NEW SCULPTURES DEBUT ON INSPIRATION WAY

STARS, STRIPES AND COMMUNITY
From the City Commission

Tamarac’s Strategic Plan

Twelve New Public Art Sculptures Debuted on Inspiraton Way

BSO Tamarac District Creates Zen Den

Cork & Barrel Opens in Tamarac

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ADA Coordinator/Accessibility .................................................. (954) 597-3500
Voice .................................................................................. (954) 597-3500
TTY ..................................................................................... (954) 597-3500
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/Software Bus ............................................................... (954) 597-3649

Police/BSO Tamarac District (General) .................................... (954) 720-2225
(Non-Emergency) ................................................................... (954) 720-2225
(Non-Emergency) ................................................................... (954) 720-2225

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
(Activated 24/7 for after-hours utility emergencies)

SERVICE PROVIDERS:

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

Tam A Gram is the official publication of the City of Tamarac, Florida.
Reader questions and comments are welcome.
Please send your comments to:
Public Information Office
Attn.: Tam A Gram
7525 NW 88th Ave.
Tamarac, Florida 33321
You may also email your comments or questions to the Public Information Office at PIO@Tamarac.org.
In summer, the City of Tamarac joins the nation in celebrating American freedom. In May, we celebrated Memorial Day; and in June, the City’s second annual Juneteenth celebration took place. We look forward to seeing the entire community at the Tamarac Sports Complex for our annual All-American Celebration on July 4.

In the spirit of patriotism, the City of Tamarac partnered with P.A.R.O.T. to install a new American flag retirement box at Mainlands Park, 4509 Monterey Dr. Tamarac’s popular original flag retirement box is located at Veterans’ Memorial Park, 7825 Southgate Blvd. If you’d like to respectfully dispose of a tattered or torn American flag, visit one of the two convenient locations and place your flag inside the box. Each box is emptied weekly by City staff.

In addition to the fun annual summer celebrations, cookouts and pool parties, hurricane readiness is a significant reality of life in South Florida. Prepare your family and property in advance. A helpful array of hurricane readiness resources are available at www.Tamarac.org/EmergencyManagement. Business owners seeking hurricane preparation guidance can also visit www.Broward.org/EconDev.

Speaking of area businesses, the Tamarac North Lauderdale Chamber of Commerce hosted its 6th Annual R.I.S.E. Business Expo, a free networking and educational event bringing valuable resources to small and medium-sized companies. The City of Tamarac was among more than 70 exhibitors, engaging with more than 300 registered attendees. Congratulations to the Chamber on a great event!

Many great things are happening in Tamarac this summer. Let’s stay connected. For information about Tamarac’s events, activities, updates and resources, visit www.Tamarac.org. You may also follow the “City of Tamarac” on social media.
Congratulations to all the 2022 graduates and your families, friends, teachers, and school administrators! It was an honor to attend the ceremonies (in order of ceremonies) for Tamarac Elementary, Piper High, Boyd A. Anderson High, two for Challenger Elementary, Millennium 6-12 Collegiate Academy “MCA,” and JP Taravella “JPT.” Special recognition goes out to three Tamarac graduates:

• JPT Salutatorian, Muhammad Ali, graduated with a 5.327 GPA. He will attend the University of Florida to study Biomedical Engineering-Pre-med track.

• MCA Valedictorian, Isabella Yeung, graduated with a 5.5479 GPA. She’s a National Merit Scholarship finalinst and winner of the Sunshine State Scholar Award and the American Association of University Women (AAUW) Weston STEM Award. She will attend the Massachusetts Institute of Technology to study Earth Science and Environmental Engineering.

• Brock Peyton graduated from Calvary Christian Academy and will attend the United States Military Academy at West Point.

