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September 2025

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When Seniors Sing



Georgia
Getaways
Trails, Trees
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Promo Code: 191BY06

Publisher's Note

Welcome to September, a month that invites us to slow down, enjoy the beauty of change, and new beginnings. As the leaves begin their shift and the air turns crisp, there's no better time to recharge your spirit of adventure and well-being.

And because your health is the foundation for living fully, we're sharing smart, simple tips to help you make the best of your health not just for today, but for the days still ahead. Discover calming places to walk on page four.

Our Fall Getaways feature highlights colorful destinations perfect for road trips, weekend escapes, or simply discovering something new close to home.

We also turn the spotlight on something many of us take for granted, our smiles. Caring for your dental health can boost your confidence and impact your overall state of mind. So, wear it proudly.

We've sprinkled in plenty of humor, and real-life stories from people who remind us that it's never too late to laugh a little louder, or live bolder.

From the personal pages of Carolyn Jenkins-Meekins' newest book, *When Seniors Sing* to a feature on internationally-acclaimed violinist, Judith Steinmeyer, there's plenty to enjoy. As always, we include a list of cultural outings and local events in our "Things to Do" section this month. There's something for everyone.

Thank you for being part of our new longevity community. Here's to making this September your most spirited yet, with pep in your step.

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HEALTH

Let's Take a Walk

Small Steps Add Big Benefits

Walking is one of the best forms of exercise, especially for individuals looking for low-impact ways to stay active and healthy. It strengthens the heart, supports joint health, improves balance, and helps maintain mobility over time. All you need is a good pair of walking shoes and the right place to go.

September is the perfect time to take advantage of local trails, parks, and waterfront paths. The weather is beginning to ease, and the scenery makes every step feel like a reward.

Ron Hobbs is a private fitness coach who trains with older adults in Yulee. He works with clients in the gym, but recommends they add variety to their routine by bringing friends along for long walks.

"I always tell my clients not to live on the treadmill and to get outside and walk. It's one of the simplest ways to keep your muscles engaged, and increase strength and circulation," Hobbs noted.



The old saying is true: "Use it or lose it." If you're not walking regularly, your leg muscles can weaken over time, making everyday activities harder and increasing your risk of falls. It doesn't take much to turn things around.

Hobb says, "Start with a short, ten-minute walk. Add a few minutes each day throughout the week. Before you know it, you'll be walking farther, feeling stronger, and improving your balance, endurance, and overall confidence."

Walking is simple, effective, and accessible. Northeast Florida offers some of the best backdrops to make fitness pleasurable. Start with walks a few times a week and take advantage of the benefits of movement in some of the most beautiful places our region has to offer. 🌿

Here are a few top walking destinations we suggest for fitness, and relaxation this Fall.

1. Davis Park, Nocatee

Located just west of Ponte Vedra, Davis Park offers wide, flat walking paths that circle around quiet lakes and athletic fields. It's a great spot for beginners or anyone looking for a peaceful, low-traffic place to stretch their legs. There's plenty of shade and seating if you need to rest.

2. Riverwalk Along the St. Johns River (Downtown Jacksonville)

This scenic route stretches along the water and provides beautiful views of the city skyline and the river. It's perfect for an early morning or evening stroll. Benches, public art, and rest areas make this a favorite for walkers of all ages.

3. Acosta Bridge Loop

Ready for a bit more of a challenge? The Acosta Bridge offers a steady incline and panoramic views of the river. This route connects to both sides of the Riverwalk and is a great way to add some cardio and strength to your walk especially for those working on endurance.

4. Atlantic Beach Shores

Walking on the firm sand at low tide is not only calming but also great for leg strength and balance. The ocean breeze and the sound of waves can turn your walk into a meditative experience. Just be sure to wear sun protection and supportive shoes.

5. Trails off Heckscher Drive (Amelia Island area)

For those who love a bit of nature, the wooded trails near Amelia Island offer shaded paths through maritime forest and salt marsh. These trails are generally flat and quiet, ideal for nature lovers who want exercise without crowds.

Global Stages, Grammys and Violins



Judith Steinmeyer

Steinmeyer is the founder of Swing 456, a Gypsy Jazz/Swing ensemble inspired by the American standards of the 1930s and 40s melding classical violin technique with the energy of Parisian jazz clubs. She has performed at world-renowned venues including Carnegie Hall, the Bolshoi Theater in Moscow, and The Kennedy Center for the Performing Arts, and has appeared for four U.S. Presidents and numerous heads of state.

