



# TAMPA CITY CENTER

201 North Franklin Street • Tampa, FL 33602

**September 2024**

## BANYAN STREET CAPITAL

**PROPERTY MANAGEMENT**  
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Barry Oaks  
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## CRISTO REY TAMPA HIGH SCHOOL

Banyan Street Capital will partner with Cristo Rey High School for the 2024 - 2025 Cristo Rey Corporate Work Study Program. Through the program, students receive a private, college preparatory education while gaining invaluable real-world work experience from leading corporations and nonprofit organizations in the Tampa Bay area. Students work five full days each month with the school's Partners, who are committed to enriching the lives of the students via coaching, mentoring, and supervision. This distinctive approach to education equips students with the knowledge and skills to transform their lives through rigorous academics, four years of work experience, and support to and through college.



### TAMPA CITY CENTER BEE DOWNTOWN EVENT

The Banyan Street Capital Property Management Team invites you to join them for a "sweet" and savory treat on Thursday, September 12th from Noon - 1:00 pm in the second floor lobby. Bee Downtown will be hosting a one-of-a kind honey and cheese pairing experience where you'll be able to enjoy tantalizing honey and cheese pairings that are sure to delight your palate, all while learning about how honey is made by your bees on site.



**LABOR DAY HOLIDAY**  
The Tampa City Center Management Office will be closed on Monday, September 2nd, in observance of Labor Day.



United Trust Bank ..... 2 yrs  
Visit Tampa Bay ..... 7 yrs  
Florida Wellness ..... 19 yrs  
Macfarlane Ferguson ..... 20 yrs



The first day of Fall is Sunday, September 22nd.

**FOLLOW US ON INSTAGRAM**



**Building Amenities**

- Bicycle Locker Room
- Chair Massage Therapy
- Concierge Services
- Downtown Backyard Market
- First Horizon Bank
- Florida Wellness Medical Group
- Franklin Street Cleaners
- Monthly Gift Basket Drawings
- Reina Shoe Repair
- Smile Design Dental
- Tampa Legal Copies
- Tenant Appreciation Events
- Tenant Conference Center
- Unlock Tampa Bay Gift Shop
- YMCA
- Yoga & Meditation

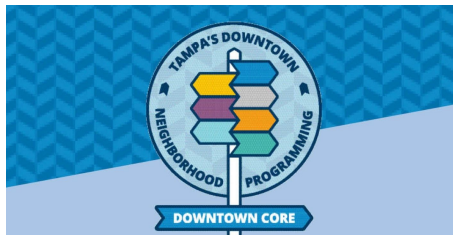
**Retail**

- OnARoll Sushi
- Santos Kitchen & Lounge
- Starbucks/Hilton Hotel
- The Blind Tiger Cafe
- University Club



**AUGUST GIFT BASKET WINNER**

Congratulations go to Mishelle Jemison with Butler Boyd, Suite 2800.



**DOWNTOWN'S BACKYARD MARKET**

The Downtown's Backyard Market is Thursday, September 12th, from 2:30 pm - 5:30 pm on the Esplanade. Discover a hidden oasis of farm-fresh goodness, right in the heart of the Downtown Core. Downtown's Backyard Market is your go-to destination for a taste of the countryside, conveniently located in the hustle and bustle of the city. Stroll through our vibrant market, where the aroma of freshly picked produce and the chatter of eager shoppers fill the air.



**FAMILY FALL FEST**

Come and celebrate the start of Fall on Sunday, September 22nd, from 11:00 am - 3:00 pm at Family Fall Fest in Water Works Park! This year's event will feature local businesses and family resources providing interactive exhibits, giveaways, swag bags, face painting, balloons for the kids, and, of course, great food and entertainment make this a wonderful way to spend the day! This event is free for the whole family.

**CORPORATE MASSAGE OF TAMPA**  
*On-Site Relief for Stress and Pain*

**CHAIR MASSAGE THERAPY**

On-Site Chair Massage Therapy is scheduled on Thursday, September 12, 11:00 am-3:00 pm in Suite 2100. To book your appointment, contact stacey@corporatemassagetampa.com.

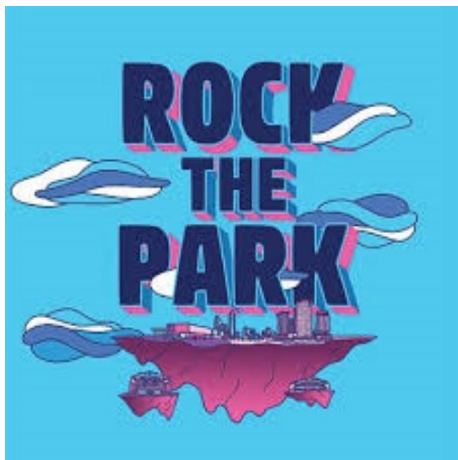


Yoga & Meditation is every Thursday, from 12:30 pm - 1:30 pm in Suite 350 (location subject to change).



