



Tampa City Center Newsletter

201 North Franklin Street • Tampa, FL 33602

www.TampaCityCenter.com

February 2020

PROPERTY MANAGEMENT

(813) 223-5008, Suite 1890

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

Natalie Stoughton, Sr. Property Mgr
Deborah Scott, Property Manager
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**



Valentine's Day Shopping in Lobby

To make your Valentine's Day shopping easier, we've invited the following shops to our lobby:

- Erika Williner - featuring jewelry
- Nothing Bundt Cakes - featuring bundt cakes
- The Healing Dragonfly - featuring Doterra products

Valentine's Basket

Celebrating with your sweetheart should be a real treat if you're the winner of this month's Valentine's Day Basket. You'll need to enter the drawing at the Security Desk beginning February 6th through February 13th.

Blood Drive

The Bloodmobile returns February 25th at 10:00am to 3:00pm. "Have a Heart" and donate blood!



Valentine Sweets

Let us show you our appreciation! We'll be providing gourmet treats as a special indulgence for our tenants on Friday, February 14th. The goodies will be available at 1pm to 3pm (or the goodies run out). Meet us at the Security Desk to experience a little luxury for the holiday.



Tenant Anniversaries

Gray Robinson 14 Years
Keytrade 8 Years
Musetta & Assoc. 8 Years
B&W Structural Designs 5 Years



At TCC in February

Mon & Wed Yoga 12:30pm
Feb. 6th-13th Basket Drawing
Feb. 6th & 20th Meditation
Feb. 12th Valentine's Shopping Lobby
Feb. 14th & 28th Chair Massages
Feb. 14th Treats in Lobby
Feb. 17th Presidents Day
Feb. 25th Blood Drive



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

December Christmas Basket Winner

Congratulations to Kadian Douglas with CLA for winning the December Season's Greetings Basket.



3 Things You Need to Know

It is well-known that red roses are a symbol of love, but what about some of the other rose colors?

- 1) Ivory indicates charm and thoughtfulness.
- 2) Purple roses are a sign of enchantment and fascination.
- 3) Give dark pink roses to show gratitude and appreciation.



The Fragrance of Roses

"Stop and smell the roses" may be healthy advice in so many more ways than just appreciating one's journey through this life. Its delicate scent can produce a relaxing effect. Rose extracts, often used in beauty products, have anti-inflammatory properties that help soothe dry, irritated skin. And German researchers found that sleepers who were exposed to the smell of roses experienced pleasant dreams.

Super Bowl Cruise With Carnival Paradise From Tampa

February 1st - February 5th
12:00 pm - 9:00 am

Port Tampa Bay Cruise Terminal - 2,
Tampa, 33602

Calling all football fanatics and cruise lovers! It's a rare treat that your favorite team makes it to the Super Bowl! If you're not in the stadium celebrating, consider taking advantage of the Port Tampa Bay Cruise Ship Carnival Paradise and watch it on the big screen while on your getaway jaunt with some of your newest 2100 friends and root your way through the game! It's the easiest party possible, no food preparation, someone else serves you (and cleans up!) and better yet, no driving! If you don't watch football, no worries, there is still plenty for you to do. Here's a link to this exclusive Super Bowl Cruise [https://](https://www.splendorvacations.com/rw/cruise/85456)

[www.splendorvacations.com / rw/cruise / 85456](https://www.splendorvacations.com/rw/cruise/85456) The discounted rates are limited, so you'll need to get them quickly of find that the rates have increased. Don't miss the boat to the Caribbean vacation of your dreams!

Riverwalk Sweet N' Spicy Festival

February 8th

Water Works Park, Downtown Tampa
1710 N. Highland Ave. 813-451-7936
10:00am-7:00pm

Who doesn't love checking out piquant, tangy, tasty and flavorful cuisines? Tampa Bay's Sweet N' Spicy Festival brings a seasoned sauce to tempt your taste buds. Check out the food trucks, food tents, and locally-crafted small batch artisan fare along with local business interests and a marketplace specializing in local crafts.



Art Spot at Tampa Museum of Art

February 1, 2020 (recurring Saturdays until 12/26/20)

11:00am-2:00pm

120 Gasparilla Plaza, Tampa

Bring your little ones and join us for an afternoon full of art! Art Spot offers a free, drop-in art making activity based on current exhibitions at the Tampa Museum of Art. Facilitated by local artists and experienced art instructors, these projects are great for all ages and skill levels, and provide an introduction to the art displayed in the galleries.



