THE SPARK OF A FRESH START
Tam-A-Gram is the official publication of the City of Tamarac, Florida.
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The Spark Of A Fresh Start

Happy New Year, Tamarac! Welcome to 2022! Through the trials and triumphs of the last 12 months, we are grateful to experience the fresh start of a brand new year. What does your fresh start look like? The City of Tamarac has much in store to ensure the continued growth and success of our community.

We began 2022 with several noteworthy leadership changes. In December 2021, Tamarac Commission Member Mike Gelin accepted the nomination by his colleagues to become Tamarac’s Vice Mayor (more on page 8). Also, after serving four years as Tamarac’s Assistant City Manager and four months as Interim City Manager, the City Commission voted to appoint Kathleen Gunn as Tamarac’s City Manager (more on page 10). In November 2021, Tamarac Fire Rescue’s (TFR) longstanding chief, Percy Sayles, retired after 27 years of dedicated service. The department is now headed by Interim Fire Chief Mike Annese, a 23-year TFR veteran and proven leader.

Tamarac’s cityscape continues to evolve in 2022. The highly anticipated second phase of the Tamarac Village land development project is under construction. Phase II will feature Tamarac Village Park, complete with an amphitheater, splashpad and social justice art wall. The expected completion date for Tamarac Village Park, is spring 2022. The art fabrication and design of the wall will be completed by early fall 2022.

Remember Speckle McFreckles? That’s the name of “The Dalmatian” sculpture set to stand 16 feet tall to keep watch over Tamarac Fire Station 36. This much anticipated public art piece will be completed in 2022.

Construction is underway on the northeast corner of West McNab and North Pine Island roads, the future home of Eden West, a four-story, 212-unit, apartment community.

Tamarac’s parks are ever-changing for your recreational enjoyment. Expect additions to Caporella Park, slated to include a boat launch, splash pad, amphitheater, playground and fitness area.

In years past and into the future, the City of Tamarac offers much to love. As Valentine’s Day approaches, the Tamagram team wants to know what you love most about “The City For Your Life.” Please submit your one-paragraph response to PIO@Tamarac.org, by 5 p.m., Friday, Jan. 28. Your response could be included among our Valentine’s Day social media posts!

Your friends at the City of Tamarac wish you much prosperity in 2022. While many strides have been made in the fight against COVID-19, please remain vigilant in following the CDC’s safety guidance. Help keep Tamarac healthy!

Let’s stay connected. For information about Tamarac’s events, activities, updates and resources, follow the “City of Tamarac” on Facebook, Twitter, Instagram and Nextdoor. You may also visit us online at www.Tamarac.org.

LEADERSHIP UPDATES

Mike Gelin
Vice Mayor

Kathleen Gunn
City Manager

Mike Annese
Interim Fire Chief
Happy New Year! The first months of the year are always a time of reflection for many, including myself. Looking back helps us take stock of how far we’ve come, influencing new resolutions and inspiring us toward a brighter future.

The year 2022 marks the start of my fourth year as your Mayor. The last three years have been some of the most incredible and rewarding years of my life; but the journey hasn’t always been smooth. A breast cancer diagnosis during my first year as Mayor (which thankfully I overcame), followed by the emergence of the COVID-19 pandemic. The ensuing economic hardships affecting businesses and residents were quite a challenge. Despite these hurdles, we persevered by building relationships, volunteering our time and resources, and demonstrating compassion and care for one another. I’m confident that whatever future challenges come our way, they will only make us stronger and more united.

At City Hall, we’re kicking off the new year with a renewed spirit and a clear direction. We’re thrilled to welcome Kathleen Gunn as our first female City Manager. She served Tamarac wonderfully as Assistant City Manager and Interim City Manager; and we know she’ll do a fantastic job running our City! This year will be devoted to smart economic growth, strategic planning, and maintaining our City’s strength and resiliency. Tamarac has a bright and vibrant future ahead!

Thank you for the great honor of being your Mayor. Wishing you excellent health, hope, joy, and prosperity this year!
Happy New Year, Tamarac! I hope the holiday season allowed you time to rest, regroup, spend time with family and friends, and gear up for great success in 2022.

We’ve learned much from the highs and lows of the previous year. In 2021, we hit the two-year mark since the onset of the COVID-19 pandemic. As we approached that milestone, we banned together as a community to be of neighborly assistance to one another. At the start of 2021, Tamarac Fire Rescue vaccinated many of our residents and kept our community informed of the latest CDC guidance. We’ve entered 2022 armed with knowledge to regain a degree of normalcy, while keeping safety at the forefront.

In the middle of 2021, we began reopening City facilities that COVID-19 forced us to close to the public. With COVID-19 safety precautions in place, we once again welcomed in-person City activities. We’ve also resumed in-person meetings in our City Hall Commission Chamber, with new virtual engagement options also in place. The pandemic opened our eyes to the many benefits of merging virtual and in-person engagement, a hybrid format that set the stage for how we engage with you in 2022.

