

BANK OF AMERICA

P L A Z A

101 E Kennedy Blvd. • Tampa, FL 33602

July 2023

BANYAN STREET CAPITAL

PROPERTY MANAGEMENT

813.221.7474

Lynn Vilmar - Sr. Property Manager
Venus Rodriguez - Property Manager
Jennifer Chez - Asst. Property Manager
David Arscott - Chief Building Engineer
Isaac Conrad - Asst. Building Engineer
Mary Anne Quigley - Concierge

CBRE LEASING TEAM

Philip Weber
Barry Hanerfeld



We scream *for* ice cream!

Ice cream...sprinkles...fudge...OH MY!

Grab your co-workers and join us for an afternoon ice cream social, complete with a variety of delicious flavors and premium topping choices from Ice Twisters.

WEDNESDAY, JULY 12 | 1-3PM
THIRD FLOOR LOBBY



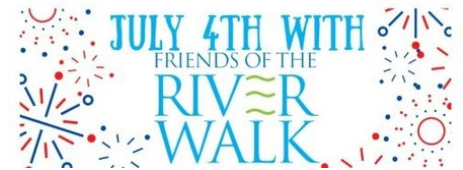
ICE CREAM SOCIAL TENANT EVENT

Please join the Management Team for our annual Ice Cream Social on Wednesday, July 12th from 1:00 pm - 3:00 pm on the 3rd floor lobby.

CORPORATE MASSAGE O F T A M P A

CHAIR MASSAGE THERAPY

Bank of America Plaza will offer on-site Chair Massage Therapy on Tuesday, July 11th from 11:00 am - 3:00 pm in Suite 225.



Tampa is going BIG this Fourth of July celebration featuring several amazing fireworks displays along the downtown Tampa riverfront and the 3rd Annual July 4th Boat Parade and Blessing of the Fleet. You'll have plenty of options to choose a favorite party spot with family-friendly activities and events at each location. The parade route will be similar to the holiday boat parade but will include a poker run and a blessing station. Boats will be decked out in red, white and blue and compete for the most patriotic boat trophy. Registered boaters will partake in a Poker Run for a chance to win a grand prize and several other great prizes! The boat parade will be followed by fireworks displays at Sparkman Wharf. Events will also take place in Tampa Heights, with activations all along the Riverwalk.



ARMATURE WORKS ART WALK AND VENDOR SALE

Sunday, July 9th from 11:00 am -
3:00 pm.



HAPPY ANNIVERSARY

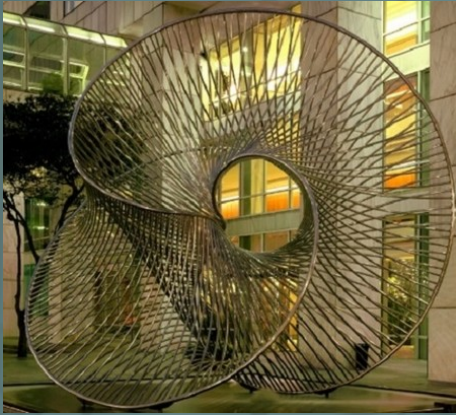
Shumaker Loop & Kendrick 28 yrs
Tropical Smoothie 12 yrs
First Citizens 10 yrs
Helios 6 yrs
Pint & Brew 4 yrs



BLOOD DRIVE

Bank of America Plaza will host a Blood Drive on July 12th from 10:00 am - 3:00 pm. Thank you for donating.

FOLLOW US ON FACEBOOK, INSTAGRAM & TWITTER



BUILDING AMENITIES

- Bank of America
- Bicycle Repair Station
- Caffe Fresco
- Concierge Services
- Electric Vehicle Charger
- Fitness Center
- Jackson Dental
- KJ's Auto Detailing
- Shoe Shine by Robert
- Stork Parking
- Tenant Conference Center
- Tenant Lounge
- The Solo Hair Salon
- The Tampa Club

RETAIL

- Designing Eyes
- DeVito's Italian Restaurant
- European Wax
- GenX Tavern
- Hotel Bar
- The Pint & Brew
- Tropical Smoothie



GIFT BASKET WINNER

Steven Butler, Jackson Dental, Suite 300, won the *Movie Night* Gift Basket. Congratulations, Steven!



BACKPACKS OF HOPE

Bank of America Plaza will collect school supplies for Metropolitan Ministries from July 10 - 21. A collection bin will be located on the 3rd floor. Thank you for your generosity.



STORK PARKING

If you are an expectant mother in your third trimester and have monthly parking privileges you qualify for Stork Parking. Call 221-7477 for details.

FITNESS CENTER



Did you know the Bank of America Plaza Fitness Center

is free for Tenants? Contact the Concierge at 221-7489 for more information and sign up today!

