



# Tampa City Center Newsletter

201 North Franklin Street • Tampa, FL 33602

[www.TampaCityCenter.com](http://www.TampaCityCenter.com)

**August 2019**

## PROPERTY MANAGEMENT

(813) 223-5008, Suite 1890

All emails: first name.last  
name@cushwake.com

Natalie Stoughton, Sr. Property Mgr  
Deborah Scott, Property Manager  
Abby Phillips, Property Administrator  
Kevin Norton, Chief Engineer  
Seymour Phillips, Asst. Chief Eng.  
Charles Hudnall, Lead Engineer  
Robert Shim, Engineer  
Chris Rogers, Engineer  
Gerald Michaels, Engineer  
Ken Adams, Maintenance Tech

## LEASING TEAM

(813) 223-6300, Suite 3300

Mercedes Angell  
Barry Oaks  
Lauren Coup



**CUSHMAN &  
WAKEFIELD**



## National Dog Day Basket

On August 26th we take a day to celebrate Man's best friend! With their acute sense of smell, excitement of meeting you at the door, becoming a part of your family—we truly understand how important they have become to our well-being. It's also a day to recognize how service dogs work on a professional and personal level. May you spend the 26th with your favorite hound or consider adopting a doggy that's been abandoned or abused. Our August Basket will feature special treats in honor of National Dog Day: August 21st-28th.

## Blood Drive

August 28th: 10:00am to 3:00pm  
Jackson Street

## Chair Massages

August 16th & 30th  
Suite 1840

10:30am-3:30pm

For appointments:

[Stacey@corporatemassagetampa.com](mailto:Stacey@corporatemassagetampa.com)

## Meditation Classes This Month!

August 20th & 27th, Suite 1840  
12:30pm-1:15pm, \$10.00/class

Meditation is commonly used for relaxation and stress reduction. It is considered a type of mind-body complementary medicine with emotional/medical benefits such as:

- Building skills to manage stress
- Increasing self-awareness
- Increasing patience/tolerance
- Anxiety, Asthma, Cancer, Chronic Pain
- Depression, Heart Disease, HBP, Sleeping



## Tenant Anniversaries

Wade Trim	1 Year
BBG	2 Years
Simon, Reed & Salazar	3 Years
EY	5 Years
U.S. Legal Support	24 Years
HOK	25 Years
Cushman & Wakefield	37 Years



## What's Happening at TCC

Mon/Wed	Yoga 12:30pm
Aug 21st-28th	Basket Drawing
Aug 20th & 27th	Meditation
Aug 28th	Blood Drive
Aug 16th & 30th	Chair Massages



## Building Amenities

### Concierge Services

- Conference-Room Reservations
- Movie-Ticket Sales
- Notary Services
- USPS-Stamp Sales
- Umbrella Checkout

### Dining (all 813 area code)

- Oasis Deli, 2nd FL, 223.3305
- Onaroll Sushi, 101-C, 400.1100
- Starbucks, Hilton Hotel across pedestrian bridge on 2
- 211 Restaurant & Lounge, Hilton

### Other Services

- Building Conference Rooms in Suite 225 and Suite 2870
- Unlock Tampa Bay Store, Lobby
- Florida Wellness Medical Group, 101-A, 229.2225
- Smile Design Dental, 101-E, 225.1204
- University Club, 38th FL, 223.3737
- Tampa Legal Copies, 228.6200
- Shoe Repair, Reina Shoe Repair, 228.8487
- Auto Detailing - 226.0654
- YMCA (10% discount)
- Franklin Street Cleaners & Alterations 225.5600



## Smile Design Dentistry in the Esplanade!

Welcome to Smile Design Dentistry here in Downtown Tampa! My name is Dr. Paradis Esfandiari and I enjoy practicing a comprehensive style of dentistry which includes a variety of dental treatment options from basic fillings to more advanced root canals, crowns and dentures. **We are offering a \$29 New Patient Special -**

**Exam, X-Rays, Consultation.** Smile Design Dentistry is also a Gold Level Invisalign Provider and are proud to serve the Tampa Bay Area. Our staff strives daily to accommodate the needs of the working clientele located in our surrounding outreach. We are always open to see patients through lunch hours every day, and we utilize Wednesday evenings to see patients until 6 pm. Please do not hesitate to stop by Smile Design Dentistry for a consultation to discuss all of your dental needs in our friendly, gentle and efficient office environment.

## Back to School Tax Exemption

The five-day back to school sales tax exempt period is August 2nd-6th. Please use this link to see what items are applicable:

<https://www.positivelyosceola.com/florida-announces-dates-for-the-2019-back-to-school-sales-tax-holiday>

## Free Weekly Fitness Classes in the Park

Tampa Downtown Partnership hosts free evening classes offered in the picturesque setting of Curtis Hixon Waterfront Park.

### **VKNG DRIP – Mon., 6:00 pm**

VKNG DRIP is a fun, high energy circuit class that infuses one of the best cardio movements out there, DANCE. Up your game in this dance-based functional and strength training class which combines easy to follow moves and circuit exercise. It's a total body dance based workout designed to tone your body from head to toe!

### **Zumba in the Park – Tues., 6:00 pm**

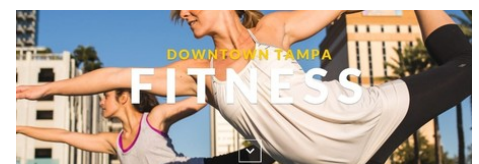
In partnership with the Downtown YMCA, instructor Meagan Simmons leads all ages of attendees in Zumba, a Latin-inspired dance and cardio workout.

