



# TAMPA CITY CENTER

201 North Franklin Street • Tampa, FL 33602

**November 2025**

## BANYAN STREET CAPITAL

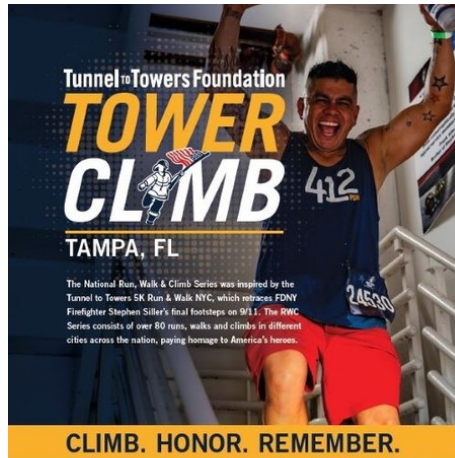
### BANYAN STREET CAPITAL PROPERTY MANAGEMENT

Gina Karnes, Senior Property Manager  
Erica Delaney, Property Manager  
Scott Lewis, Senior Chief Engineer

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

### CUSHMAN & WAKEFIELD LEASING TEAM

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



Tampa City Center is proud to once again serve as the host site for the Tunnel to Towers Foundation Tower Climb, taking place on November 1st. For more information and event details, please visit [www.climbtampa.t2g.org](http://www.climbtampa.t2g.org).



Veterans Day is November 11. Thank you, Veterans, for your service.



### DID YOU KNOW?

The Downtown Tampa Y Wellbeing Center, located at 104 S. Franklin St., serves the central business district of Tampa. Featuring luxury locker rooms and a dry sauna in both the men's and women's amenities. It's easy to jump into a group exercise class during the work week. Classes are offered in the early morning, lunchtime, and evening. Becoming a Corporate Member offers the following perks:

- \* 10% off Membership
- \* \$0 Join Fee
- \* Free Quarterly Lunch & Learn for the Company
- \* Access to all YMCA Amenities (Including their Dry Sauna!)
- \* Access to all Tampa YMCA locations. For more information, please go to [tampaymca.org](http://tampaymca.org).



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



The Management Office will be closed on November 27–28 in observance of the Thanksgiving Holiday. We wish you and yours a very Happy Thanksgiving! —*Banyan Street Capital*



Kimley-Horn .....	4 yrs
Apex Marketing .....	4 yrs
iConstructors .....	8 yrs
CLA .....	10 yrs
HNTB .....	17 yrs



**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



**THANKSGIVING FOOD DRIVE**

Tampa City Center will host a Food Drive for Metropolitan Ministries from November 10 - 18. Drop-off containers will be located near the Security desk on the 2nd floor. Non-perishable food items only. Thank you for your generosity.



**ANGEL TREE TOY DRIVE**

Tampa City Center will be collecting toys and gifts for The Salvation Army Angel Tree Program. Letters will be available at the Security Desk. More information to follow.



Daylight Saving Time ends on November 2. Don't forget to set your clocks back one hour.



**THANKSGIVING DAY TURKEY GOBBLE RUN**

The Tampa YMCA Turkey Gobble Run is on November 27, at 8:00 am, at Benchmark International Arena in downtown Tampa. This Thanksgiving morning race is a tradition for the whole family! You can choose from a 1-mile Fun Run, 5K Run/Walk, or a Virtual 5k from anywhere! For more information, go to [runguides.com](http://runguides.com).



Downtown's Backyard Market is on Thursday, November 13, from Noon - 4:30 pm, on the Esplanade. Come and experience downtown Tampa's version of a traditional farmer's market! Downtown's Market is your go-to destination for a taste of the countryside, conveniently located in the hustle and bustle of the city. Taste the freshness, savor the quality, and celebrate the vibrant spirit of Tampa's local food culture.



### AMERICA RECYCLES DAY

America Recycles Day is on November 15. Let's all try and be environmentally aware this Thanksgiving Holiday and keep your post-feast trash bins from overflowing with these simple tips.

*Farm to your tables.* Eco-friendly hosts and guests alike can make sustainable side dishes by shopping at a farmers' market (with reusable bags, of course). If the grocery store is an easier option, opt for items in easily recyclable containers.

*Ditch the disposables.* Use your own dishes, cutlery and glasses. The space you'll save in your trash bins can make up for the extra minutes spent washing dishes.