New development is in motion throughout the City. We’re seeing new luxury apartments, enhancements to our parks and improvements to our infrastructure to prepare our City for a sustainable future. In the area of economic development, one of our greatest successes was opening a new Amazon sub-same day fulfillment center in our City and launching an incentive program to continue attracting innovative new businesses to Tamarac.

A personal moment of pride was being appointed by my Tamarac City Commission colleagues as the City’s Vice Mayor, last December. I am grateful for the opportunity to serve our residents in this new role. We are “One Tamarac” with a common goal of laying a foundation for a bright future in our City. My doors are always open to hear from you, learn from you and build with you. Connect with me anytime at Mike.Gelin@Tamarac.org.

Best wishes in 2022!
Neighbors and friends, I hope you had a great holiday season and I hope you spent time with your family and friends. This is my first newsletter of the new year. I wish everyone great success and good health in 2022. This year will undoubtedly bring unique challenges; but we are resilient and strong. We will overcome the obstacles as they come once again.

Looking ahead, I am most excited about January because we will host our first goal-setting retreat of the year. During this meeting, we will discuss how we will move our priorities for East Tamarac forward. We accomplished a lot last year and there is no stopping now. During our goal-setting retreat, we will discuss and solidify plans for the future, including the Shaker Village Clubhouse property, Sabal Palm Park, the Eastside Water Distribution Project, street resurfacing in Shaker Village and Mainlands 1 through 5, the Prospect Road Wall and speed humps on streets east of 441. Do not forget Caporella Park will soon close for renovations.

I hope to see you at our Martin Luther King Jr. and Black History Month celebrations.

Please, let us not forget the families of the students who tragically lost their lives at Marjory Stoneman Douglas High School on February 14, 2018.

My cell phone number is (954) 275-3850. Please call me (no text messages) if you need my assistance with anything.

Marlon D. Bolton, Commissioner, District 1
Happy New Year and Happy Valentine’s Day! Be sure to make it an awesome 2022 with loved ones!

My first full year serving as your Vice Mayor and District 3 Commissioner has been an incredible experience. I greatly appreciate every Tamarac citizen that so graciously allowed me the opportunity to serve the community that I love. I am committed to working even harder for you going forward.

I pledge that with me, your voice will always be heard. I look forward to working with the Mayor and my fellow Commissioners on those issues that matter most to our community, and to continue the vital work of maintaining Tamarac’s role as “The City For Your Life.”

As 2021 came to a close, I hope everyone enjoyed the wonderful activities the City of Tamarac staff put together, including the food/toy drives, our 40th Annual Turkey Trot, renaming Gary B Jones Park for People and Pups’ large dog area in honor of late veterinarian, Dr. Micheal Horbal, the Tinsel Town Holiday Drive-Thru and so many other activities around town.

Look out for the Concert in the Park, the Dr. Martin Luther King Jr. Unity Walk, Rock-N-Ride, Black History Month Celebration, Movie in the Park, Bike Rodeo and much more in these coming months. Connect with us via Facebook, Twitter, Instagram and NextDoor. You can also email me at Elvin.Villalobos@Tamarac.org.

I look forward to renewing these activities this year as well as working on exciting new opportunities to improve our local community. Of course, nothing has given me greater pleasure than working side-by-side with my constituents during Commission Meetings and workshops, and simply speaking with you on a day-to-day basis. I encourage anyone who wants to be more involved to reach out to me or to attend Regular City Commission Meetings on the second and forth Wednesday of each month. There is always so much going on and having more of you involved and engaged is the foundation for what I hope to achieve in Tamarac.
As we bring in the new year, I would like to reflect on yesterday, today and tomorrow.

Yesterday
The year 2021 is over. Some will say “thank goodness it’s over.” Some will say “I thankfully survived.” Some will build a new normal. As for me, I would like to reflect by looking at the good of 2021.

We saw the completion of Fire Station 36. Tamarac Women in the Military was founded. We celebrated the in-person return of the 40th Annual Tamarac Turkey Trot. University Hospital was renamed HCA Florida Woodmont Hospital. In addition, taxes were reduced for the first time in 10 years. The City provided vaccinations to our residents. Tamarac Elementary School was repainted after MANY years and we unveiled our 12th Veterans Honor Wall panel paying tribute to Tamarac’s veterans.

Today
We welcome a new year filled with hope and clear strategic plans that will guide the City forward with new business ventures.

A new medical facility will emerge at the former BB&T Bank building near North University Drive and Southgate Boulevard, which aligns with the City’s vision for a Medical Mile along University Drive. The Eden West development will come to fruition. An organizational meeting of the Tamarac Women in the Military is being planned.