July brings us to the celebration of our great Country! Looking forward to being together again for good music and fun with friends and family at our annual fireworks show. I love celebrating our nation’s independence and the freedoms we enjoy! Remember that not everyone enjoys fireworks, so please be mindful of our combat Veterans, neighbors suffering from medical conditions, pets, and wildlife. Fireworks can be dangerous before or after the Fourth of July, and the percussion of the exploding fireworks can cause harm to others. Thank you for your compassion and understanding.

July is also National Make a Difference for Children Month, when we celebrate and reflect on our relationships with the children and teens in our lives. As your Mayor, I’m grateful for the opportunities to work with the kids and youth in Tamarac. Mark your calendars for the upcoming Move with the Mayor Back to School event on Saturday, August 13, at Tamarac Park, 7501 N University Dr. This will be a rain or shine event for kids of all ages. So be sure to stop by for some fun, games, refreshments, and more!
Commission Editorial
Vice Mayor Mike Gelin, District 2

Congratulations to all the hardworking students, supportive parents, extended family members and friends who helped students thrive, succeed, and move on to the next level of their academic careers. Some moved forward to the next grade level, while others graduated from elementary school, middle school, high school, college and graduate school. As Vice Mayor, I was happy to attend multiple graduation ceremonies this season and based on the academic accomplishments and leadership qualities of so many of our Tamarac students, I am confident in the future of America. I am proud of our Tamarac families. I hope our children can enjoy summer camps, vacation, part time jobs, summer learning, and other activities before the fall school year.

Independence Day is upon us and it’s a great time to reflect on the past and promise of our great nation. No challenge that comes before us is too difficult to manage or overcome, as we have shown with the global pandemic. However, we must remember the goals of our Founding Fathers and strive to make this nation the best that it can and should be for generations to come. God bless you and this great nation.
My name is Marlon Bolton, your Tamarac Commissioner. Hurricane season began on June 1 and will end on November 30. We are reminding all our residents to plan and prepare ahead of time. It’s never too early to prepare! You have heard this many times before. Now is the time to start thinking about how you and your family would react if a storm threatens our City.

Preparation remains the most important step we can take to protect ourselves and our families. I urge you to be vigilant in taking precautionary measures. Please plan to have ready-to-eat, non-perishable food items, a battery-powered flashlight, battery-powered radio, first aid kit, and a reserve of prescription medicine.

Also, now is a good time to trim trees, shrubs and other landscaping to minimize vegetative debris on your property. Be sure to assess your home for vulnerable spots and check the condition of shutters and backup generators.

Look out for communication from my office with a more robust hurricane preparedness plan that you and your neighbors can use as a guide.

On another note, residents are reminded to prepare to apply for our Minor Home Repair Program. The owner-occupied Minor Home Repair Program will assist homeowners with home repairs to correct health and safety hazards, as well as address any building or code deficiencies of owner occupied properties. For more information regarding the Home Rehabilitation Program, please contact the Housing Division at 954-597-3549 or by visiting 7525 NW 88th Avenue, Room 206, Tamarac, FL 33321.

Finally, remember if you need my help, you can call me at any time.

Until Next Time,

Marlon D. Bolton, Commissioner, District 1
Commission Editorial
Commissioner Elvin Villalobos, District 3

Scan this QR Code with your smart device to view past issues of the Tam-A-Gram.
Summer has finally arrived. If you and your family are not ready for a vacation away from home, may I suggest a staycation? Our City parks are one of our best assets. Each park is state-of-the-art and clearly meets the needs of the neighborhoods in which they serve. Plan to spend some time in our very own parks this summer!

Water Edge Park, 7508 NW 61st St., is our “newest and best park ever.” Our first-ever splash pad is a great draw to this park. Other amenities include open fields, picnic pavilions, a playground with swings and a zip line, basketball and volleyball courts, covered exercise stations, and a serene place to spend quality time in the outdoors.

