available in many languages.

Census Timeline

• You’ll receive a notice in the mail between March 12th and March 20th with instructions on how to complete the questionnaire. It will include a personal code for online responses and instructions to respond by phone or mail.
• Several reminders will be sent in March and April if you have yet to respond.
• From May through July, the U.S. Census Bureau will follow up in person with households that haven’t responded. Census workers wear ID badges that include their name, photograph, the Department of Commerce watermark and an expiration date. They also carry an official bag and/or a laptop with the U.S. Census Bureau logo.

For more information on the census, visit www.2020Census.gov.

COMPLETE CONFIDENTIALITY

Your response to the census is protected by federal law and can only be used to produce statistics. It can’t be shared with any other government agencies including the FBI, CIA, DHS and ICE.

2020 Census records can’t even be released to the national archive until 2092 – 72 years from now!
Beyond Bowling

Looking for an exciting evening with your friends and family? Bowlero, which describes itself as “bowling’s coolest brand,” completed a $1 million renovation of Sawgrass Lanes. The overhaul turned a once traditional bowling alley into an entertainment mecca located right here in Tamarac.

With 56 blacklight responsive lanes, a full kitchen and a brand-new arcade, the remodeled Sawgrass Lanes is a great place for the whole family. High-definition projection video panels line the walls above the pins, so sports fans won’t miss their favorite football, basketball, baseball or hockey games.

Does knocking down pins make you hungry? You’ll find tasty options like Baja Fish Tacos, 2-foot-long Mega Dogs, Stone-Fired Flatbreads, XXL Hot Pretzels and even fresh salads on the menu. Oversized cocktails like the Mega Mule and the Dunk Tank are a few of the signature drinks served at the alley’s full-service bar.

The expansive arcade features 60 games, including Super Bikes 3, Tomb Raider and Halo, as well as classics like air hockey, basketball and Skee-Ball that will make everyone feel like a kid again.

And if you think that’s not enough, there are still more great things to come.

As one of our hometown businesses, Sawgrass Lanes takes pride in being a family-oriented entertainment center. From birthday and corporate parties, to fundraisers and youth programs, the staff adds a special touch to each event. “We had a little girl who loved flamingos and pineapples, so on my day off I went out and found the perfect decorations for her,” said Shift Leader Jennafer Mellott. “Her mom was filled with joy by the details we put into her party.”

Whether you’re an experienced bowler or interested in joining a bowling league for the first time, Sawgrass Lanes has leagues for all levels.

Ready for some fun? Visit the new Sawgrass Lanes at 8501 N. University Dr. or visit www.Bowlero.com for more information.

Kudos for Tamarac Fire Rescue

Tamarac’s very own Fire Chief, Percy Sayles, was named Executive Fire Officer of the Year by the Florida Fire Chiefs’ Association (FFCA), receiving special recognition at Fire-Rescue EAST in Daytona Beach. The award honors his leadership, innovation, professional development, integrity, service to the public and contributions to the fire service as a whole.

In addition, Tamarac Fire Inspector Rebecca Geimer received FFCA’s Fire Inspector of the Year Award, recognizing her achievements supporting fire and life safety codes.
Staying True to the Mission

It’s easy to take our freedom for granted. Instead, it’s always good to take a moment to honor those who served and fought to protect it.

Tamarac is a City that honors its veterans in more ways than one. This includes partnering with the nonprofit organization Honor Flight South Florida, which treats veterans to all-expenses-paid trips to our nation’s capital. While there, they visit timeless memorials erected to honor veterans who proudly served their country.

Honor Flight currently focuses on our most senior heroes from World War II, the Korean War and the Vietnam War, but also prioritizes veterans with terminal illnesses.

Tamarac first partnered with Honor Flight in April 2016, providing bus transportation and a BSO police escort to and from the airport for participating veterans and their guardians, who serve as escorts for the day.

To date, we’ve supported 10 Honor Flights, serving a total of 96 Tamarac veterans.

Despite the early hour, Tamarac’s elected officials, City staff and members of the public gather at City Hall at 4 am to provide a warm send-off. It’s our honor to contribute to this mission and help make it memorable for our veterans.

The next Honor Flight is Saturday, April 18th. We encourage you to join us in sending off our veterans with the love and support they deserve.

A Night to Remember

Tamarac welcomed approximately 125 people to our MLK Day event honoring the Reverend Dr. Martin Luther King Jr. After a breathtaking dance performance by Ashanti Cultural Arts, attendees enjoyed an inspiring speech by Dr. Jaffus Hardrick, President of Florida Memorial University. He spoke about the power of education and encouraged everyone to find their own dream and unique purpose.
Construction Corner

There’s a lot of construction and redevelopment taking place around town. Tamarac’s transformation offers more opportunities than ever for people to build a family, build a business and build a life. Here’s a look at current construction projects in the City.