Reduce, Reuse, Recycle

Looking for a unique gift which is as special as the person you care for? Surprisingly you may not think of an Estate piece of jewelry as a first choice; but there are several reasons why you may want to consider seeking out a unique piece. 1) Price points for Estate jewels span from very budget friendly to some of the most expensive jewelry possible. The most Expensive Jewelry Sold at Auction belonged to Elizabeth Taylor at over \$115 million dollars in 2011. 2) Unique Estate jewels can be purchased from your local jeweler here in downtown Tampa or even at Neiman Marcus in the International Mall. 3) Planet Friendly! Mining gold and diamonds contributes to environmental problems such as pollution and erosion. Instead of buying something new; check out an earth friendly option!



One Minute Chef

Chocolate Cherry Thumbprints

Ingredients:

- 1 cup butter, softened
- 2 cups sugar
- 2 eggs
- 2 teaspoons vanilla
- 3 cups flour
- 1 cup cocoa
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 can (21 ounces) cherry fruit filling
- 1/2 cup chocolate chips

Directions:

Heat oven to 350° F.

Cream butter and sugar until light and fluffy. Mix in eggs, one at a time. Add vanilla and mix until combined. Add flour, cocoa, salt, baking soda and baking powder. Mix until combined.

Roll dough into 2-inch balls. Place on greased baking sheet or baking sheet lined with parchment paper. Press thumb into center of each cookie to make a well. Spoon cherries into each cookie.

Bake for 12 minutes. Allow cookies to cool.

Melt chocolate chips according to package directions. Drizzle over cookies. Let chocolate set and serve immediately or store in airtight container.

More recipes at www.LuckyLeaf.com.



Wit & Wisdom

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”

—Joseph Addison

“Be healthy and take care of yourself, but be happy with the beautiful things that make you, you.”

—Beyoncé

“The root of all health is in the brain. The trunk of it is in emotion. The branches and leaves are the body. The flower of health blooms when all parts work together.”

—Kurdish proverb

“A healthy outside starts from the inside.”

—Robert Urich

“I do try to eat lots of salads and healthy foods. But cakes are healthy, too; you just eat a thin slice.”

—Mary Berry

“Good health is a duty to yourself, to your contemporaries, to your inheritors, to the progress of the world.”

—Gwendolyn Brooks

“Keep your vitality. A life without health is like a river without water.”

—Maxime Lagacé

“Eat healthily, sleep well, breathe deeply, move harmoniously.”

—Jean-Pierre Barral


“Treasure the love you receive above all. It will survive long after your good health has vanished.”

—Og Mandino

“Happiness is nothing more than good health and a bad memory.”

—Albert Schweitzer

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 FEBRUARY 						1
2	3 *Yoga 12:30pm Suite 1840	4	5 *Yoga 12:30pm Suite 1840	6 Meditation 12:00pm-12:45pm Ste 1840 Basket Drawing Begins	7	8
9	10 *Yoga 12:30pm Suite 1840	11 	12 *Yoga 12:30pm Suite 1840 *Valentine's Shopping Lobby	13 Basket Drawing Ends	14 *Treats in Lobby *Chair Massages 10:30am-3:30pm Suite 1840	15
16	17 Presidents Day *Yoga 12:30pm Suite 1840	18	19 *Yoga 12:30pm Suite 1840	20 Mediation 12:00pm-12:45pm Ste 1840	21 	22
23	24 *Yoga 12:30pm Suite 1840	25 *Blood Drive	26 *Yoga 12:30pm Suite 1840	27	28 *Chair Massages 10:30am-3:30pm Suite 1840	29



LOCAL
events
explore | go | enjoy

Through Feb. 23
"International Miniature Art Show"
 Dunedin Fine Art Center
www.DFAC.org

Feb. 4
Tampa Bay Lightning vs. Vegas Golden Knights
 Amalie Arena
www.NHL.com/lightning

Feb. 7
Billy Joel
 Amalie Arena
www.AmalieArena.com

Feb. 13
Masters of Illusion
 Ruth Eckerd Hall
www.RuthEckerdHall.com

Feb. 20-March 6
"Brigadoon"
 Francis Wilson Playhouse
 Clearwater
www.FrancisWilsonPlayhouse.org

Feb. 28
"Wild Kratts Live!"
 The Mahaffey Theater
 St. Petersburg
www.MahaffeyTheater.com

Tampa

Events, dates and venues are subject to change.