

WELCOME TO TAMPA BAY, TAOIST TAI CHI SOCIETY ®

MEMBERS!

We are very pleased you are joining us for the Brandon Center International Tai Chi Workshop. The Tampa Bay area is full of fun things to do and we hope you can come early or extend your visit a few days and see what we have to offer.

HOTELS

We have reserved blocks of rooms at the Marriot Courtyard (starting at \$79 per night) and the Fairfield Inn and Suites (starting at \$69) in Brandon. The hotels are next to each other, and although not within walking distance, are very convenient to the Brandon Center. For more information on the hotels, please go to <http://cwp.marriott.com/tpabr/taoist>.

TAI CHI

Of course we have Tai Chi! There are four centers in the area as well as an additional location and all centers offer external classes in a myriad of locations.

Brandon Center:

911 Bryan Rd, Brandon, Florida, 33511
(satellite location) 10919 N 56th St, Temple Terrace
813-685-1211; www.brandon.florida.usa.taoist.org

St Petersburg Center:

1811 Dr. MLK Jr. (9th) Street North, St. Petersburg, FL 33704
(727) 896-2620; www.stpetersburg.florida.usa.taoist.org

Sarasota Center:

4101 Lockwood Ridge Rd, Sarasota 34231
(941) 365-0999; www.sarasota.florida.usa.taoist.org

Dunedin Center:

1370 Main Street, Dunedin, Florida 34698
727-734-092; www.dunedin.florida.usa.taoist.org

BEACHES

The first thing people think about when they visit the Tampa Bay area is beaches and basically, if you head west from Tampa, St Petersburg, Dunedin or Sarasota, you will find a beach at the end of the road. The best beaches are on the Gulf itself, rather than Tampa Bay, and each beach has its own personality. Most of the Gulf Beaches have spent time on the World's Best Beaches list that comes out every year.

The Gulf water is clear and warm, and the sand is fine and white. If you go to the beach, do try to time it with a sunset. Some favorites include:

Picnic Island Park

http://www.tampagov.net/parks_search_webapp/ParkDetail.aspx?nbr=83

Picnic Island is west of MacDill AFB and is the nicer of the two beaches that Tampa can claim. It is at the juncture of Old Tampa Bay and Tampa Bay rather than on the Gulf. It tends to be a quiet beach, good for fishing. 7409 Picnic Island Blvd, Tampa, 33616

Fort DeSoto Park

http://www.pinellascounty.org/park/05_ft_desoto.htm

Fort DeSoto is a treasure, operated by Pinellas County. In addition to the beach, you can tour the actual fort, which was never actually used. The park is large and includes camping areas. It is a beautiful place.

Honeymoon Island and Caladesi Island State Parks

www.floridastateparks.org/honeymoonisland/ www.floridastateparks.org/caladesiisland

These Florida state parks, located in Pinellas County, are a tad north and west of Dunedin. They are also beautiful and worth a visit. Caladesi Island is accessible only by boat, with a ferry that leaves from Honeymoon Island State Park.

Clearwater Beach

www.clearwaterbeach.com

Clearwater Beach is more touristy than some of the other beaches, but many of us who spent our teenage years in this area, remember it fondly as the place that young people went to see and be seen. It has a fun vibe and is not a nature preserve like Fort DeSoto, Honeymoon Island, or Caladesi.

The Sarasota area has wonderful beaches, too. There's Treasure Island, Indian Rocks, Longboat Key, Siesta Key, Lido Key and more. <http://www.4sarasota.com/Sarasota/Recreation/beaches.html>

AREAS YOU MIGHT WANT TO VISIT

Ybor City

www.ybor.org/

Ybor City is an old Tampa neighborhood with a definite Latin flavor, just east of downtown Tampa. It was settled in the late 19th century by Cuban, Spanish, Italian and German immigrants who came to work in the cigar factories. The main street, Septima (Seventh Avenue) is lined with red brick buildings holding shops, galleries, restaurants and clubs. Several of the original mutual society buildings are still there and in use—the Italian Club and the Cuban Club. There is the small but lovely Ybor City Museum which gives the history of the neighborhood. On Saturdays, see the market in Centennial Park. A real streetcar runs to Channelside, another section of Tampa.

