

FREE

July 2025

FIRST COAST SENIOR LIVING

Pulse of the Good Life

Leigh Cort

**How the Queen of Hospitality
Turned Grief Into Grace**

Vic DiGenti
A Jazzman's
Second Act



Eye Health
Cataracts Can Cloud
Your Vision

1912

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Publisher's Note

July is here, and with it comes the summer heat, sunshine, and the fun experiences that the season brings to the First Coast. In this month's issue we've put together a thoughtful mix of health tips, local flavor, travel ideas, and community stories to help you ease into your lounge chair by the pool.

One of our featured articles takes a closer look at cataracts, a common condition for many older adults. If your vision has been feeling a little off or reading isn't as easy as it used to be, this piece offers clear, straightforward information on causes, symptoms, and what to expect if you choose surgery.

We're also pleased to spotlight Leigh Cort, one of the area's most respected voices in the world of food and hospitality. She shares her experiences, and a bit of her personal story.

Our fitness feature is all about staying active without overdoing it. We've included simple suggestions for staying on track with your wellness goals, even on the hottest days.

Looking to get away for a few days? Don't miss our travel feature on a nearby destination that offers comfort, relaxation, and a refreshing change of pace, without the hassle of long-distance travel.

Keep reading from the comfort of your porch, by the beach, or indoors with the AC on high. We hope you find something on these pages that speaks to you.

Cheers,

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“My care team is thinking about the long term. I like that.”

Peter Crampton | Sarasota, FL

These days, turning 60 doesn't mean you're ready to slow down. You just need a little more help than you used to. The first step? A primary care provider who takes the time to understand who you are—and what you want to do next.

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I Can See Clearly Now, The Blur is Gone!



Understanding Cataracts

Cataracts are one of the most common eye conditions, particularly among older adults. They occur when the lens of the eye becomes cloudy, leading to blurred or impaired vision. The lens, located behind the iris, focuses light onto the retina, enabling clear sight. As cataracts develop, they scatter or block light, making it difficult to see clearly. This condition can affect one or both eyes, although it does not spread from one eye to the other.

People with cataracts often report symptoms such as blurry vision, sensitivity to light, trouble seeing at night, and seeing halos around lights. Colors may appear faded, and reading or recognizing faces can become challenging. Over time, if left untreated, cataracts can lead to significant vision loss or even blindness.

Cataracts develop gradually and may not affect vision in the early stages. However, as they grow, the lens becomes increasingly opaque. This slow progression means some people may not notice the changes until their vision becomes significantly impaired.

Cataract surgery is one of the safest and most common surgical procedures performed worldwide. It involves removing the cloudy lens and replacing it with a clear artificial lens called an intraocular lens (IOL).

Local resident Engin Serpersu's career required clear vision. When he began struggling with blurry eyesight and constantly changing

glasses, he turned to the cataract specialists at Florida Eye Specialists for help.

After undergoing cataract surgery with Dr. Joanne Francis, M.D., and getting the Light Adjustable Lens™ he was able to fine-tune his vision post-surgery. Now he's back doing what he loves – driving, biking, walking the beach, and even playing volleyball with confidence.

Why Cataracts Are Common

Aging is the most common cause of cataracts. As people age, the proteins in the lens of the eye begin to break down and clump together. This process is a normal part of aging and typically begins around age forty, though symptoms often don't become noticeable until after age sixty.

Other factors can accelerate the development of cataracts, including diabetes, smoking, excessive alcohol use, prolonged exposure to ultraviolet (UV) light, and a family history of cataracts. Eye injuries and certain medications, like corticosteroids, may also contribute.

Most people find the surgery to be quick and virtually painless. It is usually done under local anesthesia, meaning the eye is numbed while the patient remains awake. Patients may feel some mild pressure during the procedure, but pain is rare. The entire process typically takes less than thirty minutes, and most people go home the same day.

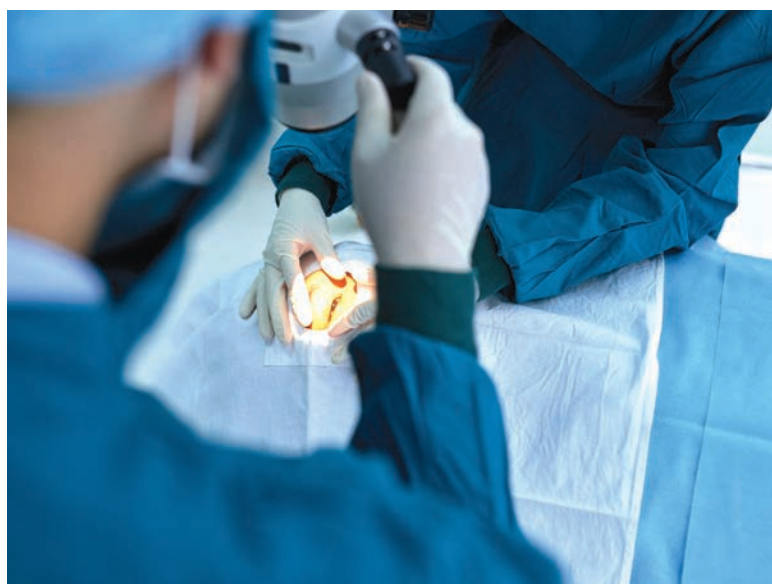
What to Expect After Surgery

Recovery from cataract surgery is generally smooth and fast. Many patients notice an improvement in their vision within a few days. It's normal to experience some mild discomfort, light sensitivity, or itching as the eye heals. Eye drops are prescribed to prevent infection and reduce inflammation.

