



TAMPA CITY CENTER

201 North Franklin Street • Tampa, FL 33602

September 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



CRISTO REY TAMPA HIGH SCHOOL

Banyan Street Capital will partner with Cristo Rey High School for the 2025 - 2026 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.



TENANT SPOTLIGHT OF THE MONTH

This month shines a spotlight on Florida Wellness. Located on the Esplanade, Florida Wellness strives to elevate your wellness journey. Their mission is to optimize the health and well-being of their patients through comprehensive chiropractic care and specialized sports medicine services. They are dedicated to providing personalized treatment plans tailored to each individual's unique needs, utilizing innovative techniques and evidence-based practices. With a commitment to excellence, compassion, and integrity, Florida Wellness strives to empower their patients to achieve their highest physical performance and overall wellness. For more information, visit floridawell.com.



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



United Trust Bank 3 yrs
Visit Tampa Bay 8 yrs
Florida Wellness 20 yrs
Macfarlane Ferguson 21 yrs



LABOR DAY HOLIDAY

The Management Office will be closed on Monday, September 1, in observance of Labor Day.



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



Downtown's Backyard Market is on Thursday, September 11, 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.



Free Fun for the whole family. Come and celebrate Fall at the Fall Family Fest on Saturday, September 27, from 11:00 am - 3:00 pm in Water Works Park. This event will feature local businesses and family resources providing interactive exhibits, giveaways, and a giant inflatable corn maze and more. Plus great food and entertainment makes this a great way to spend the day. This venue is always so much fun, allowing lots of shady space and a splash pad for cooling down and of course, space for more exhibits and vendors, more attractions and fun for all, even pets with the onsite dog park. For more information, visit eventbrite.com.

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

Onsite Chair Massage Therapy will be available on Thursday, September 4, from 11:00 am - 3:00 pm, in Suite 225. To schedule an appointment, go to corporatemassagetampa.com.



With hurricane season still underway, it's crucial for Tampa residents to sign up for Alert Tampa, a free service that provides rapid emergency notifications. This system allows the City of Tampa to disseminate vital information during various emergencies, including severe weather, critical law enforcement activity, missing persons, evacuations of buildings or neighborhoods, and boil water notices. Visit tampa.gov for more information.



Rock the Park, Downtown Tampa's FREE monthly music event, is on Thursday, September 4, at 6:30 pm, in Curtis Hixon Park.



SIGHT-SAVING SERVICE

For almost a century, Lions Clubs International has worked to restore sight, prevent blindness and improve eye health for millions of people.

The world's largest service club was formed in 1917 in Chicago with a mission to improve the community, locally and around the globe. At the group's 1925 convention, blind and deaf activist Helen Keller gave a speech, asking members to help in the "crusade against darkness," and inspired the Lions' commitment to eye health.

Many people around the world do not have access to eyeglasses to correct their vision, so the Lions created the Recycle for Sight program, which collects used eyewear for those in need. More than 3,000 collection boxes are placed at doctors' offices, libraries and other businesses for the public to donate their prescription and nonprescription eyeglasses and sunglasses, reading glasses and frames. The glasses are sent to a recycling center, where volunteers clean, sort, package and distribute them. More than 400,000 people receive recycled eyewear each year.

Lions Clubs also work with partners to provide vision screenings, cataract surgeries, treatments to help prevent blindness, and recreational camps for the blind and visually impaired.

For information on donating eyeglasses, contact your local Lions Club or go to LionsClubs.org.

Egg Tot Muffins

Mornings for many families involve hurried breakfasts and mad dashes out the door. These Egg Tot Muffins can help take that grab-and-go breakfast to the next level. High in protein and flavor, they are a good way to get rid of early morning brain fog. Plus, you can make them ahead of time so all you have to do is pop them in the microwave and enjoy on the go.

Ingredients:

- Butter
- 36 thawed tater tots
- 10 eggs
- 1/2 cup heavy whipping cream or half-and-half
- 1/2 cup shredded cheese
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 package (2 1/2 ounces) real bacon pieces
- salt, to taste
- pepper, to taste

Directions:

Heat oven to 350 F.

Grease muffin tin with butter. Place three tots in each muffin hole and smash down.

In bowl, whisk eggs, cream, cheese, garlic powder, onion powder and bacon pieces. Season with salt and pepper, to taste. Fill each muffin hole completely with mixture.

Place cookie sheet under muffin tin to contain messes and bake 20-25 minutes.

Servings: 12

Recipe courtesy of "Cookin' Savvy."



Wit & Wisdom

"Encouragement goes straight to the heart and is always available. Be an encourager. Always."

—Roy T. Bennett

"With verbal encouragement, we are trying to communicate, 'I know. I care. I am with you. How can I help?'"

—Gary Chapman

"Who do you spend time with? Criticizers or encouragers? Surround yourself with those who believe in you.

Your life is too important for anything less."

—Steve Goodier

"When we encourage others
With no personal motives,
We raise high, very high,
Humanity's progress-standard."

—Sri Chinmoy

"When you encourage others, you in the process are encouraged because you're making a commitment and difference in that person's life.

Encouragement really does make a difference."

—Zig Ziglar

"Encourage yourself, believe in yourself and love yourself. Never doubt who you are."

—Stephanie Lahart

"Taking an interest in what others are thinking and doing is often a much more powerful form of encouragement than praise."

—Robert Martin

"The essential support and encouragement comes from within, arising out of the mad notion that your society needs to know what only you can tell it."

—John Updike

September 2025

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

“This Month In History”

SEPTEMBER

1846: German astronomer Johann Galle first observes the planet Neptune.

1957: The Little Rock Nine face mobs and rioting in their attempts to attend previously segregated Little Rock Central High School. President Eisenhower eventually sends the 101st Army Airborne to escort the children safely to school.

1965: Satchel Paige becomes the oldest player in Major League Baseball history at 59 years old when he pitches three innings against the Boston Red Sox. Paige

was the first Negro Leagues veteran to be inducted to the National Baseball Hall of Fame six years later.

1966: The sci-fi TV series “Star Trek” premieres, inviting audiences “to boldly go where no man has gone before.”

1972: Bobby Fischer defeats Boris Spassky in “the match of the century” to become the world chess champion. Fischer was only 29 years old.

1984: Joe Kittinger completes the first solo balloon crossing of the Atlantic Ocean. He launched from Maine and crash landed on the Italian coast 86 hours later, breaking his ankle and a record for distance in a solo balloon flight.

1986: “The Oprah Winfrey Show” debuts nationwide, running until May 25, 2011.

1998: Google is founded in Menlo Park, Calif., and receives 10,000 queries in its initial beta phase.