



# Senior Program



Zoom (Z)

Zoom & Live (Z&L)

Live (L)

**MAY 2022**

**Tamarac Community Center, 8601 W. Commercial Blvd., Tamarac, FL 33351**

**MEMBERSHIP FEES: RESIDENTS: \$ 17.50 / NON - RESIDENTS: \$ 27.50 — Membership expires September 30,2022**

Register in person at the Tamarac Community Center or at: [www.tamarac.me/webtrac](http://www.tamarac.me/webtrac).



The Community Center will be closed  
Monday, May 30, 2022  
in observance of the  
Memorial Day Holiday.

## PLEASE MAKE A NOTE

**Wednesday, May 4<sup>th</sup>:**

Beg Pickleball CANCELLED



**Thursday, May 5<sup>th</sup>:**

Chair Yoga CANCELLED

No ZOOM for Yoga

Ping pong CANCELLED

Chair Yoga CANCELLED

Volleyball CANCELLED

PROGRAM	DAYS	TIME	TYPE
Adv Rubber Stamp	Thursday <b>May 5th &amp; 19th</b>	11:00 AM - 12:00 PM	(L)
Cardio Gold	Tuesday	11:30 AM - 12:30 PM	(Z&L)
Clay Workshop	Friday	10:30 AM - 1:30 PM	(L)
Creative Writing	Tuesday	10:00 AM - 11:00 AM	(Z&L)
Chair Yoga	Thursday Friday	11:30 AM - 12:30 PM 12:45 PM - 1:45 PM	(Z&L) (Z&L)
<b>THURSDAY, MAY 5th Chair Yoga CANCELLED - NO ZOOM CLASSES</b>			
Happy Hookers	Monday	12:30 PM - 2:30 PM	(L)
Jazzercise	Monday Thursday Tuesday Friday	10:00 AM - 11:00 AM	(Z&L) (Z&L) (Z&L) (Z&L)
<b>THURSDAY, MAY 5th JAZZERCISE will be at the pool.</b>			
Kickboxing Lite	Monday	10:30 AM - 11:30 AM	(Z&L)
Line Dance – BEG	Wednesday	1:15 PM - 2:15 PM	(L)
Line Dance - INTER	Wednesday	12:00 PM - 1:00 PM	(L)



[www.tamarac.org/parks](http://www.tamarac.org/parks)

For more information, call (954) 597-3620



**Zoom (Z)**

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**Live (L)**

PROGRAM	DAYS	TIME	TYPE
Pickleball - BEG <b>WEDNESDAY, MAY 4th Beg Pickleball CANCELLED</b>	Monday & Wednesday	1:30 PM - 3:30 PM	(L)
Pickleball - INT/ADV	Tuesday & Friday	1:30 PM - 3:30 PM	(L)
Ping Pong <b>THURSDAY, MAY 5th Ping Pong CANCELLED</b>	Wednesday Thursday	12:00 PM - 4:00 PM 1:00 PM - 4:00 PM	(L) (L)
Puzzlers Exchange	First Friday only— <b>May 6th</b>	10:30 AM - 11:00 AM	(L)
Sit and Fit	Monday Wednesday Friday	11:30 AM - 12:30 PM	(Z&L) (Z&L) (Z&L)
Spanish - Basic Beg.	Thursday	12:30 PM - 1:30 PM	(Z)
Tai Chi	Monday Friday	9:00 AM - 10:30 AM 8:30 AM - 10:00 AM	(Z&L) (Z&L)
Travel Club RSVP (954) 916-1675	Tuesday	11:15 AM - 12:15 PM	(Z)
<b>URBAN BIRDING WORKSHOP</b>	Monday <b>May 23rd</b>	12:30 PM - 1:30 PM	(L)
Volleyball <b>THURSDAY, MAY 5th Volleyball CANCELLED</b>	Thursday	1:00 PM - 3:00 PM	(L)
Walking Club <b>THURSDAY, MAY 5th Walking Club CANCELLED</b>	Monday, Tuesday, Thursday & Friday	9:30 AM - 10:00 AM	(L)
Water Aerobics	Monday Wednesday Friday	10:00 AM - 11:00 AM	Live (L)
Yoga	Monday Tuesday Wednesday	12:30 PM - 1:30 PM 12:45 PM - 1:45 PM 10:00 AM - 11:00 AM	(Z&L) (Z&L) (Z&L)
Zumba <b>THURSDAY, MAY 5th ZUMBA will be at the pool.</b>	Thursday	11:15 AM - 12:15 PM	(L)

**Urban Birding Workshop**  
Monday, May 23, 2022  
12:30 to 1:30pm



Make a bird garden starter in biodegradable pot.  
Learn how to certify your yard as an NWF wildlife habitat.  
Get a free tree seedling!  
Supplies limited to first 30 attendees.