*No garbage guesswork.* Clearly mark where guests should put their recycling and actual trash. No one wants to sort through things after the fact!

*No leftovers behind.* When arranging the logistics of your gathering, ask each guest to bring an empty container for leftovers. Guests who want to avoid cooking a little longer-or just want to savor the taste of a great meal-can go home with an extra meal or two, and no excessive leftovers are stuck in your fridge.



The 2025 Lightning Bolt Run is on Saturday, November 1, at 7:30 am, at Benchmark International Arena. To register, please go to [raceroster.com](http://raceroster.com).

## Featured Recipe

### Cook Up a Cranberry Treat

Apple and pumpkin are a couple of fruity favorites, but cranberry is another common ingredient that can be used to make a big statement. Mixed with walnuts, white chocolate chips and cake mix, these Cranberry Bars will leave family and friends begging for more. Because they're so easy to make, you can easily fulfill the requests.

#### Ingredients:

- 1 box white or yellow cake mix
- 2 eggs
- 1 stick melted butter
- 1 1/2 cups dried cranberries
- 1 1/2 cups chopped walnuts
- 2 cups chopped white chocolate chips, divided

#### Directions:

- 1) Heat oven to 350 F.
- 2) Mix cake mix, eggs, butter, cranberries, walnuts and 1 cup white chocolate chips.
- 3) Spread into 7-by-11-inch baking dish and bake 35-40 minutes until toothpick inserted in center comes out clean.
- 4) Let cool then melt remaining white chocolate chips and drizzle over bars.

For more ideas, visit [Culinary.net](http://Culinary.net).



### Wit & Wisdom

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

—William Arthur Ward

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

—John F. Kennedy

“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.”

—Eileen Caddy

“Gratitude is one of the least articulate of the emotions, especially when it is deep.”

—Felix Frankfurter

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

—Melody Beattie

“The essence of all beautiful art, all great art, is gratitude.”

—Friedrich Nietzsche

“A man's indebtedness is not virtue; his repayment is. Virtue begins when he dedicates himself actively to the job of gratitude.”

—Ruth Benedict

“A person however learned and qualified in his life's work in whom gratitude is absent, is devoid of that beauty of character which makes personality fragrant.”

—Hazrat Inayat Khan

“Silent gratitude isn't much use to anyone.”

—Gertrude Stein

# November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November</h1>						1 Tunnel to Towers Stairclimb 8:00 am Tampa City Center
2	3	4	5	6 Yoga 12:30 pm - 1:30 pm Suite 350	7	8
9	10 Thanksgiving Food Drive Begins	11 	12	13 Yoga 12:30 pm - 1:30 pm Suite 350 Downtown's Backyard Market Noon - 4:30 pm Esplanade	14	15 
16	17 Angel Tree Toy Drive Begins	18 Thanksgiving Food Drive Ends	19	20 Yoga 12:30 pm - 1:30 pm Suite 350	21	22
23/30	24	25	26	27 	28	29

## "This Month In History"

### NOVEMBER

**1800:** President John Adams and his family move in to the newly completed White House, then called the President's House.

**1906:** SOS is adopted as the standard distress signal at sea.

**1910:** Hailed as a monumental work of architecture, the Pennsylvania Station railroad terminal opens in New York City.

**1922:** The entrance to King Tut's tomb was discovered by archaeologist Howard Carter.

**1924:** The Boston Bruins make their debut as the first U.S. team in the NHL.

**1939:** In Hyde Park, N.Y., the cornerstone is laid for a library to preserve President Franklin D. Roosevelt's official papers. It was America's first presidential library.

**1945:** The first issue of Ebony magazine is published.

**1959:** On Broadway, the Rodgers and Hammerstein musical "The Sound of Music" opens.

**1968:** The Motion Picture Association of America introduces a rating system for movies.

**1973:** Britain's Princess Anne marries Capt. Mark Phillips at Westminster Abbey.

**1989:** L. Douglas Wilder of Virginia becomes the first African American governor elected in the U.S.

**1993:** Made up of 12 countries, the European Union is formally established.

**2000:** A crew of three arrives at the International Space Station and is the first to live and work at the research facility.

**2008:** Taylor Swift releases her second album, "Fearless." It would go on to be the most awarded album in country music history.

**2013:** Disney's animated movie musical "Frozen" premieres.