Tomorrow
What will be your tomorrow? I won’t suggest a list of New Year’s resolutions. We all know what happens to them in a few days, or if we are lucky...a few weeks. I am suggesting that we are the masters of our own fate. Create a vision of what life in 2022 means to you and plan to execute it. Be it health, wealth or a lot more fun, I wish you all the best in 2022.
Keep Your Eyes On The Goals: A Closer Look At Tamarac’s Strategic Plan

Tamarac’s 2040 Strategic Plan is the roadmap of how the City sets, plans and executes major goals that establish us as a premiere community to live and work in the present-day and future. Six goals were introduced in March 2020. Here is a closer look at Strategic Goal #1: Tamarac is Home.

Progress Highlights

Recreation – Caporella Aquatic Center Annex opened in March 2021, expanding recreational offerings in western Tamarac. In eastern Tamarac, construction of the Caporella Park Enhancement Project should begin in Spring 2022. Stemming from the 2021 East Tamarac Parks and Recreation Feasibility Study, plans are underway to make recommended updates and enhancements at Mainlands Park and for development of Sabal Palm Park.

Equity and Inclusivity – We created a transition plan for ADA improvements and we’re establishing a Homelessness Task Force.

Support for Education – The City partnered with Florida Introduces Physical Activity and Nutrition to Youth (FLIPANY) to provide daily boxed meals, for breakfast and lunch, to 114 students in need during the summer break.

Transportation – The City advocated for an additional Turnpike on/off-ramp to alleviate congestion on Commercial Boulevard.

Infrastructure – Plans are underway to construct a new water treatment plant control building, ensuring continued provision of safe drinking water citywide.

Quality of Life - In 2021, the City of Tamarac conducted several surveys to gather feedback from persons living and doing business in Tamarac. To explore the outcomes, visit www.Tamarac.org. Scroll down and click the “Tamarac Resident Survey Findings Report” icon.
Mike Gelin To Serve As Tamarac’s Vice Mayor

Tamarac Commission member Mike Gelin was appointed as the City’s Vice Mayor after a unanimous vote by the Commission on Dec. 8, 2021. He will serve as the City’s second-ranking official for a one-year term.

In 2018, Gelin was elected as Tamarac’s District 2 Commissioner. Some of his accomplishments include, advocating to recognize Juneteenth as a City holiday in 2020, before it became a national holiday. He instituted a Sister Cities program and established a small, local and veteran-owned business preference program. Gelin also successfully advocated to expand Tamarac’s “Ban the Box” legislation, which prohibits any requirement by the City of Tamarac or its contractors for job applicants to disclose whether they have a criminal history.

Vice Mayor Gelin has represented the City of Tamarac on the Community Involvement Roundtable of the Broward Metropolitan Planning Organization (MPO) and served on the City’s Insurance Advisory Board. The Vice Mayor is a Class of 2009 graduate of Tamarac University, and a past member of the Forum Club of the Palm Beaches, Florida’s premier non-partisan political and public affairs organization. In 2014, Gelin was selected as a fellow in the inaugural class of the New Leaders Council of Broward County, which is recognized as one of the nation’s top progressive training programs for young professionals. He currently serves on the Board of Directors for the Center for Independent Living of Broward County.

Tamarac Fire Rescue Ride-Along Program

In October 2021, Tamarac Fire Rescue (TFR), partnered with Broward Health, to launch a ride-along program for emergency medicine resident physicians. The program provides an opportunity for physicians to experience firsthand what it’s like to care for patients in an emergency transport environment. Medical residents observe operations of the City’s Emergency Medical Services (EMS) and assist Tamarac’s Firefighter Paramedics in treating patients prior to arriving at area emergency rooms or trauma centers. The ride-along program also promotes a better understanding of each group’s respective roles in emergency medicine.

“This type of program is new to Broward County,” said TFR Division Chief Jonathan Frasher. “Every paramedic student is required to complete ride-along hours as part of their emergency medical training, but this concept is new for physicians. Most emergency room doctors don’t get to see this side of emergency medicine.”

Currently, 13 resident physicians are enrolled in the program under the leadership of Dr. Benny Menendez, Emergency Medicine Physician and Adjunct Instructor at Broward Health. While in the program, resident physicians are required to work 12-hours, 3-days per week.
Local Restaurant Brings Flavors Of South America To Tamarac

Tamarac’s booming food scene is growing in cultural diversity with authentic food from countries around the world. At Freddie Restaurant and Bakery, diners experience a taste of South America without traveling thousands of miles away.

Located at 8110 N. University Drive, Freddie Restaurant is a family-owned and operated business serving authentic Colombian and Peruvian cuisine daily. When owner Freddie Felipa opened the restaurant in December 2020, it received rave reviews. News quickly spread about its excellent service, delicious food, presentation and extensive menu. With various Colombian and Peruvian options, including breakfast and drinks native to South America, guests can try unique dishes or savor traditional classics like tostones, ceviche and empanadas. There’s something for everyone to enjoy. Don’t forget the dessert!