Patients are usually advised to avoid strenuous activity, bending over, or rubbing their eyes for a few weeks. Follow-up appointments ensure the eye is healing properly. In many cases, people no longer need glasses for distance vision, though some may still need reading glasses.

Cataract surgery can dramatically improve quality of life by restoring clear vision. For most people, the benefits far outweigh the minimal risks involved. If you are experiencing symptoms of cataracts, a consultation with an eye care professional is the first step toward

seeing clearly again. Schedule a consultation with an ophthalmologist to learn more about your options. You can download a free guide to answer many of your questions at floridaeyespecialists.com/guides/free-cataract-guide.d





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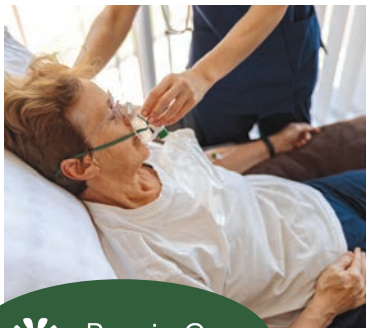
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RESPIRACARE

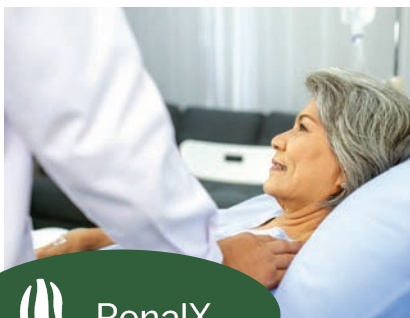
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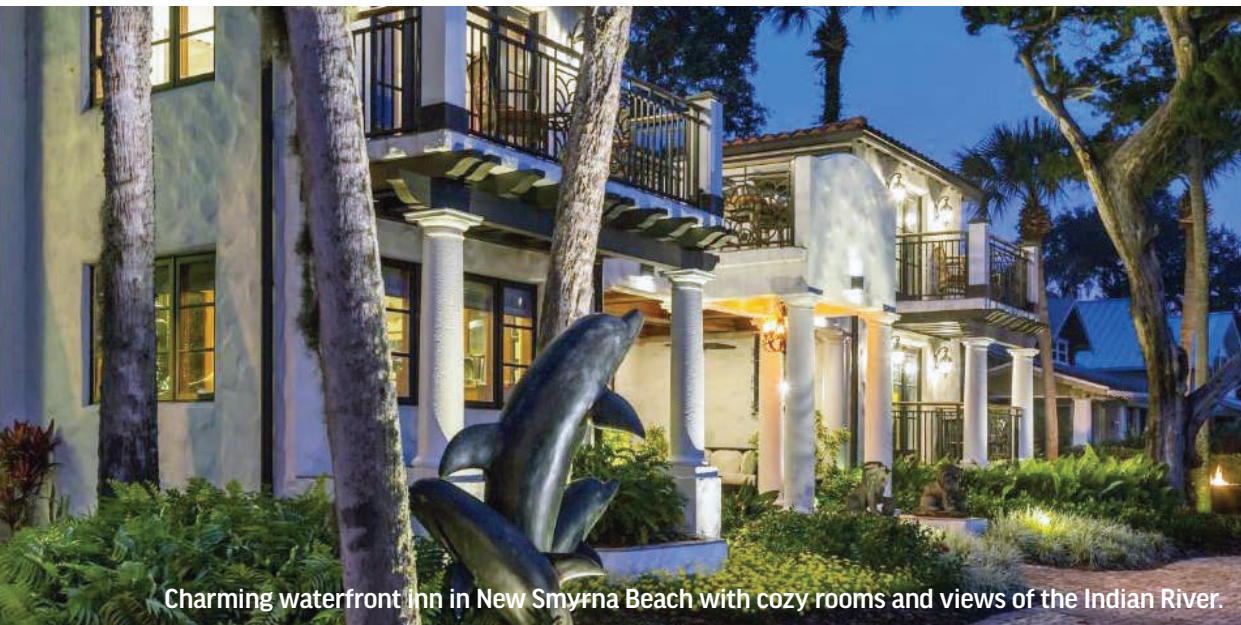
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Old Florida Finds Modern Luxury at the Black Dolphin Inn



Charming waterfront inn in New Smyrna Beach with cozy rooms and views of the Indian River.

There's something magical about mornings at the Black Dolphin Inn in New Smyrna Beach. Warm breezes drift through black wrought-iron balconies, sunlight spills across terracotta courtyards, and dolphins splash playfully in the Indian River just beyond the dock. Tucked in a quiet corner of the historic district, this boutique inn offers a rare blend of riverside serenity and old-Florida charm.

Originally built as a private home in 1947, the property was transformed in 2013 by twin brothers Brett and Scott Smith. "When we found the property, we fell in love with it," says Brett. "It was a slam dunk for us." Today, the 14-room inn combines Spanish Isle architecture, mid-century design, and the personal touch of a family-run business.