### ENVIRONMENTAL ADVICE

Here are a couple of ways to keep reading your magazines and save trees at the same time. Consider [www.Zinio.com](http://www.Zinio.com), which provides tons of magazine selections (for a cost) via digital publishing. Another avenue is [www.AccessMyLibrary.com](http://www.AccessMyLibrary.com), where all it takes is a library card and a library that is part of the program. It allows you to read thousands of publications online for free. How does all of this help save trees? According to Co-Op America, 70 percent of newsstand magazines go unsold, which equals about 35 million trees that were chopped down to produce them.



Downtown Tampa's Rock the Park will be on Thursday, September 5th, from 6:30 pm - 9:30 pm in Curtis Hixon Park. Rock the Park is a free, monthly music series that showcases Central Florida's musical talents of all genres. This is a family and pet-friendly event.



## Featured Recipe

### Flavorful Fall Coffees

Enjoy some seasonal sips with these coffee recipes!

#### Maple Vanilla Latte

##### Ingredients:

- 1 1/2 cups milk, divided
- 1/2 cup strong-brewed French vanilla coffee
- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla extract
- Ground cinnamon, to taste

##### Directions:

Heat 1 cup of milk. Pour coffee into mug and top with warm milk.

Stir in maple syrup, vanilla extract and cinnamon. Use a milk frother to foam remaining milk. Add frothed milk to mug.

#### Salted Caramel Iced Coffee

##### Ingredients:

- 1/2 cup caramel-flavored coffee, chilled
- 1 cup milk
- 1/2 cup ice
- Caramel sauce
- 1 pinch sea salt

##### Directions:

Stir together chilled coffee and milk. Pour over ice in a tall glass. Drizzle caramel sauce on top of coffee and sprinkle with sea salt.

*Find more recipes at [EightOClock.com](http://EightOClock.com).*



### Wit & Wisdom

"Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it."

—Greg Anderson

"The journey between what you once were and who you are now becoming is where the dance of life really takes place."

—Barbara de Angelis

"If you're here right now in your life, your journey continues and you've lived to tell the story."

—Mary J. Blige

"When you set out on a journey and night covers the road, that's when you discover the stars."

—Nancy Willard

"I am no longer afraid of becoming lost, because the journey back always reveals something new."

—Billy Joel

"The beautiful journey of today can only begin when we learn to let go of yesterday."

—Steve Maraboli

"Peace is a journey of a thousand miles, and it must be taken one step at a time."

—Lyndon B. Johnson

"When we are sure that we are on the right road, there is no need to plan our journey too far ahead."

—Orison Swett Marden

"Sometimes, reaching out and taking someone's hand is the beginning of a journey. At other times, it is allowing another to take yours."

—Vera Nazarian

## September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Labor Day</b>	3	4	5 Yoga 12:30 pm - 1:30 pm Suite 350 Rock the Park 6:30 pm - 9:30 pm Curtis Hixon Park	6	7
8	9	10	11	12 Yoga 12:30 pm - 1:30 pm Suite 350 Downtown's Backyard Market 2:30 pm - 5:30 pm Esplanade	13	14
15	16	17	18	19 Yoga 12:30 pm - 1:30 pm Suite 350	20	21
22 Family Fall Fest 11:00 am - 3:00 pm Water Works Park	23	24	25	26 Yoga 12:30 pm - 1:30 pm Suite 350	27	28
29	30	<i>September</i>				

# "This Month In History"

## SEPTEMBER

**1919:** Crowds gather in New York City to welcome home Gen. John J. Pershing and 25,000 soldiers of the American Expeditionary Forces who fought in World War I.

**1949:** The Ladies Professional Golf Association is formed with 13 founding players.

**1953:** With 32 lanes, the world's first four-level highway interchange opens in Los Angeles. Half a million vehicles travel it every day.

**1969:** "Ruh-roh!" The Saturday morning cartoon lineup gets a new addition when the mystery-comedy series "Scooby-Doo, Where Are You!" premieres.

**1978:** After years of lobbying, National Grandparents Day is officially observed for the first time.

**1985:** An American-French expedition locates the wreckage of the long-lost sunken ocean liner Titanic off the coast of Newfoundland, Canada.

**1998:** Internet search engine Google is founded.

**2008:** After its move to Oklahoma City, the NBA team the Seattle SuperSonics is renamed the Thunder.

**2020:** Sales stats show that music fans are buying more vinyl records, outselling CDs for the first time in decades.