If you want great food at a great value, look no further! Freddie offers daily specials and discounts for Broward College students.

**Most Popular Colombian Dish:** Bandeja Paisa (Big Plate) is a mixture of rice, beans, sweet plantain, grilled steak, eggs, avocado and chicharron (fried pork).

**Most Popular Peruvian Dish:** Chaufa Rice (Peruvian Fried Rice)

**Popular Weekend Specials:** Hen Stew, Mondongo and Rib Stew

For more information about Freddie Restaurant and Bakery, visit www.FreddieRestaurant.com.

Volunteer Of The Quarter

Long-time Tamarac resident and volunteer, Seena Kuby, has dedicated her time to helping residents for 13 years. Instrumental in assisting seniors with the vaccination distribution program, Seena also ensures they receive morning reminder calls for upcoming appointments. Seena’s warm and caring personality helped grow friendships with those she calls. In addition to assisting Tamarac’s senior community, Seena also volunteers at special events hosted by the City’s Social Services Division.

Thank you, Seena, for your dedication and passion for helping others and for always going the extra mile by sharing your delicious baked goods with everyone!
Meet Kathleen Gunn, Tamarac’s New City Manager

City Manager Kathleen Gunn, is now at the helm of the City of Tamarac’s Executive Team. With more than 20 years of experience in municipal government administration and non-profit leadership, Gunn entered the role in December 2021, poised and ready to propel Tamarac toward the future, with direction from the City Commission. Gunn’s unique brand of leadership combines governmental transparency, community input and engagement, plus long-term strategic planning.

Gunn is no stranger to the Tamarac community, having served as its immediate past Assistant City Manager for four years and Interim City Manager for four months prior to her appointment. She also brings a wealth of knowledge from past experiences as Assistant City Manager in the cities of Miramar and Fort Lauderdale. A native New Yorker, Gunn’s local government career began in the City of White Plains Mayor’s Office.

With great enthusiasm, Gunn is poised to lead. “It is truly a privilege to serve the people of Tamarac as City Manager,” said Gunn. “Our City is growing, diversifying and distinguishing itself as a premiere location in Broward County to build a life and build and business.”

A self-described “servant leader,” Gunn is a proponent of community engagement and maintains an open-door policy with staff and community members. “Call...write...stop by. Connect on social media. Attend Commission Meetings. Join a City board. Download the “Tamarac To-Go” app We want to hear from you. Please get involved. This is your City. Help us continue making this community better with each passing year.”

Mayors’ Chess Challenge

Checkmate! Students of all ages and skill levels joined Mayor Michelle J. Gomez for a fun-filled morning of chess at the 7th Annual Mayors’ Chess Challenge, at Tamarac Community Center. This popular event is part of a countywide effort to raise awareness of the scholastic benefits of chess in our schools and communities.
2021 VETERANS DAY CEREMONY

The City of Tamarac honored those who served in the United States Armed Forces during a special Veterans Day ceremony at Veterans Park. The program included keynote speaker, Brigadier General Regina A. Sabric, Deputy Director of Operations, U.S. Southern Command. With 350 guests in attendance, the City unveiled the 12th panel of the Veterans Honor Wall, bringing the total number of Tamarac veterans venerated to 1,200. The honor wall is a tribute to living and deceased residents who have served in the U.S. military. For information about how to submit names for the next panel, visit www.Tamarac.org or call (954) 597-3621.

40TH ANNUAL TAMARAC TURKEY TROT 5K

More than 1,800 runners and walkers laced up their sneakers for the City’s most celebrated Thanksgiving Day tradition, our 41st Tamarac Turkey Trot 5K! The 2020 race was held virtually due to the pandemic, however, in 2021 the City held the 40th in-person race. Participants raced through the Woodmont area of Tamarac to complete the 3.1-mile course. Congratulations to the top finishers and all our amazing participants.
Ending The Year With Holiday Cheer

The City kicked off the holiday season with a series of festive events. The 44th Annual Light The Night Tree Lighting Celebration took place at Caporella Park. The City lit a 30-foot-tall Christmas tree, Hanukkah menorah and Kwanza kinara. After the lighting festivities, Santa arrived by boat to greet children in attendance. The evening was filled with holiday music, food, fun activities and even snow!

The celebrations continued with the Tinsel Town Holiday Drive-Thru, where nearly 500 cars lined up to experience the magical light displays and holiday-themed décor from the safety and comfort of their own vehicles.

The Paws With Claus Holiday Paw-ty and Pet Adoption was the purr-fect ending to our holiday events. Our furry friends got the chance to take pictures with Santa and compete for the title of best dressed holiday hound! Broward County Animal Care & Adoption was onsite to provide information about its programs and services. The City also recognized the late Dr. Michael Horbal for his contributions to veterinary medicine and the Tamarac community by renaming Gary B Jones Park for People and Pups’ large dog area in his honor.
We Are Hiring

Are you or someone you know looking for a job? Check out what the City of Tamarac has to offer! Visit www.Tamarac.org/Jobs to learn about the open positions with the City.