Summer brings out the best in this intimate retreat. Guests begin the day with fresh coffee on their private balconies while dolphins glide by in the water below. "You can just sit on the dock with a glass of wine and watch the dolphin swim by," Brett adds. The private dock, lined with Adirondack chairs, is a favorite for sunset views and quiet reflection.

Each guest room is individually styled with vintage décor, original artwork, modern touches and complimentary Wi-Fi. The vibe



Rooms start at \$179 per night.

is effortlessly elegant and deeply personal, if you're staying in a deluxe riverfront suite or a cozy courtyard room.

Breakfast is a highlight. Weekends feature a full Southern style spread, including local shrimp and grits, while weekdays offer lighter, made-to-order options like homemade granola, yogurt, and seasonal egg dishes. The inn's open-air kitchen and social bar become gathering spots where guests mingle over cold drinks, and the tempting aroma of bacon jam grilled cheese.

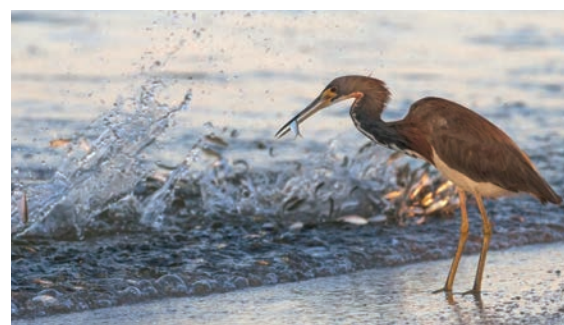
Hospitality at the Black Dolphin Inn goes beyond the basics. The on-site innkeeper, is known for creating a warm, welcoming atmosphere. Guests consistently praise their attentiveness, calling their stay "the best bed and breakfast experience ever." Brett agrees:

"We feel right at home when we come here, and we want our guests to feel the same."

The location couldn't be better. Just minutes from the shops of Canal Street and the coastal energy of Flagler Avenue, the inn is close to restaurants, art galleries, and sandy beaches but far enough away to feel like a hidden escape.

During the summer, the Black Dolphin Inn isn't just a place to sleep, it's a destination. A place where you can unwind, reconnect, and experience the gentle pace of river life. "We're proud to be part of this historic community," says Brett. "It's a special place, and we love sharing it."

For more information or to book a stay, visit www.blackdolphininn.com. The inn is located at 916 S. Riverside Drive, New Smyrna Beach, Florida. d



Seaside Rhythms and Sunset Tunes

Sliders Seaside Grill in Fernandina Beach is a local institution, consistently rated among Amelia Island's top music venues. For evening music under the stars, or a family-friendly beach outing, it's a place that feels both classic and comfortably familiar.

The outdoor stage is steps from your table and the surf, adding to the relaxed coastal energy. The live music draws a steady crowd, especially in the summer. Seating is first-come, first-served, so if you want a prime spot by the water and the stage, plan to arrive early.

July's music line-up includes:

King Tide, a well-known country cover band, will perform on **Saturday, July 12 from 6 pm to 10 pm**. Locals recommend mid-week acts like **Nigel Davis**, and **Vibe RW**, typically hitting the sand stage on **Wednesday evenings**.

These performances blend well with the beach setting, strumming guitar, vocals carried by the ocean breeze, and chairs in the sand. Country tunes, acoustic sets, classic rock, and little R&B can be heard by the sea. Sliders always delivers seaside soundtracks to match the rolling waves.

Directly on the sand, Sliders Seaside Grill has been a local favorite since adopting its iconic name around 1980. Originally opened in 1945 as the Seaside Inn, a classic American roadhouse serving breakfast and seafood to travelers, this oceanfront gem evolved through various identities before becoming Sliders, offering live entertainment and seafood.

Today, Sliders is Fernandina's only true oceanfront live music tiki bar and grill, complete with beach-level dining, bar swings, and a playground on the sand.



The menu is Gulf-coast fresh shrimp, crab cakes, oysters, tacos, with beachy burgers and their signature cocktails like the Sliders Punch.

Find your soundtrack, and enjoy the music and surf at Sliders Seaside Grill located at 1998 S. Fletcher Avenue in Fernandina Beach. To see the full line-up of live performers this month, visit slidersseaside.com/live-music-amelia-island.d



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Leigh Cort Alway

by Nancy White



Leigh and her daughter Sue.



Leigh Cort and her husband Jay Greene lead a life of simple elegance in Ponte Vedra. In their 80s, they are blessed with good health, mental acuity and the means to enjoy life to the fullest. Jay works at a business he loves, and she is the driving force behind the Womens Food Alliance, an organization she founded in 2013 to cultivate and advance networking, education, and collaboration for women in the culinary and hospitality industry in the Northeast Florida/Southeast Georgia region.

Despite her gracious appearance, Leigh's life hasn't entirely been spent sipping mimosas on the veranda. She was, and still is, a hard-working woman.

As a timid child growing up in Northern New Jersey, "I was too shy to even talk, but I could sing," she remembers. Winning the lead in her senior class play gave her a voice, and the confidence to pursue a career as an actress.

