



**January 2025**

**BANYAN STREET CAPITAL  
PROPERTY MANAGEMENT**

Gina Karnes, Senior Property Manager  
Erica Delaney, Sr. Assistant Property Manager  
Albert Estrada, Chief Building Engineer

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

**CUSHMAN & WAKEFIELD  
LEASING TEAM**

Mercedes Angell  
Barry Oaks  
Marissa Angell



**TAMPA  
CITY CENTER**

201 North Franklin Street • Tampa, FL 33602



**TOBY WINNER**

One Tampa City Center is pleased to announce it is the recipient of the BOMA Greater Tampa Bay TOBY Award (The Office Building of the Year) in the Earth category.

Did you know? One Tampa City Center was one of the first buildings in the Tampa central business district to implement a recycling program and over the years, followed by many additional initiatives. One Tampa City Center's building ownership and management team are committed to preserving and enhancing the internal and external environment through green and sustainable programs due to the significant impact office buildings have on the environment

and the many convergent communities inside and outside the space.

This award is given to those office buildings that best demonstrate the successful application of a wide range of environmental sustainability and ESG (Environmental, Social, and Corporate Governance) practices and policies that identify, measure, mitigate and communicate these impacts. One Tampa City Center is LEED EB Gold, ARC, Fitwell 2 and Energy Star certified and holds a BOMA 360 designation.



Blind Tiger .....	3 yrs
Dinsmore .....	5 yrs
Spencer Fane .....	6 yrs
Deloitte .....	9 yrs
Smile Design Dentistry .....	9 yrs
CDW Direct .....	10 yrs
Butler & Boyd .....	13 yrs
Morgan & Morgan .....	18 yrs
University Club .....	43 yrs



The Management Office will be closed on Monday, January 20th, in observance of Martin Luther King Day.

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

**CHAIR MASSAGE THERAPY**

On-Site Chair Massage Therapy is on Thursday, January 16th, from 11:00 am- 3:00 pm in Suite 2100. To book your appointment, please go to [corporatemassagetampa.com](http://corporatemassagetampa.com).



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



### Tampa City Center Amenities

Bicycle Locker Room  
Chair Massage Therapy  
Concierge Services  
Downtown's Backyard Market  
First Horizon Bank  
Florida Wellness Medical Group  
Franklin Street Cleaners  
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

### HOLIDAY BREAKFAST



Gather ye little mates for a memorable day of family fun at the Children's Gasparilla Parade on Saturday, January 18th, from 12:00 pm - 7:30 pm along Bayshore Boulevard. It's a full day of daring adventure you won't want to miss! For more information, please go to [gasparillapiratefest.com](http://gasparillapiratefest.com).



The Gasparilla Pirate Fest is Saturday, January 25th, from 9:00 am - 10:00 pm, in downtown Tampa. Join thousands of revelers as Ye Mystic Krewe of Gasparilla celebrates capturing the key to the City with a Parade down Bayshore Boulevard. Go to [gasparillapiratefest.com](http://gasparillapiratefest.com) for more details.



**REDUCE  
REUSE  
RECYCLE**

### BE GREEN WITH GREETINGS

Exchanging cards with family and friends is a holiday tradition. When the season is over, give the greetings a new life by donating them to a charity. In addition to keeping the cards out of a landfill, they will be repurposed and sold to benefit a worthy cause. To find out more, search online using the keywords "recycling greeting cards."



### ANGEL TREE TOY PROGRAM

Thank you to everyone who donated gifts to the Angel Tree Program. Your generosity is greatly appreciated.

## HEALTHY FAMILY FAIR

### HEALTHY FAMILY FAIR

The Healthy Family Fair will be held on Sunday, January 26th, from 11:00 am - 3:00 pm, at Water Works Park. This event is to educate and celebrate all areas of health, wellness and safety for you and your family in every stage of life. This is a FREE event.

### DOWNTOWN'S BACKYARD MARKET

at Tampa City's Esplanade  
2nd Thursday, Monthly

Tampa's Downtown's Backyard Market is Thursday, January 9th, from 12:00 pm - 4:30 pm on the Esplanade.



## Featured Recipe

### Mixed Berry Whole-Wheat Muffins

Reach for these healthy, hearty muffins for breakfast or a midday snack.

#### Ingredients:

- 1 1/4 cups whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 large egg
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 cup plain nonfat Greek yogurt
- 3/4 cup unsweetened applesauce
- 1/2 cup chopped strawberries
- 1/2 cup blueberries

#### Directions:

Preheat oven to 400° F. Grease muffin pan and set aside.

In a medium bowl, whisk together flour, baking powder, baking soda and salt. In a separate large bowl, mix egg, maple syrup, vanilla, yogurt and applesauce.

Add dry ingredients to wet ingredients and stir until just combined. Fold in strawberries and blueberries.

Pour batter into muffin tins, filling each cup about 3/4 full.

Bake 15 minutes, until tops are golden brown and toothpick inserted in center comes out clean. Cool for 5 minutes in tin before removing.

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



### Wit & Wisdom

"To bring anything into your life, imagine that it's already there."

—Richard Bach

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."

—Robert Brault

"Perhaps imagination is only intelligence having fun."

—George Scialabba

"Memory has thousands of eyes staring into the experiences of the past, while imagination peers into every corner of the universe."

—James Lendall Basford

"Success is when reality catches up to our imagination."

—Simon Sinek

"Embrace your fear. Imagine what you're most afraid of, touch it and hold it so that you rob it of its power."

—Maria Ressa

"Never be limited by other people's limited imaginations."

—Mae Jemison

"Imagination does not become great until human beings, given the courage and the strength, use it to create."

—Maria Montessori

"If you fall in love with the imagination, you understand that it is a free spirit. It will go anywhere, and it can do anything."

—Alice Walker

"Let your imagination take you wherever you want to be."

—Bob Ross

## January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1	2 Yoga 12:30 pm - 1:30 pm Suite 350	3	4
5	6	7	8	9 Yoga 12:30 pm - 1:30 pm Suite 350 Downtown's Backyard Market 12:00 pm - 4:30 pm Esplanade	10	11
12	13	14	15	16 Chair Massage Therapy 11:00 am - 3:00 pm Suite 2100 Yoga 12:30 pm - 1:30 pm Suite 350	17	18 Children's Gasparilla Parade 12:00 PM - 7:30 PM Bayshore Boulevard
19	20 REMEMBER HIS DREAM MLK JR. DAY	21	22	23 Yoga 12:30 pm - 1:30 pm Suite 350	24	25 Gasparilla Pirate Fest 9:00 AM - 10:00 PM Downtown Tampa
26 Healthy Family Fair 11:30 AM - 3:00 PM Water Works Park	27	28	29	30 Yoga 12:30 pm - 1:30 pm Suite 350	31	

## "This Month In History" JANUARY

**1901:** The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

**1938:** Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and Black musicians performed together on a U.S. stage.

**1943:** Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

**1953:** Chevrolet debuts its new sports car, the Corvette.

**1986:** James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

**1994:** American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

**2006:** An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

**2010:** Apple introduces its first iPad, a touch-screen tablet computer.

**2019:** A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.