Tamarac City Commission Meeting Schedule

Tamarac’s Regular City Commission Meetings are held in-person at the Tamarac City Hall Commission Chamber, located at 7525 NW 88th Ave. Please join us for upcoming Regular Commission Meetings on the following dates.

- Regular Commission Meeting January 12, 7 p.m.
- Regular Commission Meeting January 26, 9:30 a.m.
- Regular Commission Meeting February 9, 7 p.m.
- Regular Commission Meeting February 23, 9:30 a.m.

All City Commission Meetings are streamed live at www.Tamarac.org/Meetings and on the City of Tamarac’s Facebook page, @Tamarac.Florida.

This schedule is subject to change. For updates about our Regular Commission Meeting schedule and Commission Workshops, please subscribe to our “City of Tamarac - Public Meeting” notifications at www.Tamarac.org/StayConnected, visit www.Tamarac.org/Meetings or call the City Clerk’s Office at (954) 597-3505.

Annual Water Quality Report Available Online

You can now view your City of Tamarac 2020 Annual Water Quality Reports online. These reports contain important information about the source and quality of your drinking water. We detected 9 contaminants in the West System and 8 in the East. These contaminants were at allowable levels and no health-based violations occurred.

If you reside west of State Road 7/441, the report is available at www.Tamarac.org/2020WaterReportWest.


Please call (954) 597-3750 if you would like a paper report delivered to your home.
The City Of Tamarac’s Got Curb Appeal!

The City’s Neighborhood Beautification Recognition Program celebrates owners who take pride in their property’s appearance. Congratulations to our most recent award winners for helping to keep Tamarac looking great.

2021 2nd Quarter Residential Property Winners

DISTRICT 1
Arnaldo Barrionuevo
5401 NW 57th St.

DISTRICT 2
Mellesha N. Brown & Shoalan A. Smith
5009 N. Travelers Palm Ln.

DISTRICT 3
Safir & Jameela Mohammed
9107 NW 73th St.

DISTRICT 4
Gentil & Marita De Jesus Castro
7010 Golf Pointe Cir.

2021 2nd Quarter Commercial Property Winner

CITYWIDE
Taco Bell, L4 Palm Beach LLC.
7625 W. Commercial Blvd.
2021 3rd Quarter Residential Property Winners

DISTRICT 1
Colin W. Powell
5109 NW 50th Ave.

DISTRICT 2
Fay D. Francis
5401 Bayberry Ln.

DISTRICT 3
Andrew Cappannelli & Ailyn Rodriguez
8113 NW 91st Ave.

DISTRICT 4
Eduardo R. Reinoso
8013 NW 75th Ave.

2021 3rd Quarter Commercial Property Winner

CITYWIDE
Trulieve, 5900 Rock Island Road LLC.
5900 Rock Island Rd.

Would you like to nominate a property for a beautification award? Forms are available at www.Tamarac.org/951!
Green Scene
Tips To Help You Go Green

Do Laundry Less Often
When washing laundry, run fuller loads. Allow your laundry bin to fill. In addition to saving time, money and water, using cold water saves electricity.

Pay Bills Online & Decline Receipts
Paying bills online will help reduce the amount of paper you receive in the mail and eventually need to dispose of. Declining receipts for small purchases is an easy way to reduce unnecessary waste.

Putting our planet first, we’re pleased to share that the solar panels installed at seven City facilities resulted in a savings of $5,912.84 and a carbon dioxide (CO₂) reduction of 81,309 pounds in the third quarter of 2021. The new FPL LED streetlights saved the City $24,243 and reduced CO₂ by 513,822 pounds in the same period.

Construction Corner
Here’s a look at construction and development projects currently underway or coming soon to Tamarac!

Private Development
• Bailey Square apartment complex, 6170-6190 Rock Island Rd.
• Tamarac Self Storage, 8251 W. McNab Rd.
• The Enclaves at Woodmont single-family residential community, sales office at 7910 NW 79th Ter.
• Eden West apartment complex, 8601 & 8701 W. McNab Rd.
• Tamarac Exchange Center, 6899 N. Hiatus Rd.
• Fairfield Inn & Suites, 6800 NW 88th Ave.
• Rock Island Self-Storage, 5602 Rock Island Rd.

Major City Projects
• New Tamarac Sports Complex Concession Building, 9901 NW 77th St.
• Inspiration Way, temporary sculptures on Nob Hill Rd., between Commercial Blvd. and McNab Rd.
• Tamarac Lakes Sections 1 & 2 Water Main Improvement Project
• Sunset Point / Veteran’s Park Renovations

Public/Private Partnerships
• Tamarac Village, north side of Commercial Blvd., between Pine Island Rd. and NW 94th Ave.