Tamarac Park, 7501 N. University Dr., contains a recreation center, several ball fields and a snack bar. Home of our summer camp, the Recreation Center was rebuilt to accommodate a cooking class facility, meeting rooms, fitness classrooms and activities for all ages. The parking area is the site of our Community Garage Sales, which draw people from all over the County.

Enjoy an afternoon of fun at the Gary B Jones Park for People and Pups, 8101 Southgate Blvd. The park is split between Wiggly Field for small dogs weighing less than 25 pounds and the Dr. Michael Horbal Large Dog Area for dogs weighing more than 25 pounds. Included are wide open spaces and exercise stations for the pups. The dog park is popular with residents.

The Public Art Committee selects art pieces to be displayed in the City for one year, for our residents to enjoy as often as they’d like. Take a stroll down Nob Hill Road to view the City’s Inspiration Way art installations.

ENJOY YOUR SUMMER
Tamarac’s 2040 Strategic Plan is the roadmap of how the City sets, plans and executes major goals that establish us as a premier community to live and work in the present and future. Six goals were introduced in March 2020. Here is a closer look at our progress with **Strategic Goal #4: Tamarac is Vibrant**.

**Sustainability Projects**

In 2009, as a part of the Climate Action Plan implementation, the City began installing photovoltaic solar panels to help reduce greenhouse gas emissions, save energy and reduce our carbon footprint. The City’s photovoltaic solar panels are located at Tamarac Community Center, City Hall, Fire Station 15, Fire Station 41, the Public Services/Information Technology Building and the Parks and Recreation Administrative Building. To date, the panel installations have avoided 1,452,000 kg of CO₂, generated 2,074,000 kilowatt-hours of energy and saved $233,383.

The City’s **water conservation** efforts include a program encouraging customers to replace their high-water use toilets with modern ultra-low flow toilets. Since the start of the program in 2008, nearly 3,900 high-water toilets have been replaced. The City also offers free low-flow showerheads and dye tablets to detect toilet leaks to all toilet rebate recipients.

**Tamarac’s Compost Rebate Program** launched in April 2022, to commemorate Earth Day. This program lets residents choose the composting unit suited for their household. If they’ve recently purchased eligible composting equipment, their household may qualify for a $50 rebate. Guidelines and applications are available at [www.Tamarac.org/Compost](http://www.Tamarac.org/Compost) or by calling the Public Services Department at (954) 597-3700.

**Parks and Recreation Improvement Projects**

Major improvements to the **Tamarac Sports Complex** include a new 3,500-square-foot concession building to replace the former 1,000-square-foot facility. The new building opened in June 2022 and includes restrooms, meeting rooms, event space and storage.

**The Caporella Park Enhancement Project** will include a picnic shelter, 4,000-square-foot playground, multi-purpose court, non-motorized boat launch dock, splash pad, covered fitness station, landscaping, restrooms, concession facility, amphitheater and expanded parking lot. The project is scheduled for completion in June 2023.

Renovation is underway at the **Gary B Jones Park for People and Pups**. The renovation includes covered shelter painting, roof replacements, fence installations and replacements, new benches and trash cans, concrete pad installations, landscaping, Wi-Fi enhancements and general restoration.

Parking lot and restroom improvements, plus public art are coming soon to **Sunset Point Park**. A new custom art piece, titled “Sunset Hammock,” will feature an educational periscope providing views of the Everglades just beyond the Sawgrass Expressway. The project will also include two outside classrooms and a walkway leading to the art installation. The piece will reflect the spirit of Tamarac and be visible to pedestrians and passing Sawgrass Expressway motorists.

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**Goal #4**

**Tamarac is Vibrant**

**Active and fun**

LIFESTYLE

Healthy lifestyle

**Green**

**and sustainable**

Appearance and image

**Resilient**
The City of Tamarac is excited to celebrate the debut of 12 new public art sculptures along the City’s scenic Inspiration Way! Located on Nob Hill Road, between Commercial Boulevard and McNab Road, the City’s “Museum Without Walls” is part of a temporary sculpture installation program that promotes appreciation of fine art, enhances outdoor spaces and enriches lives.