One Step Forward, Two Steps Back

A romantic at heart, she found love early on with Ben Serebin, a man ten years her senior. They married and made a home in Manhattan, and soon welcomed two children, Jeff and Susan. When Ben passed away unexpectedly, a devastated Cort found an anchor in caring for her children, just six and seven years old at the time.

"In the 70s, life in the theater was all sex, drugs, and rock and

roll, but I didn't do that. I lived in Fort Lee, New Jersey so I could give my children a normal life. I gave up my career, everything that I was building."

She took a job in an ad agency. Three years later she fell for dashing pianist George Cort, then the band leader at the Waldorf. When George suggested they should rent a house together away from the city, Cort found a charming old farmhouse in rural New Jersey.

On moving day, however, George was nowhere to be found. A year later he returned, their relationship resumed, and Cort kept singing.

Marriage and a stint performing in the Catskills was followed by a gig in Miami Beach, where she appeared in a movie and was cast in commercials, and George's band played the Fontainebleau. When the Cloisters offered her a singing gig and George the position of musical director in 1980, they moved to Sea Island. Life was beautiful, until George chose a career change and returned to New York, alone. Cort closed that chapter of her life and moved her family back to New Jersey.

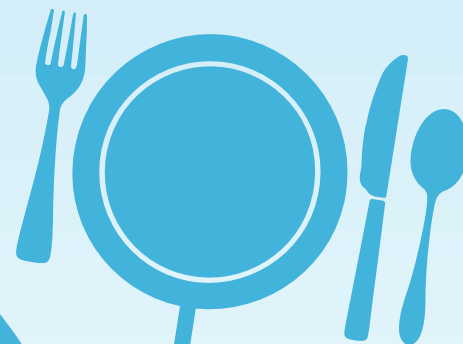
Right Place, Right Time

Love wasn't through with her, however. At a family funeral she met Jay Greene, whose mother and hers were first cousins. A few years later she and Jay were married, a happy, loving union that has lasted over forty years.

s Has Great Taste



Members of the Women's Food Alliance enjoyed a "Havana Nights-themed" dinner event hosted by Paladar Cuban Eatery in St. Augustine.



Back in New York, Leigh's career began to blossom. A job with a party rental company led Leigh to Dino De Laurentiis, who had just opened a restaurant in Trump Tower. De Laurentiis introduced her to the Trump team, and she became their party director, producing galas for the rich and famous.

After Trump Tower, she operated as "The Party DoctoRx" advising people how to elevate their home gatherings. She wowed the theater crowd at Sardi's with her party planning expertise. "Of all the roles I ever played, my favorite was being a businesswoman in New York City. I was good at it!" she reminisces.

She joined the Round Table for Women in Food Service, an organization of one hundred dynamic women. There was Faith Stewart-Gordon, owner of the Russian Tea Room; Lidia Bastianich; Sheila Lukins and Julee Rosso of The Silver Palate. These legends taught her that strong women help each other, and decades later when would imagine her next act, she knew it would involve working with women.

A job with the Ritz-Carlton, Amelia Island lured her back to the south, where she and Jay leaned in to the good life on the First Coast. Cort launched a public relations company for a list of hospitality industry clients for several years, until the pandemic pressed pause on the travel industry as a whole.

Heartbreak And Healing

When her son Jeff was diagnosed with cancer, her world was shaken

to the core. She spent as much time with him as she could for the next two years. In-between visits there were frequent, tearful phone calls. One night he told her "Mother, you have to stop crying. Do something. Start a business. Get some girlfriends."

"I remember it like it was last night" she says wistfully.

"So one night in 2013 I sat at my computer and wrote the mission statement for something I thought was going to keep me busy and get some girlfriends. The following morning I called Jeff and said, you're going to be really proud of me."

It's a comfort to Cort that her son knew before he passed that the organization he inspired her to create, the Womens Food Alliance was growing and thriving.

She enjoys a close, loving relationship with her daughter Sue, who moved here with her husband Dave a few years ago. Sue is also Vice President of the Womens Food Alliance. "If I left the Earth tomorrow, this is the legacy I leave her," Leigh says.

Today the Womens Food Alliance is a passionate, supportive network of women shaping the food and hospitality scene. Cort deftly deflects credit and praise to the members of the organization, who she truly counts as her friends. "I just did it to have something to do, to have some girlfriends" she says. "I never thought it would be so successful."

Womensfoodalliance.com, the WFA website celebrates them, and features a tribute to her son Jeff. d

Cool Moves

How to Stay Fit Without Overheating This Summer



“We encourage a lot of water breaks... drink more water than you would normally drink. But also have some type of hydration. So, Pedialyte is a really good option. It’s easy. You can literally buy a jug that’s cold and ready to go.”

— Caity Schubiger, CrossFit coach in Jacksonville

As temperatures rise, staying committed to your fitness routine can be challenging and potentially dangerous without the right precautions. Summer heat and humidity increase your risk of dehydration, heat exhaustion, and fatigue. But that doesn’t mean you have to press pause on your health goals. With a few smart strategies, you can continue to stay active, feel energized, and protect your body during the hottest months of the year.