Steinmeyer has also led performances for legendary

Judith Steinmeyer is a nationally-recognized violinist and music educator whose career spans orchestral, operatic, jazz, and studio performance. A former Technical Sergeant in the United States Air Force Band based at Bolling AFB in Washington, D.C., she performed globally with the Strolling Strings and Symphony Orchestra, providing both morale support for U.S. troops and musical diplomacy for dignitaries including Queen Beatrix, Prince Charles, and the Joint Chiefs of Staff.

artists such as Ray Charles, Tony Bennett, Aretha Franklin, Barbara Streisand, Diana Ross, Ricky Skaggs Family, and Luciano Pavarotti. She has extensive studio experience recording soundtracks, albums, radio, and television broadcasts, and was a long-time voting member of the National Academy of Recording Arts and Sciences (GRAMMY Awards).

Since relocating to Jacksonville, FL in 2002 with her husband of over 40 years, renowned trombonist David Steinmeyer, she has continued to perform as a concertmaster and section player with a wide range of orchestras including the First Coast Opera, the University of Florida Opera, and the Jacksonville Symphony Opera.



"I really enjoy making music. I'm available now by request and I'm not really playing as much in groups because life happened. I have my parents and my husband to take care of now," says Steinmeyer. Visit swing456.com to learn more. 🎻





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Rolling on the River

How Fleet Landing Wants to Redefine Retirement in Downtown Jacksonville

Imagine waking up to sunrise views over the St. Johns River, sipping your morning coffee as joggers pass along the Riverwalk and the city skyline reflects off the water. This isn't some far-off dream, it's the future vision that Fleet Landing wants to bring to Jacksonville's Southbank.

The nonprofit senior living provider is making waves with a bold \$20 million bid to buy and redevelop the current Duval County Public Schools headquarters at 1701 Prudential Drive. But this isn't just about real estate, it's about reinventing what retirement looks like in a reawakened downtown.

Fleet Landing plans to replace the aging six-story building with a vibrant, modern retirement community right in the heart of a neighborhood that's buzzing with energy, art, and riverfront growth.

And let's be honest: It's about time.

Today's older adults are more active and socially connected than ever and Fleet Landing knows it. Already known for their chic Atlantic Beach campus and a \$148 million community rising in Nocatee, they want to turn downtown into the next great address for stylish, urban-minded retirees.

Forget isolated suburbs. The Southbank's shift into a walkable, live-work-play district makes it the perfect place for seniors who



want more than shuffleboard and shared dining. Think rooftop terraces, fitness studios with river views, access to theater, galleries, concerts, and farmers markets all within walking distance.

"I never imagined I'd want to live downtown again," says Linda Reyes, 72, a Fleet Landing resident and retired architect. "But when I heard about this new project on the river I thought, why not? I spent my career designing buildings. Now I want to live in one that inspires me every day."

Aging With Intention and a View

This isn't just about buildings. It's about a lifestyle shift.

Fleet Landing's concept represents a new era of aging with autonomy.

"My wife and I love going to the Riverside Arts Market and the symphony," shares Charles Benson, 68, a former Navy officer. "Living downtown means we can walk to half

the things we already drive to. It's not just convenient, it feels alive."



Fleet Landing Nocatee in Ponte Vedra opens in 2027.

The Future Is Fluid and Waterfront

The district's current headquarters will be vacated in 2026, making room for one of the most exciting additions to Jacksonville's downtown revival if the contract is approved.

"We're not looking to retire from life," says Judy Emerson, 74. "We're looking to retire into a better one."

So, here's to a new view.

Because when older adults move downtown, they're not stepping back. They're stepping into the center of it all. ∞



Why Your Birth Date is a Hacker's Best Friend

Your date of birth is often used as a verification tool for a variety of services from banking and healthcare to social media and government applications. Scammers know this. Once they get hold of your full name and date of birth, they're already a few steps closer to impersonating you.

Many companies and organizations use birth dates as part of their security verification process. If a scammer gains access to your birth date, along with other publicly available information (like your address or phone number), they can potentially bypass security checks and gain unauthorized access to your accounts.

Birth Dates Aid in Social Engineering

Social engineering is the act of manipulating people into giving up confidential information. When a scammer knows your birth date, they can craft more convincing phishing emails, text messages, or phone calls. For instance, they may pretend to be from your bank, referencing your birth date to appear legitimate. These tactics often trick people into revealing passwords, Social Security numbers, or other sensitive data.

In some cases, scammers use birth dates to guess or reset passwords. Since many people use their birth year or exact birth date in their

passwords, a hacker with this information could easily break into online accounts.