The program seeks artwork compelling to both residents and visitors, while connecting neighborhoods within the City through art. Each sculpture is for sale, with 25% of the proceeds going into the City’s Public Art Fund.

No City property taxes or sales taxes are used to purchase public art. Public art funds come from fees paid by developers on construction projects. It is administered by the residents serving on the Public Art Committee, with support of the Tamarac City Commission.

Three sculptures from the 2021 Inspiration Way installation were purchased by the City and are now a part of the permanent sculpture collection, beautifully showcased throughout Tamarac. Sculptures exhibited on Inspiration Way are also available for purchase by private citizens and organizations. Purchasing details are available at www.Tamarac.org/InspirationWay.

The 2022 exhibit is on display until Spring 2023. Be sure to enjoy it while you can!
DEBUTED ON INSPIRATION WAY
For more than 35 years, Broward Sheriff’s Office - Tamarac District, has partnered with Special Olympics Florida to support the more than 60,000 athletes across the state. In 2022, BSO Tamarac raised more than $2,400 through donations, merchandise sales and the annual Tip-A-Cop fundraising campaign, where deputies and Special Olympics athletes served as celebrity waiters at local restaurants. This year’s Tip-A-Cop stops included Rob’s Bageland, 8217 NW 88th Ave., and Applebee’s Neighborhood Grill + Bar, 6005 N. University Dr.

The BSO staff also teamed up with other BSO deputies, South Florida law enforcement officers and Special Olympics Florida athletes for the 41st Annual Broward Law Enforcement Torch Run. The 10-mile trek is part of a 1,500-mile statewide relay through 67 counties. It culminates at the opening ceremony of the Special Olympics Florida’s State Summer Games, which took place on May 20 and 21.
MEMORIAL DAY 2022

The City of Tamarac honored U.S. Military men and women who gave their lives to protect our freedom at our annual Memorial Day Ceremony. The 2022 ceremony featured keynote speaker, Commander Tom Melville, USN, Retired. The event concluded with a live concert performance by the Andrews Sisters-inspired group, The Victory Dolls.

The 2022 Memorial Day Ceremony was held at the Tamarac Community Center, as parking lot renovations were underway at Veterans’ Memorial Park.
In alignment with Mental Health Awareness Month, the Broward Sheriff’s Office (BSO) Tamarac District introduced a new employee wellness initiative at its district office known as the Zen Den. The innovative new feature helps Tamarac deputies relax from the stressful demands of their job.

The goal of the Zen Den is to provide a respite for employees who have experienced trauma from a call, stress, fatigue, or need a moment to gather their thoughts.

“Working as a first responder comes with unique challenges and intense physical and emotional demands,” said District Captain Jeffrey Cirminiello. “This initiative is an extension of the City’s wellness program. We want to provide a space where our deputies can recharge and refocus when they encounter high-stress situations.”

BSO transformed the space into an in-house retreat with plush carpet, fresh paint, soft lighting, curtains, soothing music, a zero-gravity massage chair, access to various self-guided meditation programs through the Calm App and literary resources on stress management.

Thanks to the Zen Den, deputies can now recharge and focus on their emotional and mental well-being, in addition to their physical health.
**TAMARAC CITY COMMISSION MEETING SCHEDULE**

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

**Wednesday, July 13, 7 p.m.**
**Wednesday, August 24, 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 Tamarac’s 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.

**VOLUNTEER SPOTLIGHT**

For the last 17 years, Janice Indeck has shared her love of writing by dedicating her time to the Creative Writing Class at Tamarac’s Recreation Center. With Janice’s help and guidance, class members produced 12 self-published books in many genres including poetry, memoirs and fiction. Janice and fellow participants have become a supporting family, encouraging each other to continue their passion for writing.