Mayor’s State of the City Address
Join Mayor Michelle J. Gomez for the State of the City address, where she will highlight Tamarac’s significant accomplishments, and share insight about what the future holds for our City.

For more details regarding the date and time, please visit www.Tamarac.org.

If you’re unable to attend, you can watch live or on demand at both Tamarac.org/CityCommissionMeetings and on the City of Tamarac’s Facebook page.
Caporella Aquatic Complex amenities include a 25-meter heated swimming pool with zero-depth entry, a slide and a children’s water spray ground. The complex also offers a 3,000-square-foot fitness center, locker rooms and outdoor picnic tables. Call (954) 597-3660 for admission fees and information.

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

Open swim at the Aquatic Center is currently closed for the season. It will reopen Monday, Feb. 28, 2022.

**POOL HOURS**
**Monday – Saturday:** Session I: 10 a.m. – 1:30 p.m.
Session II: 2:30 p.m. – 6 p.m.
**Sunday:**
Session I: 10 a.m. – 12:30 p.m.
Session II: 1:30 p.m. – 4 p.m.

**SPRAYGROUND AND SLIDE HOURS**
**Monday – Friday:** 3:30 p.m. – 6 p.m.
**Saturday:** Session I: 10 a.m. – 1:30 p.m.
Session II: 2:30 p.m. – 6 p.m.
**Sunday:** Session I: 10 a.m. – 12:30 p.m.
Session II: 1:30 p.m. – 4 p.m.

**PROACTIVE ARTHRITIS WATER AEROBICS CLASS**
Proactive Arthritis Water Aerobics classes are held every Monday, Wednesday and Friday, from 10 a.m. – 11 a.m. These classes are free to Senior Program members.

**TAMARAC SWIM TEAM**
TS Aquatics offers a competitive swim program for children, ages 5 – 18, at the Caporella Aquatic Complex. Free tryouts are held Monday – Thursday, 5 p.m. – 7 p.m.

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

**ANNUAL FITNESS CENTER MEMBERSHIP FEES**

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<tr>
<td>Adults</td>
<td>$150</td>
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<tr>
<td>Seniors/Active Military/Veterans:</td>
<td>$135</td>
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<tr>
<td>Teens (Ages 16 - 17):</td>
<td>$95</td>
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<tr>
<td>Teens (Ages 13 - 15):</td>
<td>$65</td>
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Three-month and six-month membership options are also available for adults, seniors, active duty military and veterans.
WEEKLY YOUTH CLASSES

To register or for additional information, including costs, visit www.Tamarac.me/Webtrac. Classes and schedules are subject to change. Classes are located at Tamarac Recreation Center, 7501 N. University Dr.

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY/TIME</th>
<th>PRICE</th>
<th>RESIDENTS</th>
<th>NON-RESIDENTS</th>
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<tbody>
<tr>
<td>BALLET TAP AND JAZZ</td>
<td>Saturday 10 a.m.</td>
<td>$55</td>
<td>Residents</td>
<td>$65 Non-residents</td>
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<tr>
<td>CHEERLEADING AND HIP HOP</td>
<td>Saturday 11 a.m.</td>
<td>$55</td>
<td>Residents</td>
<td>$65 Non-residents</td>
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<tr>
<td>TAE KOWN DO</td>
<td>Tuesday &amp; Thursday 5:30 p.m. - 7:30 p.m.</td>
<td>$80</td>
<td>Residents</td>
<td>$90 Non-residents</td>
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<tr>
<td>GYMNASTICS</td>
<td>Saturday 11 a.m.</td>
<td>$55</td>
<td>Residents</td>
<td>$65 Non-residents</td>
</tr>
<tr>
<td>FAST TRACK</td>
<td>Monday - Friday 3 p.m. - 6 p.m.</td>
<td>$150</td>
<td>Residents</td>
<td>$185 Non-residents</td>
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<td>IMAGINATION MORNING</td>
<td>Wednesday 10:30 a.m. - 11:30 a.m.</td>
<td>$25</td>
<td>Residents</td>
<td>$35 Non-residents</td>
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WEEKLY ADULT FITNESS CLASSES

The classes below are held in-person. To register or for additional information, including costs, visit www.Tamarac.me/Webtrac. Classes and schedules are subject to change. Classes are held at Tamarac Community Center, 8601 W. Commercial Blvd. or Tamarac Recreation Center, 7501 N. University Dr.