Data Breaches and Identity Theft

Data breaches happen frequently, exposing millions of records at a time. If your birth date is leaked along with other personal details, it becomes even easier for fraudsters to steal your identity. With your date of birth, full name, and maybe even an address, scammers can open credit card accounts, apply for loans, or even file fake tax returns in your name.

How to Protect Your Birth Date

Limit what you share online – Don't display your full birth date on social media profiles or public websites.

Be cautious with forms – Only provide your birth date when it's absolutely necessary.

Use strong, unique passwords – Avoid using your birth date in passwords or PINs.

Monitor your accounts – Keep an eye out for suspicious activity, and consider using identity theft protection services.

Your birth date may seem like an innocent piece of information, but in the wrong hands, it can be a powerful tool for scammers. Stop sharing it. ∞



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SMILE

It's Good For You

**You're never
fully dressed
without
A SMILE!**

Not only can a great smile can brighten your day, it turns out, there are emotional and physical health benefits to flashing those pearly whites.

Incorporating more smiles into our daily life is an important and easy first step toward enhancing our mood, easing anxiety, sadness, loneliness and isolation.

Let's break it down... Smiling releases serotonin and endorphins, neurotransmitters that act as natural mood enhancers and pain killers. It reduces the production of cortisol, the stress hormone.

Smiling stimulates the production of antibodies and cells to bolster our immune systems, making it easier to resist illnesses and lead a more healthy life. Smiling can also help lower blood pressure and heart rate, giving our cardio-vascular systems a charge.

Studies have shown that the smile is often the first thing you notice when you meet someone. "As we age, our smiles can reveal a lot, not just about oral health, but also our confidence and overall well-being," says Dr. Alex McRee, founding partner of Jax Dental Implants.

Missing or broken teeth not only make it difficult to enjoy smiling, they can make it challenging to chew food, leading to poor nutrition. Speech and self-esteem can be affected as well. Periodontal disease and other dental problems are also linked to systemic conditions like heart disease.

"Taking care of your smile isn't just about appearances, it's about protecting your whole body," Dr. McRee explains.

Dr. McRee and his wife, Alexandra live in Atlantic Beach with their Australian Shepherd Rufus and their cat Ernie. Born and raised in Gainesville, GA, he attended the University of Georgia on a baseball scholarship, and his love of both playing AND watching the sport continues today. Mountain biking is another passion that keeps him active and fit.

Dr. McRee acquired a Doctor of Dental Medicine degree from the Medical College of Georgia and completed an advanced residency at Dental Implant Center outside Birmingham, Alabama, where he met his now colleague Dr. Spencer Russell.



Dr. Russell leads the team in all cosmetic dentistry decisions at Jax Dental Implants. Each precise before and after reformation is directly tied to his expert vision. Born and raised in West Columbia, SC., he attended Wofford College, where he played lacrosse, majoring in Biology with an emphasis in Computer Science. He continued his education at the Medical University of South Carolina College of Dental Medicine, completing an advanced residency with surgical training at the Foundry Dental Implant Center in Alabama with Dr. McRee. Dr. Russell also lives in Atlantic Beach. He loves kite-boarding, surfing, and enjoys an active beach lifestyle with his wife, Juliana, and their mini Aussie, Finn.

Another associate at the practice, Dr. Sejal Thomas believes everyone deserves the best smile possible. She enjoys hearing patients' stories and discovering together what they can do to help change their future. Dr. Thomas is passionate about restorative dentistry, designing smiles, seeing the transformations and maintaining relationships with her patients.

Born and raised in the Carolinas, Dr. Thomas graduated from the MUSC College of Dental Medicine along with Dr. Russell. She enjoys outdoor activities, traveling, painting, baking, and spending time with her husband Grayson and her Australian Shepherd named Sai.

Transforming Lives

"Every patient we work with experiences more than just a cosmetic change. It really transforms their life. Many go from hiding their smile and avoiding certain foods to smiling with confidence and enjoying all their favorite meals again. When they get their final set of teeth, the



transformation is incredible. It's amazing to watch their confidence and self-esteem grow alongside their new smile," Dr. McRee shares.

"When someone is happy with their smile, it shows in their appearance, the way they interact with others, and even their overall demeanor," says Dr. McRee.

Warning: Smiling Can Be Contagious

If you feel down, try smiling instead. You might lift your own spirits and those of everyone around you! When we see someone smile our brains are programmed to reciprocate, which creates a positive chain reaction, spreading happiness and strengthening our social connections. So go ahead, turn that frown upside down!