The invaluable knowledge Janice shares with group members is appreciated. Special thanks to her for all she does to help others discover how to write from the heart.

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**CONSTRUCTION CORNER**

Take a look at construction and development projects currently underway or coming soon to Tamarac!

**Private Development**
- Bailey Square Apartments, 6170-6190 Rock Island Rd.
- Tamarac Self Storage, 8251 W. McNab Rd.
- The Enclaves at Woodmont single family residential community, sales office, 7910 NW 79th Ter.
- Eden West Apartments, 8601 & 8701 W. McNab Rd.

**Major City Projects**
- New Lakes Sections 1 & 2 Water Main Improvement Project, W. Prospect Rd.
- Sunset Point Park Parking Lot and Restroom Improvements, 11000 W. McNab Rd.
- Veterans’ Memorial Park Parking Lot Expansion, 7825 Southgate Blvd.

**Public/Private Partnerships**
- Tamarac Village, north side of Commercial Blvd., between Pine Island Rd. and NW 94th Ave.
CHEERS TO DELICIOUS FOOD AT TAMARAC’S NEW CORK & BARREL WINE BAR AND TAPAS

From burgers and wings, pineapple bowls and stuffed waffles and chicken, Cork & Barrel Wine Bar and Tapas is stirring up Tamarac’s dining scene with their modern twist on American, Italian and southern-soul fusion cuisine.

Owner and founder Santese Gatlin’s first exposure to the kitchen came as an adolescent when he helped his aunt, who cooked everything from scratch and taught him her ways. Growing up, he loved creating new dishes and worked in numerous kitchens. In 2008, Santese was hired as a chef at the EF International Language Center in Miami Beach, where he was exposed to an array of unique spices and cuisines from across the globe, expanding his culinary horizons.

Cork & Barrel’s menu mirrors a fusion inspired by the influences that shaped Santese’s culinary style. Cork & Barrel’s dine-in experience is as unique as its menu choices. A fun vibe fills the air where everyone is respected and customers bond. It’s not uncommon for everyone to sing in unison when a popular song plays during Sunday brunch.

With nearly 20 carefully hand-selected wines from Spain, South Africa, Brazil, Wisconsin and New York, the staff can recommend a wine that will satisfy your palate and pair well with your entrée.

“We’re excited to open our first restaurant here in Tamarac,” Santese said. “It’s a great, family-friendly City with a fair median income. What more can you ask for?”

Located at 10052 W. McNab Road, in the Tamarac Market Place plaza, Cork & Barrel Wine Bar and Tapas serves hand-crafted deliciousness Wednesday – Sunday, 9:30 a.m. – 6:30 p.m. Visit www.CNBtamarac.com to view the full menu, make reservations or book a private event.
GREEN SCENE

With hurricane season underway, regular catch basin maintenance is critical. It keeps debris from entering our sewer system and helps protect streets and yards from flooding. Tamarac’s Public Services Department maintains the City’s catch basins to maximize the performance of our drainage system; but we must all do our part.

To protect Tamarac’s local water resources, let’s be mindful of what enters these drains, as they flow directly into our lakes and canals, and not to the wastewater treatment plant. Pollutants like motor oil, dirt and fertilizer can impact water quality, along with plant and animal life in our ecosystem. Rainwater can pick up these pollutants and carry them into catch basins.

Here are a few ways to help keep nearby catch basins clean:

- Compost or bag yard clippings.
- Keep storm drainage inlets free of trash, debris or other obstructions.
- Never discard paint, oil or other hazardous waste into storm drains.

For questions or to report a drainage problem, contact the Public Works Department at (954) 597-3750 or visit www.Tamarac.org/868. Homeowners associations (HOA) are responsible for maintaining the catch basins in communities with private streets. Residents living in neighborhoods with an HOA may contact their association’s board to report issues within their community.