1. Adjust Your Schedule

One of the simplest ways to beat the heat is to shift your workout time. Aim to exercise early in the morning or later in the evening, when temperatures are cooler and the sun is less intense. Avoid mid-day workouts, especially between 10 a.m. and 4 p.m., when UV exposure and heat are at their peak.

2. Stay Hydrated Before, During, and After

Hydration is key in hot weather. Don’t wait until you’re thirsty to drink water. Start hydrating before your workout, take sips during your activity, and continue drinking afterward to replace fluids lost through sweat. For longer sessions or intense exercise, consider beverages with electrolytes to replenish sodium and potassium levels.

3. Dress for the Weather

Lightweight, loose-fitting, and moisture-wicking clothing helps your body stay cool and dry. Choose light colors that reflect the sun rather than absorb it. Don’t forget a wide-brimmed hat and UV-blocking sunglasses if you’re working out outdoors. Sunscreen is a must. Apply at least SPF 30, and reapply if you’re sweating heavily.

4. Try Indoor Alternatives

If outdoor conditions are extreme, switch to indoor workouts. Home fitness videos, yoga, strength training, dance routines, or joining a gym can help you stay on track. Many community centers and senior facilities offer low-impact fitness classes with air conditioning and instructors trained to work with older adults.

5. Listen to Your Body

Heat affects everyone differently. Pay close attention to how you feel. Dizziness, nausea, confusion, or excessive sweating are signs of heat-related illness. If any of these occur, stop immediately, cool down, and seek shade or air conditioning.

6. Choose Water-Friendly Fitness

Swimming, water aerobics, paddleboarding, or even walking in a pool are excellent ways to stay fit without overheating. These activities are gentle on the joints and help regulate body temperature while providing cardiovascular and muscular benefits.

7. Shorten Your Sessions

You don’t need long workouts to see results, especially in the heat. Try breaking your routine into shorter intervals, like two fifteen-minute sessions instead of one thirty-minute workout. This can help you stay active while minimizing strain.

Staying fit in the summer doesn’t mean pushing through the heat. With smart planning and heat-aware choices, you can safely enjoy the benefits of regular movement. It doesn’t matter if you’re exercising indoors, outdoors, or in the water. Your health and safety always come first, so adapt as needed and keep moving at your own pace. d



Are You Ready for Some Football?

The Jacksonville Jaguars are set to flip the script as they enter the 2025 NFL season with a fresh mindset, a new head coach, and plenty to prove.

After a disappointing 4–13 finish in 2024, changes were inevitable, and the front office responded by bringing in Liam Coen as head coach, hoping to inject life into an underperforming offense and steer the franchise back toward playoff contention.

Coen, formerly the offensive coordinator for the Tampa Bay Buccaneers, brings a creative, up-tempo approach to Jacksonville. Known for his ability to develop young talent and balance the pass-run attack, he'll be tasked with helping the Jaguars find consistency and explosiveness, two things they sorely lacked last season.



The Jaguars also enter the season with excitement surrounding two young stars. Rookie Travis Hunter, a dynamic two-way player drafted for both his wide receiver skills and cornerback

coverage ability, is expected to be a game-changer on both sides of the ball. Tight end Brenton Strange will also take on a larger role, giving quarterback Trevor Lawrence a versatile target in the passing game.

With a mix of promising youth, fresh coaching, and key high-stakes games, the Jaguars are positioned for one of their most intriguing seasons in recent years. Fans will need patience, but the potential is there. If Coen can stabilize the offense and the defense takes a step forward, Jacksonville might surprise a few opponents and possibly re-enter the playoff conversation. d

2025 Jacksonville Jaguars Regular Season Schedule

PRESEASON

Fri, Aug 8 – vs. Pittsburgh Steelers – 7:00 PM ET
Sun, Aug 17 – at New Orleans Saints – 1:00 PM ET
Week 3 – at Miami Dolphins – TBD

REGULAR SEASON

Sun, Sept 7 – vs. Carolina Panthers – 1:00 PM ET (HOME)
Sun, Sept 14 – at Cincinnati Bengals – 1:00 PM ET
Sun, Sept 21 – vs. Houston Texans – 1:00 PM ET
Sun, Sept 28 – at San Francisco 49ers – 4:05 PM ET
Mon, Oct 6 – vs. Kansas City Chiefs – 8:15 PM ET
Sun, Oct 12 – vs. Seattle Seahawks – 1:00 PM ET
Sun, Oct 19 – vs. Los Angeles Rams (London) – 9:30 AM ET
BYE WEEK
Sun, Nov 2 – at Las Vegas Raiders – 4:05 PM ET
Sun, Nov 9 – at Houston Texans – 1:00 PM ET
Sun, Nov 16 – vs. Los Angeles Chargers – 1:00 PM ET
Sun, Nov 23 – at Arizona Cardinals – 4:05 PM ET
Sun, Nov 30 – at Tennessee Titans – 1:00 PM ET
Sun, Dec 7 – vs. Indianapolis Colts – 1:00 PM ET
Sun, Dec 14 – vs. New York Jets – 1:00 PM ET
Sun, Dec 21 – at Denver Broncos – 4:05 PM ET
Sun, Dec 28 – at Indianapolis Colts – 1:00 PM ET
Sat/Sun, Jan 3 or 4 – vs. Tennessee Titans – Time TBD



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SCAM OF THE MONTH

New Zelle Scam Targets Facebook Marketplace Sellers



A new scam is making the rounds on resale sites like Facebook Marketplace, targeting sellers of high-value items with a clever and costly trick. The Better Business Bureau (BBB) has issued a warning about scammers posing as eager buyers who pretend to send payments via Zelle, then manipulate sellers into refunding money they never actually received.