Private Development

- The Enclaves at Woodmont community, sales office at 7910 NW 79th Ter.
- Hidden Trails and Manor Parc communities, sales office at 4802 NW 48th Ter.
- Eden West, multi-family community, northeast corner of McNab Rd. and Pine Island Rd.
- Alazhar School redevelopment, 7201 W. McNab Rd.
- Community Christian Church, two-story building, 10001 W. Commercial Blvd.
- Tamarac Exchange Center, 6899 N. Hiatus Rd.
- Safeguard Self Storage, two-story addition, 6101 W. Commercial Blvd.

Public/Private Partnerships

- Colony West redevelopment, new clubhouse (6850 NW 88th Ave.), and an adjacent Fairfield Inn & Suites (6800 NW 88th Ave.)
- Tamarac Village, north side of Commercial Blvd. between Pine Island Rd. and NW 94th Ave.

Major City Projects

- Fire Station 36, 7499 NW 72nd St.
- Buffer walls on the north side of NW 57th St.

Commission Meetings

Join us at upcoming City Commission meetings and workshops at Tamarac City Hall. These meetings are open to the public.

Commission Workshops:
Room 105
March 23rd,
April 6th and April 20th
All workshops are at 9:30 am.

Commission Meetings:
Commission Chambers
March 25th, 9:30 am
April 7th, 7 pm
April 22nd, 9:30 am

City Hall is located at 7525 NW 88th Ave.

Times subject to change.
To confirm, visit www.Tamarac.org or call (954) 597-3505.

If you can’t attend meetings, watch them live or On Demand at www.Tamarac.org/ CityCommissionMeetings or Facebook Live.
**Free Continuing Education Coming to Tamarac**

Do you need training, education or guidance to reach your potential? The City is partnering with Broward College (BC) to remove barriers to success, help you sharpen your skills and achieve your dreams.

Starting this spring, BC will offer the following FREE courses and workshops right here in Tamarac for people ages 18 and up. They are part of the college’s Broward UP program, which provides the training people need to find a good job, make more money and develop the skills to thrive in today’s workforce. For more information on Broward UP, visit www.Broward.edu/BrowardUp.

<table>
<thead>
<tr>
<th>Workshops/Information Sessions</th>
<th>Duration</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Broward College Information Session</td>
<td>1 hour</td>
<td>March 16th</td>
<td>6 – 7 pm</td>
<td>Recreation Center, Mango Room – 2nd Floor</td>
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<tr>
<td>Land that Job Workshop</td>
<td>1 hour</td>
<td>March 25th</td>
<td>6 – 7 pm</td>
<td>Recreation Center, Mango Room – 2nd Floor</td>
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<tr>
<td>Entrepreneurship Workshop</td>
<td>2 hours</td>
<td>April 6th</td>
<td>6 – 8 pm</td>
<td>Recreation Center</td>
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<td>Mango Room – 2nd Floor</td>
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<td>Broward College Information Session</td>
<td>1 hour</td>
<td>April 13th</td>
<td>11 am - Noon</td>
<td>Recreation Center</td>
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<td>Mango Room – 2nd Floor</td>
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<tr>
<td>Myth Busters! What it takes to start, succeed and</td>
<td>1 hour</td>
<td>April 29th</td>
<td>6 – 7 pm</td>
<td>Recreation Center</td>
</tr>
<tr>
<td>soar at Broward College Workshop</td>
<td></td>
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<td>Mango Room – 2nd Floor</td>
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| Certification Courses*                              |          |            |          |                                               |
| MS Office (Word and PowerPoint)                     | 2 days   | May 4th - May 5th | 9 am – 4 pm | Recreation Center Computer Room – 1st Floor |
| MS Excel                                            | 1 day    | May 20th   | 9 am – 4 pm | Recreation Center Computer Room – 1st Floor |
| Project Management                                  | 1 day    | May 27th   | 9 am – 4 pm | Recreation Center Computer Room – 1st Floor |
| MS Excel Data Analysis                              | 1 day    | June 3rd   | 9 am – 4 pm | Recreation Center Computer Room – 1st Floor |

*Course offerings are contingent upon sufficient enrollment. Space is limited.

All Spring 2020 courses and workshops will be held at the Tamarac Park Recreation Center, 7501 N. University Dr.

The registration deadline is two weeks in advance of the course.

Register at www.Bitly.com/TamaracBC.

Email questions to GKlonari@Broward.edu.
The Commission made donations to support the following charities: the Broward Outreach Center, Handy Inc., the National Association of the Bahamas, the Broward Education Foundation and the Urban League of Broward County. These generous organizations help better the communities they serve.

When Hurricane Dorian devastated the Bahamas, the Tamarac CERT Team worked tirelessly to collect donations for those in need. The Commission gave a special thanks to Jarrod Sherman, Rea Mills, Bertha Cuascut West, Herb Daley, Elliot Goldberg and Sandy Ehrlich for their efforts.
City Awards: Tech-Savvy, Financially Sound and Neighborly

Tamarac is focused on being a smart, economically resilient and neighborly community you are proud to call home. To achieve that goal, we find ways to use innovative technology to better serve the public. We carefully manage our budget and openly share financial information with you. We also partner with our municipal neighbors to work together to serve the broader community. These awards help benchmark our efforts and motivate us to continue moving forward.

