



Senior Program

**JUNE
2022**

Zoom (Z)

Zoom & Live (Z&L)

Live (L)

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.



**The Community Center
will be closed
Monday, June 20, 2022
in observance of the
Juneteenth Holiday.**

PROGRAM	DAYS	TIME	TYPE
Adv Rubber Stamp	Thursday June 2nd & 16th & 30th	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 - 12:00 PM	(Z&L)
Chair Yoga	Thursday	11:30 AM - 12:30 PM	(Z&L)
	Friday	12:45 PM - 1:45 PM	(Z&L)
Happy Hookers	Monday	12:30 PM - 2:30 PM	(L)
Jazzercise	Monday	10:00 AM - 11:00 AM	(Z&L)
	Thursday		(Z&L)
Jazzercise	Tuesday	10:00 AM - 11:00 AM	(Z&L)
	Friday		(Z&L)
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)

PROGRAM	DAYS	TIME	TYPE
Pickleball - BEG	Monday & Wednesday	1:30 PM - 3:30 PM	(L)
Pickleball - INT/ADV	Tuesday & Friday	1:30 PM - 3:30 PM	(L)
Ping Pong	Wednesday	12:00 PM - 4:00 PM	(L)
	Thursday	1:00 PM - 4:00 PM	(L)
Puzzlers Exchange	First Friday only June 3rd	10:30 AM - 11:00 AM	(L)
Social Club	Thursday June 16th	1:00 PM - 2:00 PM	(L)
Sit and Fit	Monday	11:30 AM - 12:30 PM	(Z&L)
	Wednesday		(Z&L)
	Friday		(Z&L)
Spanish - Basic Beg.	Thursday	12:30 PM - 1:30 PM	(Z)
Tai Chi	Monday	9:00 AM - 10:30 AM	(Z&L)
	Friday	8:30 AM - 10:00 AM	(Z&L)
Travel Club RSVP (954) 916-1675	Tuesday	11:15 AM - 12:15 PM	(Z)
Volleyball	Thursday	1:00 PM - 3:00 PM	(L)
Walking Club	Monday, Tuesday, Thursday & Friday	9:30 AM - 10:00 AM	(L)
Water Aerobics	Monday Wednesday Friday	9:30 AM - 10:30 AM ****TIME CHANGE****	Live (L)
Yoga	Monday	12:30 PM - 1:30 PM	(Z&L)
	Tuesday	12:45 PM - 1:45 PM	(Z&L)
	Wednesday	10:00 AM - 11:00 AM	(Z&L)
Zumba	Thursday	11:15 AM - 12:15 PM	(L)

Tamarac Social Club The Social Club is back! Join us on **Thursday, June 16th at 1 pm** for a meet and greet and discussion of what the club will entail! Hope to see you here!