Here's how it works: You list an expensive item, and a buyer quickly shows strong interest. They say they've sent payment through Zelle using a business account. Soon after, you receive what appears to be an official Zelle email claiming that to receive the money, you must upgrade to a Zelle business account—for a \$300 fee. The scammer says they've added the \$300 to your payment and ask you to simply refund that amount once you've upgraded.

In reality, no money was ever sent. The email is fake, and any screenshots provided are forged. But if you fall for the scam and send back the \$300, you've just lost your own money, and there's little you can do to recover it.

Zelle is a peer-to-peer (P2P) payment service designed for quick transfers between people who know and trust each other. Because Zelle payments move directly from one bank account to another, there is no buyer or seller protection. Once the money is sent, it's essentially gone.

To avoid falling victim, always verify payments within the Zelle app or your bank, not through email or text. Never agree to refund an overpayment or send money to a buyer. Be especially cautious of buyers offering to pay more than your asking price.

Only use Zelle with people you know personally, and consider safer methods like in-person cash transactions for large Marketplace sales.

If you believe you've been scammed, report it immediately to the platform, your bank, and the FTC at reportfraud.ftc.gov.

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*must be present to win

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- PRIZE GIVEAWAYS •
- BELLY DANCE PERFORMANCE •

AUGUST 9 | 10:00 AM - 2:00 PM

Thrasher-Horne Conference Center

283 COLLEGE DRIVE, ORANGE PARK, 32065





By Susanna P. Barton

GRAND PLANS

Legacy Planning Allows You to Age Like a Boss

One of the final steps to building a workable Grand Plan is to focus on the most important objectives of our lives: to design a legacy that we can be proud of. Now is the time to make sure future generations hold our memory in high regard.

There are two primary definitions of “legacy”. The first is related to financial planning and wills. While estate planning that includes legacy-leaving is important, this is not the kind of legacy we’re talking about here. Of more consequence, arguably, is the second definition of legacy: “the long-lasting impact of particular events, actions, etc. that took place in the past or of a person’s life.”

Here are a few things you can do now to leave your mark on the world and live out your legacy mindset:

1 Set up a fund, family foundation or scholarship in your name that supports something important

to you in perpetuity. Talk to your financial advisor about setting up a fund, or talk to local nonprofits that have been meaningful or supportive to your life.

2 Share your knowledge of family ancestry and stories with the loved ones in your life. Even better, write it all down and include photos with descriptions and save this in an organized folder or on a dedicated platform like Ancestry.com.

3 Consider the accolades that may be included in your one-day obituary. Make those strengths the foundation for which you will be remembered: dedicate yourself to the happiness of your family every single day.

4 Give things that are special to you away while you are alive and explain to the receiver why it has meant something to you. In fact, it’s a great practice to give most of your stuff away to those who will take it while you are living.

Whatever you do, don’t leave a houseful of stuff that is not easily identified as special or valuable because that will affect your legacy in more adverse ways.

5 Make the time to build connected, special relationships with family and close friends. You have learned a lot during your lifetime and it will enhance your legacy greatly to share what you know.

What will your legacy be? Keep this vision front and center and start building your forever self today. d



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CADY HUFFMAN
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Things To Do

July 11, 6:30 pm

French Steak Diane Cooking Class

JAX Cooking Studio, 14035 Beach Boulevard, Jacksonville, FL 32224

Prepare a classic French dinner in this hands-on class and create dishes that taste complex but are easily prepared. Learn the flavor profiles of French cooking to create delicious meals at home. Complimentary wine will be served. Cost: \$85 per person

jaxcookingstudio.com

July 12, 10:00 am - 2:00 pm

Beaches Green Market

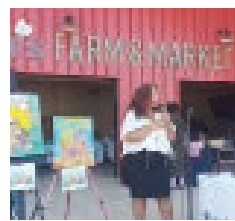
Penman Park, 321 Penman Road, Jacksonville Beach, FL 32250

Vendors at the market sell a wide selection of in-season, local, and organic produce, all-natural meats, free-range eggs, cut flowers, roasted organic coffees, edible plants and trees, orchids, handcrafted teas, gluten-free and vegan foods, handcrafted cheeses, desserts, a variety of freshly baked bread, honey and other seasonal delights. diglocal.org/markets

July 12, 10:00 am - 2:00 pm

Eartha's Farm & Market

4850 Moncrief Road, Jacksonville, FL 32209



Eartha's Farm & Market is an initiative of the Clara White Mission, a non-profit committed to reduce homelessness and hunger on a ten and a half acre farm in

Jacksonville. Take a tour and explore vendors for locally grown produce and other interesting exhibits. No cost to attend.