2019 Digital Cities Award

Tamarac received a 2019 Digital Cities Award for cities with populations under 75,000, from the Center for Digital Government. The award recognizes cities for using technology to tackle social challenges, enhance services and strengthen cybersecurity. This makes our community more secure, user-friendly, efficient and resilient. This is the fourth consecutive year in which Tamarac has ranked in the top three nationwide among cities of our size.

Government Finance Officers Association (GFOA) Awards

Every year, the City publishes a Comprehensive Annual Financial Report (CAFR) to provide the public with a detailed account of our finances. For the 31st consecutive year, the Government Finance Officers Association presented Tamarac with a CAFR Award recognizing the quality of our Fiscal Year (FY) 2018 report. The association also honored Tamarac with a Distinguished Budget Presentation Award for the FY 2019 adopted budget, an accolade we’ve received for 22 consecutive years.

Achievements in Community Excellence Award

Our neighbor to the east, the City of Fort Lauderdale, gave us a special recognition for our community partnership at the Fort Lauderdale Executive Airport Annual Achievements in Community Excellence Award Ceremony. Tamarac was recognized for the positive impact we’ve made to the City of Fort Lauderdale, the Fort Lauderdale Executive Airport and its surrounding neighbors.

Volunteer of the Quarter

Olive Smith has shown pride in her work and true dedication to the community, serving as a volunteer with Tamarac for more than 18 years.

In recent years, she has increased her participation in our events, helping to make activities like Taste of Tamarac, senior socials and many of our holiday celebrations a success. Wherever she focuses her efforts, it’s always a pleasure working with her.

The City isn’t the only organization that appreciates Olive’s volunteerism. She has received two presidential awards from President Obama, and two bronze awards from Impact Broward for her work with that organization.

Olive, we thank you for all that you do and for your kindness, generosity and commitment to helping make your City a better place!
State of the City

Mayor Michelle J. Gomez shared that the State of the City is strong, and the outlook for 2020 is even better in her annual address to the community at the February 12th Commission meeting.

She spoke about the value of long-term planning, citing Tamarac Village as a project resulting from deliberate and methodical forethought. It took 20 years to become a reality, but today, development is well underway on what’s poised to be a significant economic driver for our City.

During her speech, Mayor Gomez introduced the Tamarac 2040 strategic plan, describing the aspirational goals that will guide the City’s programs and initiatives for years to come.

Finally, she spoke about the need for unity in our community. She invited everyone to get involved as we continue to make Tamarac a community of choice, a place people are proud to call home.

Missed the Mayor’s address? You can watch it On Demand at www.Bit.ly/2020sotc.

Green Scene

Tips to help you recycle the right way and conserve our natural resources.

• Conserve water while handwashing dishes by using a low-flow faucet, scraping food residue into the garbage first and filling the sink with soapy water instead of keeping the faucet running. When using a dishwasher, wait until it’s full to run it and use the most eco-friendly cycle.

• While plastic bags aren’t allowed in curbside recycling, many retailers collect and recycle them, including grocery stores right here in Tamarac. For a list of locations, visit www.PlasticFilmRecycling.org and enter your zip code.

Time Your Ride

Tamarac is making it easier and more convenient to use our community shuttle buses by offering tracking services with the Ride Systems mobile app. It works with the City’s red and red extension transit routes.

Just visit your app store and search for Ride Systems. Download the free app to your smartphone, then select “Ride Tamarac.” Once you’ve done that, you can take a quick tour to learn how to find real-time bus locations and estimated arrival times, mark favorite stops for quick reference, and set up notifications and reminders telling you when the bus will arrive at your stop.

You can also opt to receive a text message providing the next two times the bus will be at your stop. Send a text message to 41411 with the stop ID for which you want to receive notifications. You’ll find a list of stop IDs at www.Tamarac.org/Transportation.
Every Second Counts

Last September, Corey Smith called 911 when his roommate fell out of his computer chair and was unresponsive.

Luckily, Tamarac BSO Detective Dan Park was across the street when he heard the call on the radio. In a situation where every second counts, Detective Park ran toward the man who was frantically yelling for help. He was led into the home where he found Joseph Basile with bluish-purple colored skin lying on the floor, unconscious and not breathing. The detective sprang into action and administered CPR. “Go outside to flag down Fire Rescue,” he told Corey.

Upon Tamarac Fire Rescue’s arrival, they used their automated CPR device, then rushed the unresponsive resident to Florida Medical. Joseph’s condition was more severe than expected. Doctors sent him to the emergency room for a quintuple (five) bypass surgery and inserted a defibrillator to restore his heart’s normal rhythm.

After a long recovery which included five weeks in intensive care, five weeks in the hospital and two weeks in rehab, Joseph visited the Tamarac BSO office to thank Detective Park for his actions.

Joseph has fully recovered from that traumatic September day with no permanent damage. “I wouldn’t be here today if it wasn’t for him. He saved my life.”