If you're not 100% happy with your smile, or if you're tired of dealing with missing and broken teeth, consider booking a consultation at Jax Dental Implants. Their focus is on restoring smiles with dental implants, even if it's a single tooth or a full mouth restoration.

You're never too old to get the smile you deserve.

"You can achieve the smile you've always wanted at any age. When you're ready to take that first step, we're here to help," says Dr. McRee.

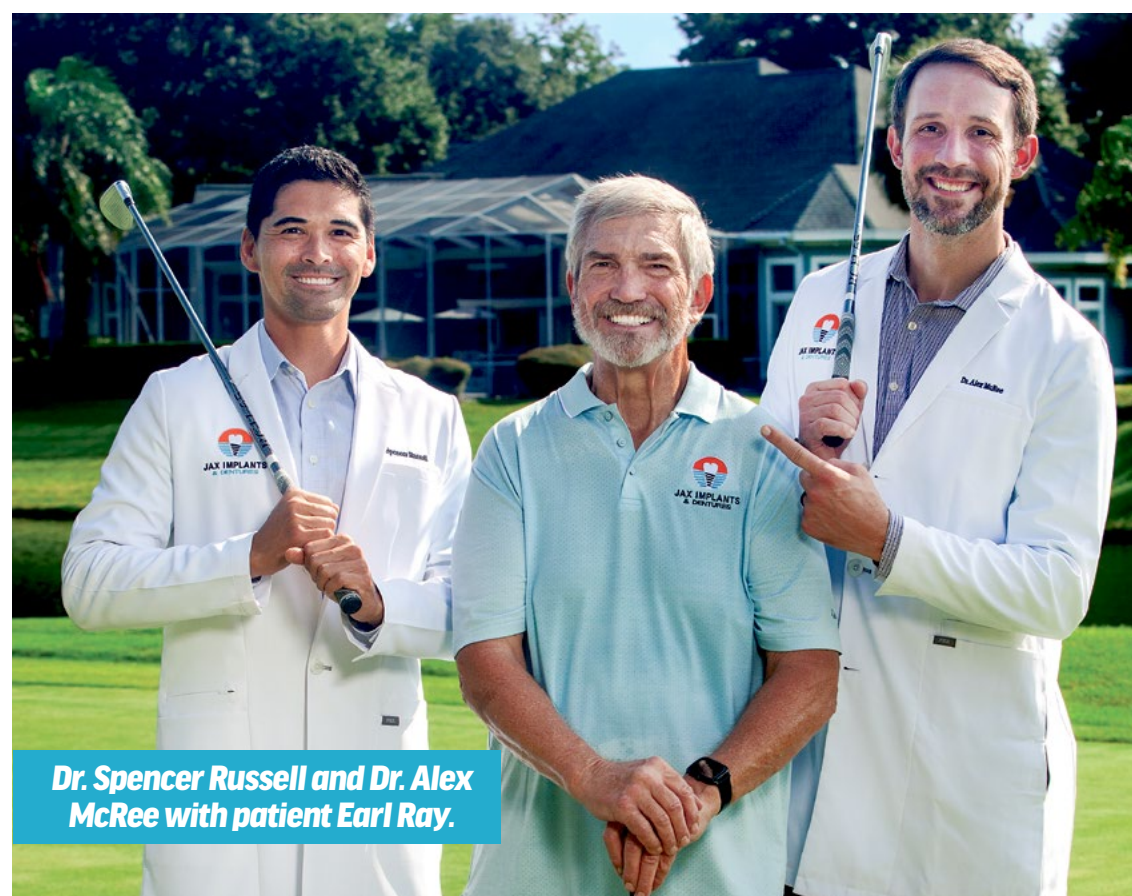
When you need the best surgeons, compassionate care, and affordable pricing to replace missing teeth, the Jax Dental Implants team will work directly with you to design and customize a smile that fits you perfectly.

Beginning with an initial consultation, you can browse smile galleries, photos, and 3D scans to help craft the exact smile you've always dreamed of. Their goal is to give you exceptional results at a reasonable price.

So what are you waiting for? Put your best face forward and let your inner light shine!

For more information, visit jaximplant.com.

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Pulse of the Good Life

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TRAVEL

Four Georgia Escapes Where the Pavement Ends

September paints the Southeast with golden light and cooler breezes, and the call to escape city crowds and reconnect with nature becomes irresistible. Fortunately for Jacksonville residents, rural Georgia offers a variety of places just a short drive away where small-town charm and scenic beauty converge in perfect harmony. If you're looking for quiet solitude, hiking trails, or rustic landscapes, these four fall destinations deliver peacefulness and Southern authenticity.