WORK WITH US

The City of Tamarac is the place to be if you want to earn a living while making a difference in the community! From experts in a wide variety of trades to skilled professionals, we offer a range of positions with challenging and rewarding experiences and professional development opportunities.

FEATURED POSITIONS

- Application Services Manager
- Grants Administrator
- Fleet Mechanic III
- Mechanical Inspector
- Structural Inspector

For more information or to apply, visit www.Tamarac.org/Jobs.

ANNUAL WATER QUALITY REPORT AVAILABLE ONLINE

You can now view your City of Tamarac 2021 Annual Water Quality Report online. These reports contain important information about the source and quality of your drinking water. The City of Tamarac detected 10 contaminants in the West System and 12 in the East. These contaminants were at allowable levels and no health-based violations occurred.


Please call (954) 597-3750 if you would like a paper report delivered to your home.

WWW.TAMARAC.ORG 15
ADULT TRIPS AND TOURS  
JULY - SEPTEMBER

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

TAMARAC WELCOMES NEW INPATIENT REHABILITATION CENTER AT HCA FLORIDA WOODMONT HOSPITAL

HCA Florida Healthcare recently celebrated the grand opening of its brand new $18 million inpatient rehabilitation center. Located on the campus of HCA Florida Woodmont, 7201 University Drive, this state-of-the-art facility is the first of its kind for the health system. The center features a dedicated unit with 25 private rooms to provide care to patients recovering from life-altering illnesses or injuries, such as a strokes, traumatic brain or spinal cord injuries.

The center is staffed with an interdisciplinary team of medical physicians and rehabilitation doctors specializing in physical, occupational and speech therapy. The staff is committed to maximizing functionality and quality of life for patients.

“I am unequivocally committed to providing the highest quality care in the entire state of Florida for patients in need of intense rehab,” said HCA Florida Woodmont Hospital CEO, Ben Harris. “I know what it’s like to suddenly need to relearn things you have been doing your whole life like walking, talking and eating on your own. I spent time in a program like this and I’m an example of what quality care can do.”

Woodmont’s Inpatient Rehabilitation Unit celebrated its grand opening in April and started accepting patients in early May.

To learn more about the new facility and services it provides, visit www.Tamarac.me/HCA.
CAPORELLA AQUATIC COMPLEX AND FITNESS CENTER

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

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

POOL HOURS (August 14 - September 4)
Monday-Sunday: Session I 10:00 a.m. - 1:30 p.m.
   Session II 2:30 p.m. - 6:00 p.m.

SPRAYGROUND AND SLIDE HOURS
(August 14 - September 4)
Monday - Friday: 3:30 p.m. - 6:00 p.m.
Saturday & Sunday: Session I 10:00 a.m. - 1:30 p.m.
   Session II 2:30 p.m. - 6:00 p.m.

SUMMER HOURS (June 11 - August 13)
POOL, SPRAYGROUND AND SLIDE
Monday - Sunday: Session I 10:00 a.m. - 1:30 p.m.
   Session II 2:30 p.m. - 6:00 p.m.

PROACTIVE ARTHRITIS WATER AEROBICS CLASS
Proactive Arthritis Water Aerobics classes are held every Monday, Wednesday and Friday. Summer hours are 9:30 a.m. - 10:30 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 Tamarac Fitness Center offers a friendly, non-competitive workout environment with a variety of free weights, machines, treadmills, elliptical cross trainers, recumbent lifecycles, stationary bikes and more. Our qualified staff will show you around on your first visit to help you get familiar with the equipment. For more information, contact the fitness center at (954) 597-3661 or visit www.Tamarac.org/Parks.