Leadership Tamarac Class of 2020

Leadership Tamarac is an annual program for high school students in grades 10 – 12. It provides the opportunity for them to learn about leadership, local government and public service.

We congratulate the 17 graduates of this year’s program. They participated in activities with all City departments including mock fire drills, a build-a-park project and tours of City parks and facilities. They also met Tamarac’s elected officials, City leaders, Broward County Commissioner Michael Udine and FBI Community Relations Coordinator Jeff Green, who is also a Cooper City Commissioner.

We enjoyed our time with these bright and engaging students and wish them all the best in their future endeavors!
In Memoriam: Edward C. Portner

It is with great sadness that we note the passing of Edward C. Portner, a former Vice Mayor and City Commissioner for Tamarac’s District 1.

Ed served on the City Commission from March 1999 through March 2008. During that time, he was appointed to serve as Vice Mayor in 2002 and 2006.

A decorated World War II combat veteran, Ed served on several county boards and committees, including the World War II Memorial Committee. He also chaired the Kids In Distress Charity Golf Tournament.

His professional endeavors included owning and operating three successful furniture stores in Florida and serving as a senior executive with Levitz Furniture.

Earth Day 2020

At the time of this publication, the City is planning several Earth Day 2020 activities to raise awareness of the importance of clean air, land and water. Stay tuned for details on social media, our website (www.Tamarac.org) and the Tamarac To Go mobile app.
Summer Fun at Camp Tamarac

Even though spring is in the air, it’s already time to start making summer plans for school-aged children. Camp Tamarac offers eight weeks of fun and supervised activities. Check out this safe and affordable option for children ages 5 – 14.

**2020 CAMP INFORMATION**

**CHILDREN’S CAMP FEE (Ages 5 – 12)**
1st Child/Resident $672  
Non-Resident $816  
2nd Child/Resident $605  
Non-Resident $734

**TWEEN CAMP FEE (Ages 13 – 14)**
Limited space!  
1st Child Resdent $695  
Non-Resident $832  
2nd Child Resident $625  
Non-Resident $749

*A copy of your driver’s license, utility bill, deed or lease is required to qualify for the resident rate.

**Dates: June 15th – August 7th**
**Camp Hours: 7:30 am – 6 pm**
**Camp Location: Tamarac Recreation Center**

One camp T-shirt is included with fee.

Calling Tamarac Teens

We know teens are an untapped resource, full of ideas about exciting events, activities and the future of Tamarac. So, we are forming a Teen Council to capture the next great idea. Students in grades 8 – 12 will:

- Earn community service hours for school
- Meet new people and make great friends
- Attend fun and exciting outings
- Engage with positive role models and business professionals
- Become an agent for change
- Make an impact in your community
- Empower your peers

Teens must be residents of Tamarac and able to attend all scheduled monthly meetings to participate. For more information, please call Sam Monroe at (954) 597-3648.

Registration packets are available at the Tamarac Recreation Center and Tamarac Community Center. Mail-in registration starts March 2nd for residents and March 9th for non-residents.

All campers must be at least 5 years old, on or before September 1, 2020, to attend camp. (Copy of birth certificate is required.)
Visit the Caporella Aquatic Complex and enjoy its many amenities including a 25-meter heated swimming pool with zero-depth entry, a slide and a 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 Aquatic Complex admission fees and rental information, or for additional information on the classes and lessons listed below.

**FITNESS CENTER**

The Caporella Fitness Center offers a friendly, non-competitive workout environment with a variety of cardio equipment, weight machines and free weights. On your first visit, our qualified staff will show you around and help you get familiar with the equipment. For more information, visit the fitness center today, contact us at (954) 597-3661 or visit www.Tamarac.org/CaporellaFitnessCenter.

**Annual Fitness Center Membership Fees:**

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Adult Membership</td>
<td>$150</td>
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<tr>
<td>Senior/Military/Vets Membership</td>
<td>$135</td>
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<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>
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Three-month and six-month membership options are also available for adults, seniors, military and veterans.

Personal training available, please call (954) 597-3661 for prices.

**POOL HOURS**

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<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Mon – Sat</td>
<td>10 am – 6 pm</td>
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<tr>
<td>Sun</td>
<td>10 am – 4 pm</td>
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**SLIDE AND SPRAYGROUND**

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<th>Day</th>
<th>Hours</th>
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<tr>
<td>Mon – Fri</td>
<td>3:30 – 6 pm</td>
</tr>
<tr>
<td>Sat</td>
<td>10 am – 6 pm</td>
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<tr>
<td>Sun</td>
<td>10 am – 4 pm</td>
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**SWIM LESSONS**

- **Water Exploration & Safety Class:** Ages 1 – 2 with parent
- **Parent & Preschool:** Ages 2 – 4 with parent
- **Tot:** Ages 3 – 5
- **Levels 1 and 2:** Ages 5 and over
- **Adult Level 1:** Ages 13 and over

**When:** Call for days and times

**Fee:** Residents: $45; Non-residents: $55

**PROACTIVE ARTHRITIS WATER EXERCISE CLASS**

**When:** Monday/Wednesday/Friday 10 – 11 am

**Fee:** Senior Program Members: Free Non-members: $4/Class

**TAMARAC SWIM TEAM**

TS Aquatics offers a competitive swim team program for children ages 5 – 18 at the Caporella Aquatic Complex. Free tryouts are held Monday – Thursday between 5 – 7 pm. For additional information, please email TamaracSwimming@gmail.com or visit TSaquatics.com.

