



TAMPA CITY CENTER

201 North Franklin Street • Tampa, FL 33602

August 2025

BANYAN STREET CAPITAL

BANYAN STREET CAPITAL PROPERTY MANAGEMENT

Gina Karnes, Senior Property Manager
Erica Delaney, Property Manager

www.TampaCityCenter.com

CUSHMAN & WAKEFIELD LEASING TEAM

Mercedes Angell, Managing Director,
Office Brokerage
Barry Oaks, Senior Director, Office
Brokerage
Marissa Angell, Associate, Office
Leasing



WELLNESS MONTH

AUGUST IS NATIONAL WELLNESS MONTH

National Wellness Month is celebrated in August and encourages individuals to prioritize self-care and build healthy routines for their mental, physical, and emotional well-being. It promotes activities like hydration, movement, and mindfulness to help people focus on their overall health.

Join Tampa City Center in celebrating on Thursday, August 21, from 11:30 am - 1:30 pm by visiting vendors on the second floor lobby, learning more about Tampa City Center's Fitwel Certification and more!



TENANT SPOTLIGHT OF THE MONTH

ONaROLL Sushi, located on the Esplanade, has something for every taste. At ONaROLL Sushi, they want to develop a concept that demystifies the art of Sushi for everyone by making it accessible and affordable without compromising the integrity of the cuisine. Breaking away from the traditional Sushi restaurant concept, ONaROLL offers a more mainstream approach to enjoying Sushi. They use only the freshest local produce and start FRESH every morning. The possibilities are endless! Visit onarollsushiandthai.com for more information.



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



Cushman & Wakefield 43 yrs

oneblood

Share your power.

Tampa City Center will host a Blood Drive on Tuesday, August 19, from 10:00 am - 3:00 pm. Visit oneblood.org to schedule an appointment.



Tampa City Center Amenities

- Bicycle Locker Room
- Chair Massage Therapy
- Concierge Services
- Downtown's Backyard Market
- First Horizon Bank
- Florida Wellness Medical Group
- Smile Design Dental
- Tampa Legal Copies
- Tenant Appreciation Events
- Tenant Conference Center
- Unlock Tampa Bay Gift Shop
- YMCA
- Yoga & Meditation

Retail

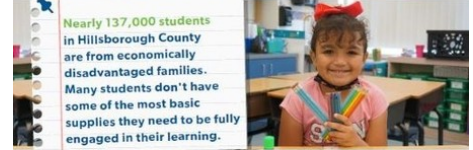
- OnARoll Sushi
- Santos Kitchen & Lounge
- Starbucks/Hilton Hotel
- The Blind Tiger Cafe
- University Club



VISIT TAMPA BAY

Planning your next vacation? Are you ready to book tours or buy tickets for top attractions? You've come to the right place! Visit Tampa Bay is your ultimate online destination to easily find and purchase tickets for Tampa Bay's best tours, attractions, and activities. Start exploring today and make the most of your visit! Unlock endless adventure, culture, and history at some of Tampa's most unique attractions for one low price with the Tampa Riverwalk Attraction Pass. Want to explore on your own and visit the best attractions in Tampa Bay? Tampa Bay CityPASS is the hottest ticket at the coolest price. For more information, please go to visittampabay.com.

ERASE THE NEED



Join our School Supply Drive

Drop off items in lobby between July 7 - July 18



TOP 20 MOST-NEEDED SCHOOL SUPPLIES
Please consider donating the following new items:

Backpacks	Highlighters	Pencils
Binders (1 & 2-inch)	Index Cards	Pencil Boxes
Colored Pencils (12 Count)	Markers (Dry Erase & Washable)	Pencil Sharpeners
Composition Books	Mechanical Pencils	Pocket Folders
Crayons (24 Count)	Notebook/Filter Paper	Rulers
Erasers (Cap & Pink)	Paper (Copy, Construction & Graph)	Scissors
Glue (Bottles & Sticks)		Spiral Notebooks

BACK-TO-SCHOOL SUPPLIES DRIVE

Thank you to all those who donated to the Back-to-School Supplies Drive. Your generosity is greatly appreciated.



Downtown's Backyard Market is Thursday, August 14, from Noon - 4:30 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 the vibrant market, where the aroma of freshly picked produce and the chatter of eager shoppers fill the air.



DOWNTOWN MUSIC SERIES

Rock the Park, downtown Tampa's FREE monthly music series showcasing musical talents of all genres is Thursday, August 7, from 6:30 pm - 9:30 pm, in Curtis Hixon Park.