ANNUAL FITNESS CENTER MEMBERSHIP FEES
Adults: $150
Seniors/Active Military/Veterans: $135
Teens (Ages 16 - 17): $95
Teens (Ages 13 - 15): $65

Three-month and six-month membership options are also available for adults, seniors, active duty military and Veterans.
WEEKLY YOUTH CLASSES

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

Ballet, Tap and Jazz
Saturday | 10 a.m.
$55 Residents; $65 Non-residents

Cheerleading and Hip Hop
Saturday | 11 a.m.
$55 Residents; $65 Non-residents

Tae Kwon Do
Tuesday & Thursday | 5:30 p.m. - 7:30 p.m.
$80 Residents; $90 Non-residents

Gymnastics
Saturday | 11 a.m.
$55 Residents; $65 Non-residents

Fast Track
Monday – Friday | 3 p.m. - 6 p.m.
$150 Residents; $185 Non-residents

Imagination Mornings
Toddlers 2-4 years
Wednesday | 10:30 a.m. - 11:30 a.m.
$25 Residents; $35 Non-residents

WEEKLY ADULT FITNESS CLASSES

Classes are held in-person. For additional information, online registration or costs, visit www.Tamarac.me/Webtrac. Classes and schedules are subject to change. Classes are held at Tamarac Community Center, 8601 W. Commercial Blvd. or Tamarac Recreation Center, 7501 N. University Dr.

TAMARAC COMMUNITY CENTER CLASSES

Booty Barre with Carol
Monday | 6 p.m.

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

Transform 60 with Mike
Tuesday | 6 p.m.

Yoga with Carol
Tuesday | 6 p.m.

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

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

Zumba with Kecia
Wednesday | 6 p.m.

Body Sculpting with Gazelle
Thursday | 6 p.m.

Cycling with Carol
Thursday | 6:15 p.m.

Yoga with Beth
Thursday | 7 p.m.

Body Sculpting with Mike
Friday | 6 p.m.

Cycling with Carol
Saturday | 9:30 a.m.

Yoga with Carol
Saturday | 10:30 a.m.
WEEKLY ADULT FITNESS CLASSES

TAMARAC RECREATION CENTER CLASSES

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

CHEEKY WITH YASMINE
Monday | 7:30 p.m.

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

ZUMBA FITNESS WITH KARLENE
Tuesday | 7 p.m.

GET EM’ WITH YASMINE
Wednesday | 7:30 p.m.

CARIBBEAN DANCE WITH KARLENE
Thursday | 7 p.m.

STRENGTH & TONE WITH YASMINE
Saturday | 9:30 a.m.

WEEKLY SENIOR CLASSES

The classes below are for pre-registered guests only. Walk-ins are not allowed.
Participation Platforms: Z = Zoom; L = Live; Z&L = Zoom & Live.

KICKBOXING LITE WITH MAR
Monday | 10:30 a.m. (Z&L)

CREATIVE WRITING WITH JANICE
Tuesday | 10 a.m. (Z)

CARDIO WITH DEBBIE
Tuesday | 11:30 p.m. (Z&L)

MAT YOGA AND MEDITATION WITH DEBBIE
Tuesday | 12:45 a.m. (Z&L)

INTERMEDIATE LINE DANCING WITH HELAINE
Wednesday | 12 p.m. (Z&L)

ABSOLUTE BEGINNERS LINE DANCING WITH HELAINE
Wednesday | 1:15 p.m. (Z&L)

CHAIR YOGA WITH DEBBIE
Thursday | 11:30 a.m. (Z&L)

SPANISH FOR BEGINNERS WITH NATACHA
Thursday | 12:30 p.m. (Z)

PING PONG
Wednesday | 12:00 p.m. & Thursday | 1:30 p.m. (L)

CLAY WORKSHOP WITH MICHELE
Friday | 10:30 a.m. (L)

CHAIR YOGA AND MEDITATION WITH DEBBIE
Friday | 12:45 p.m. (Z&L)

JAZZERCISE WITH WARREN
Monday, Tuesday, Thursday, Friday | 10 a.m. (Z&L)

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 WALK-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’ve forgotten your username or password, please select the appropriate option.
• First-time patrons will need to create a new account. Once logged in, please choose “Memberships” and then the “55+ Senior Program.”