Channelside

www.channelsidebayplaza.com/

Channelside is just southeast of downtown Tampa and south of Ybor and is a newer neighborhood, with restaurants and clubs. Several cruise ships dock here and it is the location of the Florida Aquarium, the

American Victory ship, a multiplex with an IMAX and the Tampa Bay Times Forum, the site of concerts, circuses and hockey games. A streetcar runs between Channelside and Ybor City.

Downtown St Petersburg

www.discoverdowntown.com

Right on the water front, downtown St Petersburg is an attraction in itself. The Dali Museum, the Museum of Fine Art and the Chihuly Collection are there, as well as the St Pete Pier, the Mahaffey Theatre and various parks. Along Beach Drive are upscale boutiques and very nice restaurants. Go up Central Avenue for more shops, these more quirky, and restaurants that are more informal.

St Armands Circle

www.starmandscircleassoc.com www.visitstarmandscircle.com

If you're in the mood for shopping, St Armand's Key, west of Sarasota proper, is an enclave of boutiques and upscale shops, as well as many excellent restaurants.

ATTRACTIONS

Busch Gardens

Corner of Busch Blvd and 40th Street, Tampa, Florida, 33611 with the parking entrance at 10165 N McKinley (40th St)

1-888-800-5442; <http://seaworldparks.com/buschgardens-tampa/>

With an African theme, Busch Gardens has a mixture of fun, educational activities with African wild animals in a natural environment to just plain fun activities including rides that turn you over and shake you out. Many of the milder rides have a water theme which will keep you nice and cool when the day gets hot.

Adventure Island

10001 N McKinley Dr (40th St), Tampa, Florida 33611

1-888-800-5447; www.adventureisland.com

A water park for the days you want more excitement than the beach, with slides, rapids, and the like.

Lego Land

1 Legoland Blvd, Winter Haven, 33884 (and when that doesn't work on your GPS, try the old address of 6000 Cypress Gardens Blvd)

<http://florida.legoland.com/>

Legos on the beautiful grounds of the old Cypress Gardens.

Fantasy of Flight

1400 Broadway Blvd SE, Polk City, 33868

www.Fantasyofflight.org

A museum full of airplanes and all things aeronautical.

Orlando

The many attractions of Orlando are less than two hours away from Brandon. Check out the website for Disney World, www.Disneyworld.com; Epcot, www.epcot.com; Universal Studios, www.universalorlando.com; Seaworld, www.seaworldparks.com, and many other sites and outlet malls. www.visitorlando.com

ZOOS, SCIENCE AND SUCH

Florida Aquarium

701 Channelside Dr, Tampa, 33602

www.flaquarium.org

Although small, this aquarium has a lot to offer, showing the different aquatic habitats of Florida. The aquarium is located in Channelside, a small entertainment and dining area of Tampa from which you can

take a real street car (track, overhead wires and even a bell!) up to Ybor City, one of Tampa's oldest neighborhoods.

Lowry Park Zoo

1101 W Sligh, Tampa, Florida 33604

www.lowryparkzoo.com

A small urban zoo, that does a whole lot in a very small footprint, it has won awards including being voted #1 Zoo by Parents Magazine. Across a small street is Lowry Park, on the Hillsborough River, where you can take a small nature cruise and usually see manatees.

Museum of Science and Industry aka MOSI

4801 E Fowler, Tampa, 33617 813-987-6000

www.mosi.org

Located across the street from the University of South Florida, MOSI is a most interesting place in which to learn about science. Although much of the museum is geared to children, there is a fantastic large IMAX theatre. Beginning May 25, 2013, the theatre will be showing "Great White Shark" which "will explore the Great White's place in our imaginations, our unfounded fears of this majestic predator, and its vital role in the oceanic ecosystems since the dawn of the dinosaurs."

