



BANK OF AMERICA

PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602

January 2025

PROPERTY MANAGEMENT

813.221.7474

Jennifer Chez - Asst. Property Manager

David Arscott - Area Chief Engineer

Isaac Conrad - Asst. Building Engineer

Mary Anne Quigley - Concierge

www.boaplazatampa.com

CBRE LEASING TEAM

Philip Weber

Barry Hanerfeld



HOLIDAY EVENTS



BLOOD DRIVE

Bank of America Plaza will host a Blood Drive on Thursday, January 23rd, from 10:00 am - 3:00 pm. To schedule an appointment, visit oneblood.org.

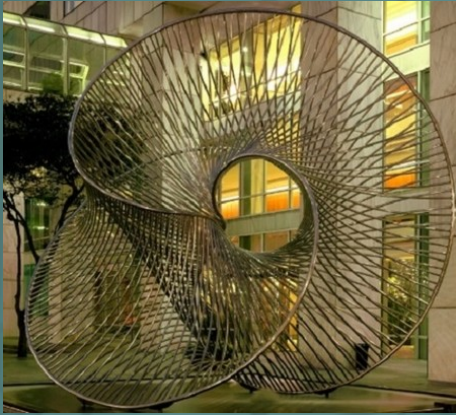


Admiral Security	16 yrs
CoStar	8 yrs
Clinintell	2 yrs
Solo Hair Salon	2 yrs



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

FOLLOW US ON INSTAGRAM



BUILDING AMENITIES

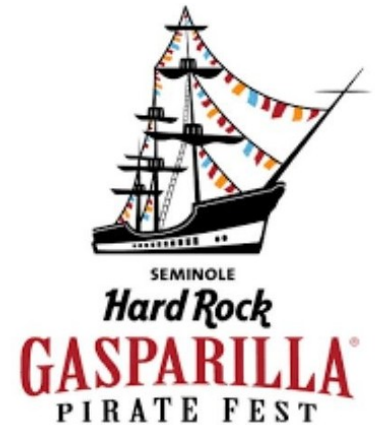
Bank of America
Bicycle Repair Station
Caffe Fresco
Concierge Services
Electric Vehicle Charger
Fitness Center
Jackson Dental
KJ's Auto Detailing
Shoe Shine by Robert
Stork Parking
Tenant Conference Center
The Solo Hair Salon
The Tampa Club

RETAIL

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



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.



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 at 2:00 pm. For a schedule of events, visit gasparillapiratefest.com.



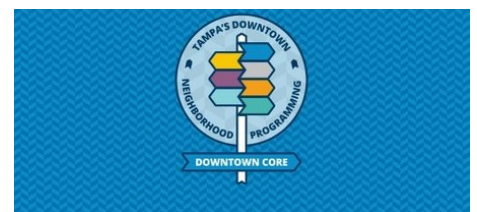
ANGEL TREE PROGRAM

A great big Thank You goes out to all those who donated gifts to the Angel Tree Program. Among the many gifts received were Bicycles, Scooters, Car Seats, Clothes, Basketballs, Barbie Dolls and a Barbie Vacation House! Your generosity is appreciated.

CORPORATE MASSAGE OF TAMPA

On-Site Relief for Stress and Pain

On-Site Chair Massage Therapy is on Wednesday, January 8th, in Suite 225. To schedule an appointment, visit corporatemassagetampa.com.



DOWNTOWN'S BACKYARD MARKET

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

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."



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.



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.



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	3	4
5	6	7	8 Chair Massage Therapy 11:00 am - 3:00 pm Suite 225	9 Downtown's Backyard Market 12:00 pm - 4:30 pm Esplanade	10	11
12	13	14	15	16	17	18 Children's Gasparilla 12:00 pm - 7:30 pm Bayshore Boulevard
19	20 REMEMBER HIS DREAM MLK JR. DAY	21	22	23 Blood Drive 10:00 am - 3:00 pm	24	25 Gasparilla Pirate Fest 9:00 am - 10:00 pm Bayshore Boulevard
26 Healthy Family Fair 11:00 am - 3:00 pm Water Works Park	27	28	29	30	31	

"This Month In History" J N U A R Y

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.