**FREE FITNESS FRIDAYS**

<table>
<thead>
<tr>
<th>Free Outdoor Adult Group Fitness Class</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>When:</strong> 6 – 7 pm</td>
</tr>
<tr>
<td>March 13th – Zumba</td>
</tr>
<tr>
<td>April 24th – Full Body Stretch</td>
</tr>
</tbody>
</table>

**Where:** Caporella Fitness Center
ATHLETIC LEAGUES

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

YOUTH BASKETBALL
Recreational league for both boys and girls ages 6-17. Spring League registration is open. Practices begin in late March, games start in April and the season concludes in June. Space is limited, and volunteer coaches are needed. Practices and games take place at the Tamarac Community Center and Tamarac Park.

Fee: Residents: $85, Non-Residents: $100

YOUTH BASEBALL
Recreational league for boys and girls ages 4-17. League registration is open. Practices begin in late March, games start in April and the season concludes in June. Space is limited, and volunteer coaches are needed. Practices and games take place at the Tamarac Sports Complex and Tamarac Park.

Fee: Residents: $85, Non-Residents: $100

TAMARAC UNDER THE LIGHTS YOUTH FLAG FOOTBALL POWERED BY UNDER ARMOUR
A flag football league for boys and girls of all skill levels that promotes a competitive, confidence building, non-contact football experience. Registration for the Spring League is open. Practices and games start April 4th and the season concludes May 16th. Space is limited, and volunteer coaches are needed. All practices and games are at the Tamarac Sports Complex.

Fee: Residents: $145, Non-Residents: $150
Registration will be done online only. Please visit www.UAflag.com for more information.

MEN'S 30 AND OVER BASKETBALL
Recreational basketball league for men ages 30 and older. Registration for the summer season begins April 27th. The “Rookie Run” for new players is May 14th and games begin May 21st. All games are at the Tamarac Community Center.

Fee: Residents: $70, Non-Residents: $80

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

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

FOR YOUTH TACKLE FOOTBALL/CHEERLEADING VISIT WWW.TAMARACFOOTBALL.COM OR EMAIL TYFLCOUGARS@OUTLOOK.COM.

For information on field closures due to rain or maintenance, call (954) 597-3667.
## 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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MULTI PURPOSE CENTER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></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>
</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>
</tr>
<tr>
<td><strong>RECREATION CENTER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Archery</td>
<td>Tues.</td>
<td>6 - 7 pm</td>
<td>7 - 18 yrs.</td>
<td>$45/$55</td>
<td>4-week</td>
</tr>
<tr>
<td>Art &amp; You</td>
<td>Mon.</td>
<td>6:30 - 7:30 pm</td>
<td>7 - 12 yrs.</td>
<td>$40/$50</td>
<td>4-week</td>
</tr>
<tr>
<td>Ballet, Tap &amp; Jazz</td>
<td>Sat.</td>
<td>10 - 11 am</td>
<td>3 - 6 yrs.</td>
<td>$45/$55</td>
<td>4-week</td>
</tr>
<tr>
<td></td>
<td>Sat.</td>
<td>11 am - Noon</td>
<td>7 - 12 yrs.</td>
<td></td>
<td></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>
</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>
</tr>
<tr>
<td>Hip-Hop/Cheerleading/Tumbling</td>
<td>Sat.</td>
<td>11 am - Noon</td>
<td>5 - 12 yrs.</td>
<td>$45/$55</td>
<td>4-week</td>
</tr>
<tr>
<td>Imagination Mornings</td>
<td>Wed.</td>
<td>10:30 - 11:15 am</td>
<td>2 - 4 yrs.</td>
<td>$25/$35</td>
<td>4-week</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>
</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>
</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>
</tr>
<tr>
<td>Move &amp; Play</td>
<td>Tues.</td>
<td>10:30 - 11:15 am</td>
<td>2 - 4 yrs.</td>
<td>$25/$35</td>
<td>4-week</td>
</tr>
<tr>
<td>Taekwondo</td>
<td>Tues. &amp; Thurs.</td>
<td>5:30 - 6:30 pm</td>
<td>6 - 12 yrs.</td>
<td>$80/$90</td>
<td>4-week</td>
</tr>
<tr>
<td><strong>SPORTS COMPLEX</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth Tennis</td>
<td>Tues.</td>
<td>5:30 - 6:30 pm</td>
<td>6 - 12 yrs.</td>
<td>$40/$50</td>
<td>4-week</td>
</tr>
</tbody>
</table>