### **Bamboozle Fit Club – Wed., 6:00 pm**

Urban Sweat Shop and Bamboozle Café lead a cross-fit/boot camp style class for all experience levels. Many attendees arrive in groups and follow their workout at Bamboozle Café for healthy dinner menu items.

### **Yoga in the Park – Sunday, 6:00 pm (Daylight Saving Time), 5:00 pm (Winter Hours)**

In operation since 2010, Yoga in the Park is led by a professional instructor. Every Sunday, attendees fill the terraces of Curtis Hixon Waterfront Park for the free yoga class.





## Spotlight on Safety

### Loading Dock Parking Lot Safety

Safety is number one here at the Tampa City Center. When accessing the Loading Dock area from either Florida Ave., Ft. Brooke Garage or Poe Plaza, please do not walk through the middle of the drive, behind vehicles or in front of the loading bay doors. We ask that all pedestrians utilize the sidewalks to get through the Loading Dock parking area. If you are accessing the building, please enter through the 1st floor entrances located in Poe Plaza or on Jackson St. Thank you for assisting in keeping yourself safe.

### Saunter in the Center

When walking in a park or on an outdoor trail, stay in the center of footpaths and avoid any grassy or wooded areas that surround the paths. Brushing up against tall grasses and brush can put you in contact with ticks and insects.



### Wi-Fi in the Lower Lobby

As you chat in the first floor lobby, we hope you are able to utilize the Wi-Fi. The credentials are listed below:

- tampa one city center
- tccw9573



### Some Recycling Facts

- More than 60% of the rubbish that ends up in trash bins can be recycled.
- Around 16% of the cost of a product is spent on its packaging which is completely wasted if not disposed of properly.
- 80% of a vehicle can be recycled.
- Aluminum cans can be recycled completely and put to use in a short time.
- Glass can be recycled 100%.
- Glass products which end up in landfills do not decompose at all.
- It has been observed that 24 trees are cut down to make one ton of paper.
- On the contrary, recycled paper is proven to create 70% less pollution compared to normal non-recycled material paper production.
- Plastics, which can often be recycled, take around 500 years to decompose.
- One recycled tin can saves enough energy to power a television for 3 hours.
- 70% less energy is utilized to recycle paper compared to making it from raw materials.
- Similarly, when you recycle one glass bottle, it can save enough energy to power a personal computer for 25 minutes.

"In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful."

Alice Walker

### Wit & Wisdom

"I look on life as a joyous adventure."  
—Ernie Harwell

"Instead of trying to make your life perfect, give yourself the freedom to make it an adventure, and go ever upward."  
—Drew Houston

"The biggest adventure you can take is to live the life of your dreams."  
—Oprah Winfrey

"We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open."  
—Jawaharlal Nehru

"It's never too late in life to have a genuine adventure."  
—Robert Kurson

"Adventure is not outside man; it is within."  
—George Eliot


"Keep reading. It's one of the most marvelous adventures that anyone can have."  
—Lloyd Alexander

"You must go on adventures to find out where you truly belong."  
—Sue Fitzmaurice

"Adventure is worthwhile in itself."  
—Amelia Earhart

"Adventure isn't hanging on a rope off the side of a mountain. Adventure is an attitude that we must apply to the day-to-day obstacles of life."  
—John Amatt

## August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August				1	2 Boris Lebedinsky Classical Guitar	3
4	5 *Yoga 12:30pm Suite 1840 *Joe Lombardo Piano	6	7 Yoga 12:30pm Suite 1840	8	9 Ken Haelsig Piano	10
11	12 *Yoga 12:30pm Suite 1840 *Cynthia Creel Piano	13 Andrei Cheine Piano	14 Yoga 12:30pm Suite 1840	15 	16 *Chair Massages Suite 1840 10:30am-3:30pm *Lorna Anderson Piano	17
18	19 *Yoga 12:30pm Suite 1840 *Boris Lebedinsky Classical Guitar	20 Meditation Class Suite 1840 12:30pm-1:15pm	21 Yoga 12:30pm Suite 1840	22	23 Andrei Cheine Piano	24
25	26 *Yoga 12:30pm Suite 1840 *Ken Haelsig Piano	27 *Meditation Class Suite 1840 12:30pm-1:15pm *Cynthia Creel Piano	28 *Yoga 12:30pm Suite 1840 *Blood Drive 10:00am	29	30 Chair Massages Suite 1840 10:30am-3:30pm	31



**LOCAL events**  
explore | go | enjoy

### August 2019

**Through Aug. 18**  
**"Ancient and Modern Glass From the Permanent Collection"**  
Tampa Museum of Art  
[www.TampaMuseum.org](http://www.TampaMuseum.org)

**Through Aug. 18**  
**"Fun Home"**  
Raymond James Theatre  
St. Petersburg  
[www.AmericanStage.org](http://www.AmericanStage.org)

**Aug. 5-7**  
**Tampa Bay Rays vs. Toronto Blue Jays**  
Tropicana Field  
St. Petersburg  
[www.MLB.com/rays](http://www.MLB.com/rays)

**Aug. 15**  
**Umphey's McGee With Magic City Hippies**  
Jannus Live  
St. Petersburg  
[www.JannusLive.com](http://www.JannusLive.com)

**Aug. 25**  
**Tea for Tots**  
The Oxford Exchange  
[www.VisitTampaBay.com](http://www.VisitTampaBay.com)

**Aug. 29**  
**Beck and Cage the Elephant**  
MidFlorida Credit Union Amphitheatre  
[www.MidFloridaCreditUnionAmphitheatre.org](http://www.MidFloridaCreditUnionAmphitheatre.org)

**Tampa**

Events, dates and venues are subject to change.