ART MUSEUMS

There are many very high quality art museums in the Tampa Bay area.

Dali Museum

1 Dali Blvd, St. Petersburg

www.thedali.org (727) 823-3767

If you only go to one art museum while you're here, this is the one to go to. It is the largest collection of the works of Salvatore Dali in the world, well organized and in a building that is a work of art in itself. It is in downtown St Petersburg, a worthwhile destination in itself.

Ringling Museum

5401 Bay Shore Road Sarasota, FL 34243

(941) 359-5700 www.ringling.org

A collection of outstanding museums, including an art museum of primarily baroque art, a circus museum, Ca'd'Zan (the home of the Ringlings), as well as the Asolo Theatre. This is worth a trip to Sarasota in itself.

Museum of Fine Arts

255 Beach Drive Northeast St. Petersburg, FL 33701

(727) 896-2667 www.fine-arts.org

An exceptional museum with galleries of different periods and types of art, from Pre-Columbian and the ancient world to modern works. It is located in downtown St Petersburg, near the Dali Museum.

Chihuly Collection at the Morean Art Center

400 Beach Drive NE, St Petersburg, FL 33701

www.moreanartscenter.org

Go here if you're intrigued by the glass work of Dale Chihuly. It is also downtown St Petersburg, across from the Museum of Fine Arts and near the Dali Museum.

Tampa Museum of Art

120 W Gasparilla Pl, Tampa, FL 33602

www.tampamuseum.org

A small museum nestled in downtown Tampa, right on the Hillsborough River.

HISTORY

Tampa Bay History Center

801 Old Water Street, Tampa, 33602 813-228-0097

www.tampabayhistorycenter.org/

Located in Channelside, the History Center shows the visitor what came before in this area—from the Indians who first settled here up to our day. An extra plus is the café, operated by the famous Columbia Restaurant.

Ybor City Museum

1818 E 9th Ave, Tampa 33601 813-247-1434

www.ybormuseum.org

Ybor City history is fascinating and this small, intimate museum explains it well. In addition to the museum proper, it has a beautiful garden and a cigar worker “casita” (little house), where tours are given, showing the everyday life of the people of Ybor a hundred years ago. See if the nail is still by the front door—it was used to hang the Cuban bread when the bakery delivered it each day.

BRANDON INDEPENDENT RESTAURANTS

If you're from out of town, why eat at the same places you can find at home? Here are some suggestions of restaurants that our members like.

Acropolis

Greek Taverna

6108 Winthrop Town Center Ave, Riverview, Florida 33578

(813) 654-2255

There is another location on 7th Avenue in Ybor City, too.

www.acropolistaverna.com

Sunday thru Thursday 11am-Midnight; Friday thru Saturday 11am-1am

“Nightly entertainment, including belly dancing and bouzouki”

Latino's Supermarket

Latin food of various ethnicities

131 N Mt Carmel Rd, Valrico, Florida 33594

www.latinosupermarket.net

Market with small cafeteria café. Very authentic food.

Lee House

Chinese

909 West Brandon Blvd, Brandon, Florida 33511

www.leeousedimsum.com

Monday thru Sunday Mon – Thu: 11:00 am to 10:00 pm; Fri, Sat 11 am to 11 pm, Sun, noon to 10 pm