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

WWW.TAMARAC.ORG
SOCIAL SERVICES

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

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

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

MIND CLEANSING MEDITATION
Guided by a skilled instructor via Zoom, guests will enjoy a lecture on the purpose and process of meditation, followed by a 30-minute meditation session. Sessions are held every first and third Friday, at 11 a.m. For more information or to sign up, call (954) 597-3642.

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

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

EXPRESS SHUTTLE
Dates to be announced. Members ride free on the Express Shuttle to Coral Square Mall, BJ’s Wholesale Club, Doris Italian Market and other popular stores. There is a $1 fee for non-members. The shuttle departs from the Tamarac Community Center. Departures: 10 a.m. or 11 a.m. Return: 2 p.m. New shuttles are now available to Broward Mall and Sawgrass Mills. For more details, please call (954) 597-3649.

SPECIAL EVENTS

4TH OF JULY ALL AMERICAN CELEBRATION
Celebrate the biggest and best birthday party in the City of Tamarac at the All American Celebration Event!
You’re invited to a free outdoor concert featuring “CACHET,” a kid’s area with inflatables, face painting, arts and crafts, games, and food trucks. Grab your lawn chairs and your camera and get a snapshot with Uncle Sam and Betsy Ross at the event. The night’s not over until we witness the impressive and choreographed firework display beginning promptly at 9 p.m.

There is limited on-site parking. Please use shuttles from Tamarac City Hall (7525 NW 88th Ave) and Tamarac Community Center (8601 W. Commercial Blvd). For more information, call the City of Tamarac Parks and Recreation Department at 954-597-3620.

When: Monday, July 4
Where: Tamarac Sports Complex

4TH OF JULY PATRIOTIC SPLASH SWIM PARTY
Celebrate 4th of July with fun in the sun. The event features a DJ, arts and crafts, games and much more.

When: Monday, July 4
Where: Caporella Aquatic Complex

ROCK N RIDE BATTLE
Join us for a one-of-a-kind car show, live music by “The Happy Daze Band”, and local music groups competing in the Battle of the Bands. Enjoy food trucks, activities and more.

When: Saturday, August 20
Where: Tamarac Sports Complex

CARIBBEAN HERITAGE SPLASH BASH
Join us poolside for music and fun activities.

When: Saturday, June 25
Where: Caporella Aquatic Complex

CARIBBEAN FAMILY FUN DAY
Enjoy a fun-filled afternoon of arts and crafts, games, music, face painting and much more.

When: Saturday, July 30
Where: Waters Edge Park

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

LEAGUES

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

YOUTH SOCCER
Registration for the recreational soccer league for both boys and girls, ages 4-17, begins August 29. Practice sessions begin in late November, with games starting in January. The season will conclude in March. Space is limited. Volunteer coaches are needed. Practice sessions and games will be held at either the Tamarac Sports Complex or Tamarac Park.

Residents: $85; Non-residents: $100

CO-ED ADULT SOFTBALL
Registration for the recreational softball league for adults, ages 18 and older, will begin in July. Games will begin in August. All games will be played at Tamarac Park.

Residents: $425 per team

MEN’S 30 AND OVER BASKETBALL
Registration for the recreational basketball league for men, ages 30 and older, begins July 23. The Rookie Run for new players will be held on Thursday, August 4. Games will begin Thursday, August 11. All games will be played at the Tamarac Community Center.

Residents: $95; Non-residents: $105
STAY INFORMED

Sign up for CodeRED notifications to stay in the know during critical situations and emergencies like hurricanes and more. It’s easy!

• Visit www.Tamarac.org and click the “Emergency Services” button.
  - or -
• Text TamaracCodeRED to 99411
  - or -
• Call (954) 597-3800 if you need assistance setting up your account.

Get notified by phone calls, emails and/or text messages during critical events.

CodeRED™