For more activity information, 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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Community Center</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aerobic Cycling</td>
<td>Mon., Tues., Thurs., Sat.</td>
<td>7:15 - 8:15 pm</td>
<td>16 &amp; over</td>
<td>$7/$8</td>
<td>Per Class 10 Classes 6 Months Annual</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7:15 - 8:15 pm</td>
<td></td>
<td>$55/$65</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>6:15 - 7:15 pm</td>
<td></td>
<td>$85/$100</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>8:30 - 9:30 am</td>
<td></td>
<td>$140/$160</td>
<td></td>
</tr>
<tr>
<td>Badminton</td>
<td>Mon. &amp; Wed. Sat.</td>
<td>6 - 9 pm</td>
<td>13 &amp; over</td>
<td>$3/$5</td>
<td>Per Class</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 - 9 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clay Workshop</td>
<td>Tues.</td>
<td>6 - 8 pm</td>
<td>8 &amp; over</td>
<td>$40/$50</td>
<td>4-week</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>
</tr>
<tr>
<td><strong>Multi Purpose Center</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>Mon., Thurs., Sat.</td>
<td>6:30 - 8:30 pm</td>
<td>16 &amp; over</td>
<td>$5/$6</td>
<td>Per Class</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7:15 - 8:30 pm</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>
</tr>
<tr>
<td><strong>Recreation Center</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wing Chun</td>
<td>Tues. &amp; Thurs.</td>
<td>6:30 - 8 pm</td>
<td>13 &amp; over</td>
<td>$80/$90</td>
<td>4-week</td>
</tr>
</tbody>
</table>

### Recreation Center Fitness Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dance Fit</td>
<td>Tues.</td>
<td>7 - 8 pm</td>
<td></td>
</tr>
<tr>
<td>Salsa Fitness</td>
<td>Mon., Thurs.</td>
<td>6:30 - 7:30 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>7 - 8 pm</td>
<td></td>
</tr>
<tr>
<td>Soca Sweat</td>
<td>Sat.</td>
<td>11:30 am - 12:30 pm</td>
<td></td>
</tr>
<tr>
<td>Stretch It Out</td>
<td>Fri.</td>
<td>9:30 - 10:30 am</td>
<td></td>
</tr>
<tr>
<td>Pilates</td>
<td>Sat.</td>
<td>9:00 - 10:00 am</td>
<td></td>
</tr>
<tr>
<td>Zumba Fitness</td>
<td>Mon., Wed., Tues., Wed., Thurs., Sat.</td>
<td>7:30 - 8:30 pm</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>7 - 8 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>9:30 - 10:30 am</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>10:30 - 11:30 am</td>
<td></td>
</tr>
</tbody>
</table>

### Community Center Fitness Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance &amp; Recovery</td>
<td>Wed.</td>
<td>6 - 7 pm</td>
<td></td>
</tr>
<tr>
<td>Booty Barre</td>
<td>Mon.</td>
<td>6 - 7 pm</td>
<td></td>
</tr>
<tr>
<td>Max 30 (Aerobics)</td>
<td>Sun.</td>
<td>10 - 11 am</td>
<td></td>
</tr>
<tr>
<td>Power Sculpting</td>
<td>Thurs. &amp; Fri.</td>
<td>6 - 7 pm</td>
<td></td>
</tr>
<tr>
<td>Tone and Sculpt</td>
<td>Tues.</td>
<td>6 - 7 pm</td>
<td></td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Wed.</td>
<td>7 - 8 pm</td>
<td></td>
</tr>
<tr>
<td>Yoga</td>
<td>Mon., Tues., Thurs., Sat., Sun.</td>
<td>5:30 - 6:30 pm</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>6 - 7 pm</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>7 - 8 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>9:30 - 10:30 am</td>
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<tr>
<td></td>
<td></td>
<td>9 - 10 am</td>
<td></td>
</tr>
<tr>
<td>Zumba</td>
<td>Wed.</td>
<td>7 - 8 pm</td>
<td></td>
</tr>
</tbody>
</table>

Participants can enjoy fitness classes at the Recreation and Community centers with a 10-class punch card, or with a 6-month or annual membership.

**FEES**
- Per Class:
  - Residents: $7
  - Non-residents: $8
- **10 Classes**:
  - Residents: $55
  - Non-residents: $65
- **6 Months**:
  - Residents: $85
  - Non-residents: $100
- **Annual Membership**: Residents: $140
  - Non-residents: $160
- **Annual Membership/Seniors**:
  - Residents: $110
  - Non-residents: $130

Classes and days are subject to change. Please call (954) 597-3620 to confirm.
SOCIAL SERVICES

All services provided at the Tamarac Community Center unless otherwise noted. 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.

VITA VOLUNTEER INCOME TAX ASSISTANCE PROGRAM
In partnership with Hispanic Unity, free tax assistance is provided through tax season. Please call (954) 597-3642 to make an appointment.