DEAL OF THE MONTH

Did you know that most recycling centers will not accept your old videotapes, CDs or DVDs? Yet, if you toss them in the garbage, they can take up to 450 years to decompose in a landfill. Instead, donate these items to ACT (Alternative Community Training), a nonprofit agency that employs people with disabilities. The organization's staff erases data from videotapes, computer disks, CDs, DVDs and similar products and sells them at a much lower cost than you will find in your local computer store. They also sell recycled CD and DVD cases. ACT 100 percent guarantees its products. When you purchase from ACT, you provide adults with disabilities a sense of pride and self-worth, while being environmentally conscious. Details: www.ActRecycling.org.



TAMPA BAY COMIC CONVENTION

The Tampa Bay Comic Convention is August 1 - 3, at the Convention Center. Connect with fans, celebrities, authors, artists, and more during this 3-day event. For more information, visit tampabaycomicconvention.com.

Featured Recipe

Maple Apple Grilled Cheese

Chow down on this crunchy, gooey grilled cheese during National Sandwich Month. This classic comfort food pairs perfectly with soup or fresh apple slices.

Ingredients:

- 1/4 cup maple syrup
- 1/4 teaspoon apple pie spice
- 3 tablespoons butter
- 8 slices whole-wheat bread
- 8 slices sharp cheddar cheese (1-ounce slices)
- 1 medium Golden Delicious apple, cored and cut into 16 thin slices
- 4 slices cooked bacon, coarsely chopped

Directions:

Mix maple syrup and apple pie spice. Set aside.
Butter one side of each bread slice. Layer two slices of cheese and four slices of apple on each of four bread slices with buttered side down. Sprinkle with chopped bacon, then drizzle with maple syrup mixture. Top with remaining bread slices with buttered side up.

Place sandwiches in large skillet or griddle on medium-low heat. Cook 3 to 4 minutes per side, or until bread is browned and cheese is melted. Cook in batches, if necessary.

Find more recipes at www.McCormick.com.



Wit & Wisdom

“Let us dare to dream and shoot for the moon. Even if we don’t fetch the moon, a million stars may fill us with wonder.”
—Erik PeVERNAGIE

“Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy.”
—Albert Einstein

“Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious.”
—Stephen Hawking



“I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet.”
—Jack London

“Dwell on the beauty of life. Watch the stars, and see yourself running with them.”
—Marcus Aurelius

“Those are the same stars, and that is the same moon, that look down upon your brothers and sisters, and which they see as they look up to them, though they are ever so far away from us, and each other.”
—Sojourner Truth

“I see myself as a huge fiery comet, a shooting star. Everyone stops, points up and gasps, ‘Oh, look at that!’ Then, whoosh, and I’m gone ... and they’ll never see anything like it ever again ... and they won’t be able to forget me—ever.”
—Jim Morrison

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 AUGUST 					1 Tampa Bay Comic Con Convention Center	2 Tampa Bay Comic Con Convention Center
3 Tampa Bay Comic Con Convention Center	4	5	6	7 Yoga 12:30 pm - 1:30 pm Suite 350 Rock the Park 6:30 pm Curtis Hixon Park	8	9
10	11	12	13	14 Yoga 12:30 pm - 1:30 pm Suite 350 Downtown's Backyard Market Noon - 4:30 pm Esplanade	15	16
17	18	19 Blood Drive 10:00 am - 3:00 pm	20	21 Wellness Event 11:30 am - 1:30 pm 2nd Floor Lobby Yoga 12:30 pm - 1:30 pm Suite 350	22	23
24/31	25	26	27	28 Yoga 12:30 pm - 1:30 pm Suite 350	29	30

"This Month In History"

AUGUST

1492: The Niña, Pinta and Santa Maria leave Spanish port for their accidental destination of the Americas.

1790: The first U.S. census begins. The population count has been repeated every ten years since then.

1914: Cleveland, Ohio, installs the world's first electric traffic signal. The manually operated light directed traffic at Euclid Avenue and East 105th Street.

1926: New York athlete Gertrude Ederle swims the English Channel, becoming the first woman to do so.

1949: The Basketball Association of America and the National Basketball League merge to form the National Basketball Association (NBA).

1957: "American Bandstand," a TV show of teens dancing to rock and roll, premieres with host Dick Clark.

1969: Woodstock opens in a New York field, bringing more than 400,000 people to see its three days of concerts featuring Joan Baez, Santana, The Grateful Dead, Creedence Clearwater Revival, Janis Joplin, Jimi Hendrix and more.

1978: The first transatlantic balloon flight is completed successfully when the Double Eagle II lands near Paris, France, after traversing more than 3,200 miles from Presque Isle, Maine.

2009: Usain Bolt breaks his own 100-meter dash record at the World Championships in Berlin by completing the race in 9.58 seconds.