Dim Sum a specialty

Marco's Pizza

811 E Brandon Blvd, Brandon, Florida 33511

(813) 643-9988

www.marcos.com

Carryout and delivery

Moreno Bakery

906 W Robertson St, Brandon, Florida 33511

(813) 689-0320

www.morenobakery.com

Neighborhood Bistro

905 E Brandon Blvd, Brandon, Florida 33511

813-315-9852

www.Restaurant.com/neighborhoodbistro

Ploy Thai

Thai cuisine

1941 West Brandon Blvd, Brandon, Florida 33511

(813) 684-5007

www.ploythairestaurant.com

Monday thru Saturday for dinner 4:30-10pm; Sunday closed

Romano's

Greek and Italian Cuisine

901B West Brandon Blvd, Brandon, Florida 33511

(813) 653-7122

www.romanogreekrestaurant.com

Monday thru Saturday, 11 am to 9 pm

Silver Spoon

Pakistani and Indian cuisine

955 E Brandon Blvd, Brandon, Florida 33511

(813) 681-3626

www.silverspoonfl.com

Tues thru Sun, 11 am to 10 pm

Zabiha Halal

Sushi Ninja

Japanese cuisine

887 E. Bloomingdale Ave, Brandon, Florida 33511

(813) 662-3377

www.sushininjaf1.com

Monday thru Thursday 11:30am-9:30 pm; Friday 11:30am-10:30 pm; Saturday 4:30-10:30 pm;

Sunday closed

“Over sixty types of sushi from which to choose”

Tandoor

Indian and Pakistani cuisine

805 E Brandon Blvd, Brandon, Florida 33511

813-654-7300

Dinner, Mon thru Sat

www.indiancuisinebrandon.com

Taste of Berlin

German cuisine

526 Oakfield Drive, Brandon, Florida 33511

(813) 685-9392

www.brandon.patch.com/listings/taste-of-berlin

Tuesday thru Friday 11:30am-8:30pm; Saturday 4-9pm; Sunday and Monday closed

La Septima Café

Spanish cuisine

702 West Lumsden Road, Brandon, Florida 33511

(813) 685-0502

www.laseptimacafe.com

Monday thru Friday 7am-9pm; Saturday 8am-9pm; Sunday closed

“An authentic taste of Tampa”

First Choice

Southern BBQ

10113 Adamo Drive, Brandon, Florida 33619

(813) 621-7434

www.firstchoicebbq.com

Monday thru Saturday 11am-9pm; Sunday closed

“Famous for their corn beef brisket”

Taste of India

Indian and Pakistani cuisine
902 East Brandon Blvd, Brandon, FL 33511
(813) 689-4040
www.tasteofindiafl.us
(hours unavailable)
“Wonderful variety of vegetarian dishes”

Shrimp Boat

Seafood
716 West Lumsden Road
Brandon, Florida 33511
(813) 571-7860
www.shrimpboatgrille.com
Monday thru Thursday 11am-9pm; Friday thru Saturday 11am-10pm; Sunday 12-8pm

BRANDON NATIONAL CHAINS

And of course, Brandon has the usual national chains, family and casual to upscale, including Appleby's, Bonefish Grill, California Pizza Kitchen, Cheesecake Factory, Grillsmith, Macaroni Grill, Outback Steak House and Panera and more.

NATIONALLY KNOWN RESTAURANTS**The Columbia**

2117 E Septima (7th) Ave, Tampa 33615
813-248-4961
www.columbiarestaurant.com

This is the iconic restaurant of the Tampa Bay area, in same location and with many of the same menu items from a hundred years ago. The food is a mixture of Spanish, Cuban and Italian, just like early Ybor City. If you decide to go, try and get a table for the show and watch the dancers. The Columbia also has the café at the Tampa Bay History Center and other locations around the state, including St Armand's Circle.

Berns Steak House

1208 S Howard, Tampa, 33606

813-251-2421

www.bernssteakhouse.com

This is another famous Tampa restaurant, known for its extensive wine list, fine steaks and organic vegetables they grow on their own farm. Almost every president who has visited Tampa has had dinner here. Reservations are essential for the dining room but the Waugh dessert room is seated first come, first served and has incredible desserts.

The Refinery

5137 N Florida Ave, Tampa, 33603

813-237-2000

www.tamparefinery.com

This small restaurant prides itself on providing local food in a creative atmosphere and has been a semi-finalist for a James Beard Culinary Award for the last three years, first for “Best New Restaurant” and then last and this year for “Best Chef in the South”.