UNLOCKING RADSCALS SUPPORT GROUP
Unlocking RADscals is a support group for foster and adoptive parents raising children with Reactive Attachment Disorder. It’s open to anyone, whether you’re currently fostering, an adoptive parent, or looking to foster or adopt.

When: Every third Wednesday of the month, 6:30 - 8:30 pm

FOOD DRIVE
Please help us collect non-perishable food to benefit those in our community. Drop off food donations at the Tamarac Community Center, Caporella Aquatic Complex or City Hall. Please note we can only accept food with an expiration date of 2021 or later.

EAT HEALTHY, BE ACTIVE!
Eat Healthy, Be Active one-hour workshops are designed to help people make better nutrition and physical activity choices to promote good health and reduce the risk of chronic diseases. They will include FREE food demos and tastings so you can discover recipes that are low-cost, healthy, easy and tasty!

Classes begin March 2nd. Registration required. Call (954) 597-3626 to register.

HEALTH SCREENINGS
Free blood pressure, glucose, cholesterol, waist circumference, body mass index and osteoporosis screenings provided by Baptist Health.

When: April 20th, 9:30 am - 12:30 pm

DO YOU HAVE A CHILD WITH SPECIAL NEEDS?
The City is creating a list of people interested in a future parent and family support group. It will be a safe place to obtain resources, receive ongoing support, vent, share information and ideas, and learn positive coping skills. You can gain perspective, relieve loneliness and build friendships. Please call (954) 597-3642 to be added to our interest list.

SENIOR LAWN ENHANCEMENT PROGRAM
This program allows youths to give back to those in need. Teens assist adults with limited mobility by completing outdoor duties, including light gardening, sweeping porches and driveways, trash/debris pick up, light yard work, and garbage/recycle bin take out. To qualify for assistance through this program, you must be:

• A Tamarac resident
• A senior (55+)
• An adult with a limiting disability

For more information and registration, call (954) 597-3626.

INDIVIDUAL COUNSELING
Free limited sessions for Tamarac residents only. Call counselors Lakshmi at (954) 655-7040 or Jessica at (954) 317-9460 to make an appointment. 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.

TEEN PARENTING GROUP BY MEMORIAL HEALTHCARE SYSTEM
The City of Tamarac, in partnership with Memorial Healthcare System, invites you to 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
FREE HEARING SCREENING
Hear for Good, Inc. will provide free hearing tests and discount hearing aids through its nonprofit foundation. Consultations with a board-certified doctor of audiology are free. Pricing on hearing aids is based on your income. Consultations are by appointment only. Please call (954) 597-3642 to make an appointment.

PEACE OF MIND SUPPORT GROUP
Are you looking for peace of mind? Please join a licensed psychologist from Jewish Family Services for group sessions on various topics.
When: First and third Wednesday of the month, 10 – 11 am

CARRY-ON KITS
Donations of personal toiletries along with small suitcases to carry items are being accepted for those in need. For more information, call (954) 597-3626.

SENIOR SOCIAL
Join us for light refreshments and an educational lecture.
When: Third Tuesday of each month, 11 am

SHINE COUNSELOR
Serving Health Insurance Needs for the Elderly. Have questions regarding your Medicare/Medicaid insurance? Call the Aging and Disability Resource Center to speak to a SHINE counselor: (954) 745-9779.

SUPER WALMART EXPRESS
When: Every Wednesday
Call (954) 597-3649 for more information.

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, 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. To track the buses real-time on your smartphone, download the “Ride Systems” app, and then choose “Ride Tamarac.”

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 8:30 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 - MISS SAIGON
Thursday, March 5th, 4 – 11 pm
Residents: $90, Non-residents: $100

BROWARD CENTER – MEAN GIRLS
Thursday, March 12th, 4 – 11 pm
Residents: $80, Non-residents: $90

SEMINOLE HARD ROCK
Thursday, April 2nd, 4 – 11 pm
Residents: $25, Non-residents: $35

BROWARD CENTER – COME FROM AWAY
Thursday, April 16th, 4 – 11 pm
Residents: $85, Non-residents: $95

BROWARD CENTER – BANDSTAND
Thursday, May 7th, 4 – 11 pm
Residents: $85, Non-residents: $95

FLORIDA OVERNIGHT TRIP
Visit Amelia Island, St. Augustine and Jacksonville
Monday, May 18th – Thursday, May 21st
Residents: $450*, Non-residents: $460*
*Based on double occupancy. Add $150 for single occupancy

ACTORS’ PLAYHOUSE – MURDER ON THE ORIENT EXPRESS
Thursday, May 28th, 4 – 11 pm
Residents: $75, Non-residents: $85
**COMMUNITY FARMERS MARKET**
The market is a great place to shop for fresh produce, honey, sauces, baked goods, pickles and other artisanal goodies. Meet the producers and sample their locally prepared, all-natural products.

**When:** Every Sunday, 9 am – 2 pm

**Where:** Veterans’ Memorial Park

---

**GROOVE ON THE GRASS**
Join us for a live outdoor performance, inflatable rides for the kids, and food trucks offering a variety of food and snacks for the evening.