earthasfarmandmarket.org

July 12, 7:30 pm - 8:30 pm

Sound Bath

Beach Access at 13th North, Jacksonville Beach, FL 32250

Participate in a peaceful evening by the ocean as the soothing sounds of a sound bath wash over you. Bring a yoga mat, blanket, or anything you need to relax comfortably on the sand for one hour. Pre-registration is encouraged to save time at check-in. No cost to attend. visitjacksonville.com/explorers-sunset-sound-bath

July 15, 8:00 pm

Gladys Knight

Florida Theatre, 128 East Forsyth Street, Jacksonville, FL 32202

The "Empress of Soul" and Grammy Award winner returns to perform all her hits, including "Midnight Train to Georgia," "If I Were Your Woman," "I Heard It Through the Grapevine," and many more. (904) 355-2787

floridatheatre.com



July 15 - 19, 6:30 am - 8:30 pm

Greater Jacksonville Kingfish Tournament



The 45th annual event is a long-standing tradition and one of the largest kingfish tournaments in the Southeast. More than three hundred boats fish the weeklong event for thousands of dollars in prizes. The tournament attracts both professional and amateur anglers and those looking for a fun experience by the

waterways. Food festival, live entertainment, exhibitors, boat display and more. No cost to attend. kingfishtournament.com

July 19, 2:00 pm; 5:00 pm; 8:00 pm

Ice Skating

Community First Igloo, 3605 Philips Highway, Jacksonville, FL 32205

Beat the summer heat with a trip to the ice rink. Public ice skating offers a fun, refreshing escape for all ages. Enjoy the chill atmosphere and watch skaters glide and spin. Tickets: \$13 for Adults 55+; Ice Walkers \$10; Skate Rental \$7 communityfirstigloo.com

July 20, 7:00 pm

Yacht Rock Summer Tour

Florida Theatre, 128 East Forsyth Street, Jacksonville, FL 32202

Featuring Firefall, Pablo Cruise and Pure Prairie League prepare to set sail on a smooth groovy night at the ultimate Yacht Rock concert. Enjoy breezy vibes, and retro cool. Don't miss this chance to rock the dock in style. Tickets: \$64 plus.

July 28, 5:30 pm - 6:30 pm

Lit Chat Interview

with Author C.H. Hooks

Jacksonville Public Library, Willow Branch, 2875 Park Street, Jacksonville, FL 32205

C.H. Hooks is the author of the novels *Can't Shake the Dust* and *Alligator Zoo-Park Magic*. His work has appeared in print and online publications including: The Los Angeles Review, American Short Fiction, Four Way Review, The Tampa Review, The Bitter Southerner, and Burrow Press. After the interview, there will be twenty minutes of Q&A and a book signing. No cost to attend. jaxpubliclibrary.org



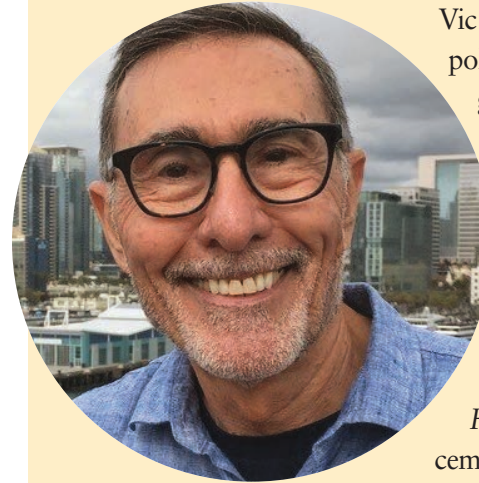
July 30, 11:30 am to 1:00 pm

The Caregiver Journey Lunch & Learn

Three free events are happening virtually and in-person at WJCT Studios. Each event will focus on a different subject and will feature an expert speaker. ElderSource, Alivia Care Inc., and the Caregiver Coalition, have created an agenda of subject matter experts on topics important to caregivers. Wrapping up the three events will be a Caregiver Resource Fair on August 16th. No cost to attend. Register online at wjct.com/caregiving.

PARTING SHOT

Vic DiGenti Pens a Powerful Portrait of a Florida Pioneer



Vic DiGenti is a rare creative polymath, equally at home ghostwriting deeply personal biographies and composing novels while championing jazz in Northeast Florida. But it's his latest release, *James R. Anthony: The Banker Who Shaped Florida's History*, that cements his reputation as a masterful storyteller and historian.

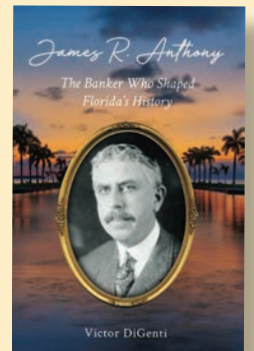
Born in Lawrence, Massachusetts, and raised in South Florida, DiGenti has long nurtured a passion for both words and music. A graduate of the University of Florida in Journalism–Broadcasting, he spent thirty six years at WJCT in Jacksonville producing documentaries and special events. As executive producer of the Jacksonville Jazz Festival, he helped the event flourish—introducing signature elements like the Jazz on the Run 5K and the Backstage Café. In 2004, he was inducted into the Jacksonville Jazz Festival Hall of Fame.