TAMARAC COMMUNITY CENTER CLASSES

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOOTY BARRE WITH CAROL</td>
<td>Monday 6 p.m.</td>
</tr>
<tr>
<td>CYCLING WITH CAROL</td>
<td>Monday 7:15 p.m.</td>
</tr>
<tr>
<td>TRANSFORM 60 WITH MIKE</td>
<td>Tuesday 6 p.m.</td>
</tr>
<tr>
<td>YOGA WITH CAROL</td>
<td>Tuesday 6 p.m.</td>
</tr>
<tr>
<td>CYCLING WITH CAROL</td>
<td>Tuesday 7:15 p.m.</td>
</tr>
<tr>
<td>BALANCE AND RECOVERY WITH GAZELLE</td>
<td>Wednesday 6 p.m.</td>
</tr>
<tr>
<td>ZUMBA WITH KECIA</td>
<td>Wednesday 6 p.m.</td>
</tr>
<tr>
<td>BODY SCULPTING WITH GAZELLE</td>
<td>Thursday 6 p.m.</td>
</tr>
<tr>
<td>CYCLING WITH CAROL</td>
<td>Thursday 6:15 p.m.</td>
</tr>
<tr>
<td>YOGA WITH BETH</td>
<td>Thursday 7 p.m.</td>
</tr>
<tr>
<td>BODY SCULPTING WITH MIKE</td>
<td>Friday 6 p.m.</td>
</tr>
<tr>
<td>CYCLING WITH CAROL</td>
<td>Saturday 9:30 a.m.</td>
</tr>
<tr>
<td>YOGA WITH CAROL</td>
<td>Saturday 10:30 a.m.</td>
</tr>
</tbody>
</table>

DISCOVERY
## WEEKLY ADULT FITNESS CLASSES

### TAMARAC RECREATION CENTER CLASSES

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHEEKY WITH YASMINE</strong></td>
<td>Monday</td>
</tr>
<tr>
<td><strong>ZUMBA WITH MARIA</strong></td>
<td>Monday</td>
</tr>
<tr>
<td><strong>ZUMBA WITH MARIA</strong></td>
<td>Tuesday, Wednesday, Thursday</td>
</tr>
<tr>
<td><strong>ZUMBA FITNESS WITH KARLENE</strong></td>
<td>Tuesday</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GET EM’ WITH YASMINE</strong></td>
<td>Wednesday</td>
</tr>
<tr>
<td><strong>CARIBBEAN DANCE WITH KARLENE</strong></td>
<td>Thursday</td>
</tr>
<tr>
<td><strong>STRENGTH &amp; TONE WITH YASMINE</strong></td>
<td>Saturday</td>
</tr>
</tbody>
</table>

## WEEKLY SENIOR CLASSES

The classes below are by registration only. Drop-ins are not allowed. Participation Platforms: Z = Zoom; L = Live; Z&L = Zoom & Live.

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KICKBOXING LITE WITH MARK</strong></td>
<td>Monday</td>
</tr>
<tr>
<td><strong>CREATIVE WRITING WITH JANIE</strong></td>
<td>Tuesday</td>
</tr>
<tr>
<td><strong>MAT YOGA AND MEDITATION WITH DEBBIE</strong></td>
<td>Tuesday</td>
</tr>
<tr>
<td><strong>CARDIO WITH DEBBIE</strong></td>
<td>Tuesday</td>
</tr>
<tr>
<td><strong>INTERMEDIATE LINE DANCING WITH HELAINE</strong></td>
<td>Wednesday</td>
</tr>
<tr>
<td><strong>ABSOLUTE BEGINNERS LINE DANCING WITH HELAINE</strong></td>
<td>Wednesday</td>
</tr>
<tr>
<td><strong>CHAIR YOGA WITH DEBBIE</strong></td>
<td>Thursday</td>
</tr>
<tr>
<td><strong>SPANISH FOR BEGINNERS WITH NATACHA</strong></td>
<td>Thursday</td>
</tr>
<tr>
<td><strong>MAH JONG</strong></td>
<td>Thursday</td>
</tr>
<tr>
<td><strong>PING PONG</strong></td>
<td>Thursday</td>
</tr>
<tr>
<td><strong>CLAY WORKSHOP WITH MICHELLE</strong></td>
<td>Friday</td>
</tr>
<tr>
<td><strong>CHAIR YOGA AND MEDITATION WITH DEBBIE</strong></td>
<td>Friday</td>
</tr>
<tr>
<td><strong>JAZZERCISE WITH WARREN</strong></td>
<td>Monday, Tuesday, Thursday, Friday</td>
</tr>
</tbody>
</table>

**YOGA WITH BETH**  
Monday | 12:30 p.m., Wednesday | 10 a.m. (Z&L)

**SIT AND FIT WITH DEBBIE**  
Monday, Wednesday, Friday | 11:30 a.m. (Z&L)

**TAI CHI/QIGONG WITH MARK**  
Monday | 9 a.m., Friday | 8:30 a.m. (Z&L)

**HAPPY HOOKERS**  
Monday | 12:30 – 2:30 p.m. (L)

**ADVANCED RUBBER STAMPING**  
Every Other Thursday | 11 a.m. (L)

**ZUMBA**  
Tuesday, Thursday | 11 a.m. (L)

**PICKLEBALL**  
Beginners | Monday, Wednesday | 1:30 p.m. (L)  
Intermediate/Advanced | Tuesday, Friday | 1:30 p.m. (L)

**VOLLEYBALL**  
Thursday | 12 p.m. (L)

**CLASSES ARE FOR MEMBERS ONLY. NO DROP-INS.**

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

*Classes and schedules are subject to change.*
*For information, visit www.Tamarac.org/Parks or call (954) 597-3620.*
SOCIAL SERVICES

Call our information and referral line at (954) 597-3642 to learn more about these and other social service programs that may be available in Broward County.