**When:**
Friday, March 20th – Motown Magic
Friday, April 17th – Musix Groove

**Time:** 7 – 9 pm

**Where:** Tamarac Sports Complex

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**COMMUNITY GARAGE SALE**

**When:** Saturday, March 21st,
**Time:** 7:30 am - Noon

**Where:** Tamarac Park

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**PETER COTTONTAIL’S WET & WILD EGG SPLASH**
Bring your swimsuit and basket for a splashing good time. For ages 2 to 7 years old. Egg splash starts at 10 am.

**When:** Saturday, March 28th
**Time:** 10 am – 1 pm

**Where:** Caporella Aquatic Complex

**Fee:** $4.50/Children, $5/Adult

---

**SPRINGFEST**
Event features face painting, bounce houses, games and an egg hunt for ages 10 and under. Egg hunt starts promptly at 10 am. Don’t be late or you’ll miss the action!

**When:** Saturday, April 4th
**Time:** 10 am – Noon

**Where:** Tamarac Sports Complex

---

**SPRING SPLASH BASH**
Enjoy a day at the pool with music, games and fun activities for the family.

**When:** Saturday, April 25th
**Time:** 10 am – 1 pm

**Where:** Caporella Aquatic Complex

**Fee:** $4.50/Children, $5/Adults

---

**MOVIE IN THE PARK**
Enjoy one of your favorite movies on a huge inflatable movie screen. Pre-movie activities include face painting, bounce house, food trucks, games, music and much more.

**When:**
Friday, March 6th – “Aladdin”
Friday, April 3rd – “HOP”

**Time:**
Activities start at 6:30 pm,
movies begin at sundown

**Where:** Tamarac Sports Complex

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**BIKE RODEO**
Join us for a bike ride through the City of Tamarac. This event also features a helmet fitting, safety education and a bike rodeo for the little ones. Free to children of all ages.

**When:** Saturday, March 7th
**Time:** 9 am – Noon

**Where:** Tamarac City Hall
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 at the Tamarac Community Center. 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

- **Advanced Rubber Stamping**: Thurs. 1 pm
- **Clay Class**: Fri. 10 am
- **Happy Hookers Knitting Group**: Mon. 1 pm
- **Painting Club**: Tues. 1 pm
- **Spanish for Beginners**: Fri. 10 am
- **Writing Group**: Tues. 10 am

### EXERCISE & MOVEMENT

- **Booty Barreless**: Fri. 10:15 am
- **Carol’s Cardio**: Fri. 11:15 am
- **Cardio Fit**: Wed. 10:15 am
- **Chair Yoga**: Tues. and Thurs. 11:30 am
- **Jazzercise**: Mon., Tues., Thurs., Fri. 10 am
- **Line Dancing**: Mon. and Thurs. 11 am
- **Meditation**: Fri. 10:15 am
- **Movement Mix**: Wed. 10:15 am
- **Proactive Arthritis Water Exercise Class**: Mon., Wed., Fri. 10 am (Aquatic Complex)
- **Senior Dance – Ballroom**: Thurs. 1 pm
- **Sit & Fit Aerobics**: Tues. and Thurs. 10:15 am
- **Stretch and Strong**: Thurs. 9 am
- **Tai Chi/Qigong**: Mon. 9 am; Fri. 8:30 am
- **Ultra Fitness**: Tues. 12:45 pm

### GAMES & RECREATION

- **Bingo**: Mon. 12:30 pm
- **Pickleball**: (Beg) Mon and Thurs. 12:30 pm; (Adv) Tues. 12:30 pm; (Int) Wed. 12:30 pm; (Int & Adv) Fri. 12:30 pm
- **Pickleball Power Hour**: Mon. 11:15 am; Thurs. 11:15 am (members only, Int & Adv)
- **Ping Pong**: Thurs. 12:30 pm; Fri. 10 am
- **Trivia**: Fri. 2 pm
- **Volleyball**: Tues. 11:15 am; Wed. 11 am; Fri 11:15 am

### TAMARAC SOCIAL CLUB AND INTERNATIONAL TRAVEL CLUB

Meeting times vary for these clubs. For more information, check the monthly calendar available at the Community Center and www.Tamarac.org.

**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) 597-3624 for more information.

Food vendors, please call (954) 597-3625 to obtain information on how to be a vendor at City events.
P.A.R.O.T. GOLF TOURNAMENT

Enjoy a day on the green and play it forward by supporting the Parks and Recreation Foundation of Tamarac at its 9th annual golf tournament. Proceeds will help fund youth program grants, scholarships, specialty park equipment and Tamarac Parks and Recreation events.

**WHEN:** Friday, April 24th
Registration: 11 am
Shotgun Start: Noon

**WHERE:** Woodmont Country Club
7801 NW 80th Ave.

**COST:** $125/player
Registration includes lunch, a golf shirt, goodie bag and dinner.

For more information or to register, contact Linda Probert at Linda.Probert@Tamarac.org or (954) 597-3632.