INDIVIDUAL & FAMILY	CORPORATE
<ul style="list-style-type: none"> • Membership perks discount cards • VIP tickets to events • Personalized Riverwalk pavers • Membership Mixers, Friends After 5PM 	<ul style="list-style-type: none"> • Membership perks discount cards • VIP tickets to events • Personalized Riverwalk pavers • Riverwalk banners • Newsletter, social media, and website recognition
 <p>PURCHASE HERE AND USE CODE "newmember"</p>	<p>EMAIL US AT info@thetampariverwalk.com AND MENTION THAT YOU ARE A BOA PLAZA TENANT</p>

FRIENDS OF THE RIVERWALK

Visit www.thetampariverwalk.com for more information.



Make It Easy to Recycle

Instead of placing one garbage can in each room of your home, put out bins for paper and plastic. (You can even find stackable ones to save space.) Move the main trashcan so you have to walk farther to it. This will not only encourage more recycling, but might get everyone thinking about what is thrown out.



The Tampa Bay Comic Con is July 28 - 30 at the Tampa Convention Center. Comic books, toys, cosplay, art...just a cornucopia of nerdy fun! As Florida's #1 family-friendly and fan owned comic book convention, the Tampa Bay Comic Convention is the perfect place to let your inner-nerd run wild and free! For more information, please go to tampa.gov.



What's Cooking

Baja Fish Taco Bowls

Light yet satisfying, this protein bowl is a quick and tasty summer meal.

Ingredients:

- 2 tablespoons olive oil
- 4 fillets of white fish, such as tilapia, cod or halibut
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon salt
- 3/4 cup plain Greek yogurt
- 1 tablespoon lime zest
- 1 teaspoon lime juice
- 1/4 teaspoon ground cumin
- 3 cups cooked quinoa
- 4 cups baby spinach or kale
- 1 avocado, sliced

Directions:

Heat oil in a large skillet over medium heat. Season fish with Cajun seasoning and salt. Cook 2 to 3 minutes per side, or until fish is lightly browned and flakes easily with a fork. Set aside.

In a small bowl, combine yogurt, lime zest, lime juice and cumin.

In a medium bowl, toss cooked quinoa with spinach or kale. Divide between four serving bowls. Top each with fish, sliced avocado and yogurt sauce.

Find more recipes at SuccessRice.com.



Wit & Wisdom

"Life's a party. Invite yourself."
—Gary Johnson

"I don't need a fancy party to be happy. Just good friends, good food and good laughs. I'm happy. I'm satisfied. I'm content."
—Maria Sharapova

"Never be the first to arrive at a party or the last to go home, and never, ever be both."
—David Brown

"It's not about going to a party. It's life as a party."
—Diane von Furstenberg

"How little sleep one got at a slumber party is a matter of great pride and an index of the success of the party."
—Elizabeth Radin Simons

"Life is short, wear your party pants."
—Loretta LaRoche

"A party without a cake is just a meeting."
—Julia Child

"Good parties create a temporary youthfulness."
—Mason Cooley

"I am thankful for the mess to clean after a party because it means I have been surrounded by friends."
—Nancie J. Carmody

"Disco music in the '70s was just a call to go wild and party and dance with no thought or conscience or regard for tomorrow."
—Martha Reeves

"When all else fails, throw a party!"
—Eugene Walter

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JULY</h1>						1
2	3	4 	5	6	7	8
9	10 School Supplies Collection Begins	11 On-site Chair Massage Therapy 11:00 am - 3:00 pm	12 Blood Drive 10:00 am - 3:00 pm Ice Cream Social 1:00 pm - 3:00 pm	13	14	15
16	17	18	19	20	21 School Supplies Collection Ends	22
23/30	24/31	25	26	27	28	29

“This Month In History” JULY

1906: Leroy Robert “Satchel” Paige is born. With a baseball career lasting five decades, he was the first African American pitcher to play in the American League.

1916: The Boeing Company is founded. Currently the world’s largest aerospace company, it was ranked 54th on the Fortune 500 list in 2020, 104 years after its formation.

1940: Billboard’s first song sales chart is published on July 27. The music magazine’s charts, which rank songs

based on physical sales, digital downloads and radio airplay, remain the industry standard today.

1960: Come and get the new drawing toy: the Etch A Sketch! One of the best-known toys of the century, kids could snatch one of these up in 1960 for \$2.99—equal to \$30 in 2023.

1980: Willie Jones of Atlanta is brought to the hospital with heatstroke and a fever of 115° F. He survived and gained the honor of highest recorded body temperature. The moral of the story? Always keep cool on hot summer days.

2007: The New 7 Wonders of the World are announced! The list includes the Taj Mahal, Machu Picchu and the Colosseum, among others.

2016: The mobile game Pokémon Go hits the app store. Combining digital gameplay with physical activity—to move around in the world of the game, the player has to walk around in real life—the engaging app was an instant hit, with over 500 million downloads by year’s end.