INDIVIDUAL COUNSELING
Free limited sessions for Tamarac residents only. To make an appointment with a counselor, call Lakshmi at (954) 655-7040 or Jessica at (954) 317-9460. Please leave a message with your name and phone number. Your call will be returned within 24 hours.

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

SHINE COUNSELOR
Have questions regarding your Medicare/Medicaid insurance? SHINE is a free, unbiased and confidential counseling service that assists current and prospective Medicare beneficiaries, their families and caregivers, through a grant from the Florida Department of Elder Affairs. Call (954) 745-9779 for more information.

TRANSPORTATION SERVICES
Door-to-door paratransit service is available to people with disabilities and those over age 60 with no other transportation. For additional information, please call (954) 597-3649. Tamarac also offers two free community bus routes to locations across the City. They are the Red and Red Extension Transit Routes. Schedules are available at www.Tamarac.org/439 and City facilities. To track the buses in real-time, download the Ride Systems app and select “Ride Tamarac.”

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

Departures: 10 a.m. or 11 a.m.
Return: 2 p.m.

New shuttles are now available to Broward Mall, Sawgrass Mills and Trader Joe’s and Barnes & Noble, located at The Walk in Coral Springs.

For more details, please call (954) 597-3649.

Masks are required to ride the shuttle.

VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA)
Qualifying taxpayers can receive free income tax assistance provided by volunteers of Hispanic Unity beginning in January. For more information, call the VITA hotline at (954) 678-6882 or visit www.vitataxesfree.org.
### FACILITY LOCATIONS

- **Caporella Aquatic Complex and Fitness Center**
  9300 NW 58th St.

- **Caporella Park**
  5200 Prospect Rd.

- **Colony West Golf Club**
  6800 NW 88th Ave.

- **Gary B Jones Park for People and Pups**
  8101 Southgate Blvd.

- **Mainlands Park**
  4500 Monterey Dr.

- **Sunset Point Park**
  11000 W. McNab Rd.

- **Tamarac Community Center**
  8601 W. Commercial Blvd.

- **Tamarac Multi-Purpose Center**
  7531 N. University Dr.

- **Tamarac Park Recreation Center**
  7501 N. University Dr.

- **Tamarac Sports Complex**
  9901 NW 77th St.

- **Tephford Park**
  10003 Southgate Blvd.

- **Veterans’ Memorial Park**
  7825 Southgate Blvd.

- **Waters Edge Park**
  7508 NW 61st St.

### SPECIAL EVENTS

**Martin Luther King Jr. Day Unity March**

Celebrate Tamarac’s diversity and help bring the community together at the MLK Jr. Day Unity March. The Unity March will start at Tamarac Park and end at Tamarac City Hall. Entertainment and refreshments will be available after the Unity March at City Hall. Pre-register on Eventbrite at www.tamarac.me/events. First 100 to register will receive a free T-shirt.

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

*When:* Saturday, January 17, 8:30 a.m.

**Black History Month Celebration**

Celebrate Black History Month with poetry, music and dance.

*Where:* Caporella Park, 5200 Prospect Rd.

*When:* TBD

### LEAGUES

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

**YOUTH BASKETBALL**

The recreational basketball league is available for boys and girls ages 6-17. Registration for the recreational basketball league’s Spring season will begin Monday, Jan. 3. Practice begins in late March, with games starting in April. The season will conclude in June. Space is limited. Volunteer coaches are needed. Practice sessions and games will be held at either Tamarac Community Center or Tamarac Park.

*Residents: $85; Non-residents: $100*

**YOUTH BASEBALL**

The recreational baseball league is available for boys and girls ages 4-17. Registration for the youth baseball spring league begins Monday, Jan. 3. Practice sessions and games begin in April. The season concludes in June. Space is limited. Volunteer coaches are needed. Practice sessions and games will be held at either Tamarac Sports Complex or Tamarac Park.

*Residents: $85; Non-residents: $100*

For more information about any of the programs or activities listed in the Discovery section of Tam-A-Gram, please contact the Parks and Recreation Department at (954) 597-3620. Times and locations are subject to change without notice.
Enjoy The Big Game At The View At Colony West Golf Club
6850 NW 88th Avenue, Tamarac, FL 33321
Sunday, February 13, 2022

• Watch the Game on Multiple Screens Throughout the Restaurant
• Take Advantage of Food and Drink Specials

For more information or to make a reservation, call (954) 721-7710 or visit www.ColonyWestGolfClub.com/The-View.