Parallel to his broadcasting career, DiGenti pursued fiction writing. He's authored six novels, most notably the *Windrusher* adventure-fantasy trilogy under his Windrusher Hall Press imprint, and the Quint Mitchell Mystery series under the pen name Parker Francis.

Upon retiring, he turned to ghostwriting full time, crafting more than a dozen biographies and family histories for a diverse clientele, including World War II veterans and jazz musicians. His writing blends narrative flair with documentary precision.

His latest book, *James R. Anthony: The Banker Who Shaped Florida's History*, showcases that dual strength. Released in mid-2024, the biography tells the story of James R. Anthony, a Georgia farm boy turned Florida banking magnate, whose decades-long career helped transform the state's chaotic frontier into thriving cities. DiGenti vividly chronicles Anthony's ventures in real estate, banking, and insurance, tracing the boom-and-bust dynamics of early 20th-century Florida.

For fans of history, biography, and engaging storytelling, DiGenti offers a compelling narrative of ambition and transformation. *James R. Anthony* is available wherever books are sold or directly from Windrusher Hall Press. d



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OPERATING HOURS

Monday–Friday | 7:00 AM–7:00 PM*

**Service may be adjusted to accommodate events as planned.*



DINING

- | | |
|--------------------------------|------------------------------------|
| 1. Bagels R Us | 20. Starbucks (Coming Soon) |
| 2. Mixed Fillings Pie Shop | 21. The Court Urban Food Park |
| 3. Roja's Pizza | 22. Tossgreen |
| 4. Indulgence Southern Bistro | 23. Setlan Coffe Co. |
| 5. Confetti's | 24. Soulfull Eats |
| 6. Juliette's Bistro | 25. Jimmy John's |
| 7. Sweet Pete's Candy Co. | 26. Insomnia Cookies |
| 8. Quizno's Subs | 27. Urban Grind Coffee Co. |
| 9. The Brick Coffee House | 28. Royal Palms Cafe |
| 10. Charlie's Cafe | 29. Indochine |
| 11. The Mini Market | 30. Lily's Asian-American Food |
| 12. Happy Grilled Cheese | 31. Spliff's Gastropub |
| 13. Desert Rider Sandwich Shop | 32. Casa Dora Italian Restaurant |
| 14. Kazu Sushi Burrito | 33. Ocean Street Tacos and Tequila |
| 15. De Real Ting Cafe | 34. Cowford Chophouse |
| 16. Gili's Kitchen | 35. D & G Deli and Grille |
| 17. Bellwether | 36. SHOR Seafood Grill |
| 18. Akel's Delicatessen | 37. Morton's The Steakhouse |
| 19. Ground Level Coffee | 38. Cinco de Mayo |

SPORTS & VENUES

- | | |
|-----------------------------------|---------------------------|
| 1. The Florida Theatre | 4. Miller Electric Center |
| 2. VyStar Veterans Memorial Arena | 5. EverBank Stadium |
| 3. VyStar Ballpark | 6. Daily's Place |

SHOPPING

- | | |
|--|---|
| 1. Fox Jewelry and Loan | 4. Chamblin's Bookmine Uptown & Cafe |
| 2. Gus and Company Shoe and Luggage Repair | 5. Cypress Floral Design |
| 3. Hemming Plaza Jewelers | 6. St. John's Cathedral Bookstore and Gift Shop |

BARS & NIGHTLIFE

- | | |
|--|---------------------------------|
| 1. J Bar at Marriott Jacksonville Downtown | 11. The Justice Pub |
| 2. The Volstead | 12. Decca Live |
| 3. Hardwicks | 13. Live Bar |
| 4. Dos Gatos | 14. Element Bistro Bar & Lounge |
| 5. The Circuit Arcade Bar | 15. Myth Nightclub & Bar |
| 6. Bold City Brewery | 16. That Bar At The Arena |
| 7. The Albatross | 17. Manifest Distilling |
| 8. Bay Street Sports Grille | 18. Intuition Ale Works |
| 9. The Cereal Box Live | 19. The Bier Hall |
| 10. Ruby Beach Brewing | 20. Tailgate Bar & Grill |

ARTS & CULTURE

- | | |
|--|---------------------------------|
| 1. Jacksonville Center for the Performing Arts | 7. Southlight Gallery |
| 2. Visit Jacksonville | 8. Untitled Art Space |
| 3. MOCA Jacksonville | 9. Jacksonville Naval Museum |
| 4. Jacksonville Public Library | 10. Jacksonville History Center |
| 5. Cathedral Arts Project | 11. Merrill House Museum |
| 6. Jacksonville Children's Chorus | 12. Jacksonville Fairgrounds |

PARKS

- | | |
|-----------------------------------|----------------------------------|
| 1. Corkscrew Park | 5. Jesse B. Smith Memorial Plaza |
| 2. James Weldon Johnson Park | 6. Cathedral Park |
| 3. Riverfront Plaza (Coming Soon) | 7. Veteran's Memorial Wall |
| 4. Main Street Park | 8. Metropolitan Park & Marina |

HOTELS

- | | |
|-----------------------------------|-------------------------------|
| 1. Marriott Jacksonville Downtown | 3. Four Seasons (Coming Soon) |
| 2. Hyatt Regency | |