Meigs & Bellville

For a more traditional rural escape, visit the tiny towns of Meigs or Bellville. With populations under 1,000, these communities offer a glimpse into Georgia's agricultural heartland. Expect dirt roads, endless pecan trees, and a pace of life that invites you to breathe deep and stay a while. It's the perfect spot to unplug, no schedules, no stress, just front porches and fall skies.

Broxton Rocks Preserve

Tucked away in Coffee County about 2.5 hours northwest of Jacksonville, Broxton Rocks is one of Georgia's best-kept secrets. This natural preserve features stunning sandstone outcrops, small waterfalls, and rare plant species found nowhere else in the state. The preserve's peaceful hiking trails and rock formations offer a perfect opportunity for reflection and photography, especially as fall colors start to emerge. It's a serene getaway ideal for nature lovers, bird watchers, and those craving solitude.

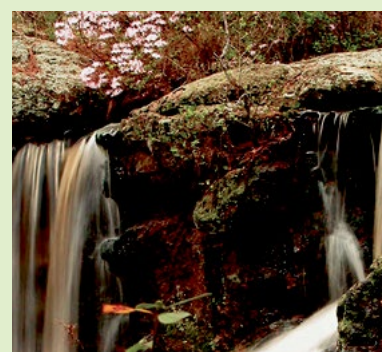


Photo by @rebus.hallman

Providence Canyon State Park

Located in rural Stewart County, Providence Canyon is a dramatic departure from Georgia's coastal flatlands. Carved over time by poor farming practices, this canyon is now one of the state's most photogenic parks. The rugged landscape, painted in red, orange, and pink hues, becomes even more breathtaking in the fall. Hike the rim or descend into the canyon's base for a closer look. Primitive camping is available for those who want to experience a true back-to-nature retreat.

Kingsland & St. Marys

Less than an hour from Jacksonville, Kingsland and nearby St. Marys offer a quiet, coastal Georgia experience without the tourist bustle. Here, you can paddle through winding waterways that border the Okefenokee Swamp, or take a stroll through St. Marys' riverfront park with its Spanish moss-draped oaks. Visit the Cumberland Island National Seashore Museum, then hop on a ferry for a day trip to an undeveloped island teeming with wildlife. Fall's cooler temps make outdoor exploration comfortable and crowd-free.



This Fall, trade hustle for hush in the dramatic landscapes, quiet trails, and charm of rural life. These Georgia getaways offer something Jacksonville can't always provide: peace. And in the fall, that peace comes wrapped in crisp air, and the gentle rustle of leaves. ☁

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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 | |

Talking Down to Age

How Elderspeak Perpetuates Bias

Ageism and Elderspeak Are a Thing, and They Aren't Cool. One of the big things I'm learning as a student of Gerontology is that ageism is real and it is exceedingly harmful, and that elderspeak is one way ageism manifests in our relationships with older adults. We shouldn't embrace either, capiche?

According to the World Health Organization, ageism is: "The stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or ourselves based on age. It is pervasive, affects people of all ages from childhood onwards and has serious and far-reaching consequences for people's health, well-being and human rights. Globally, 1 in 2 people are ageist against older people and in Europe, younger people report more perceived ageism than other age groups."

We are constantly confronted with it in the media, images of frail, cranky and grey-haired adults in ads and shows and characters projecting personas that are cognitively and physically impaired or incapable of learning new things. In healthcare, many older adults face ageism in the way they receive medical treatment or advice with some physicians assuming a patient's symptoms are "just part of being old."

A 2022 study from the University of Oklahoma, Norman and the University of Michigan points to the ubiquitous nature of ageism. Of the older adults surveyed, 93 percent had experienced one of the 10 forms of ageism they studied, which include statements like "people insist on helping me with things I can do on my own" or "people assume I have difficulty with cell phones and computers."

While ageism is abhorrent in any context, it is particularly prevalent and devastating in the workplace. A recent study from AARP indicates 78 percent of older workers have experienced age discrimination at work, a figure that tops the charts since AARP started tracking this data in 2003.

A 2020 review of 422 studies of 7 million participants around the

world, the largest study of its kind, found ageism creates negative outcomes for older adults in 96 percent of the studies reviewed. Ageism is not only rude, crude and socially unacceptable, it is injurious and even lethal.

So, let's stop here and let me share another important fact from my Gerontology studies. To avoid promoting ageism in daily communication, language and engagements, you must purge ageist terms from your vocabulary. Those words include seemingly

acceptable, and sadly common words like elderly, senior citizen, old people and yes, Boomer. Instead, describe an adult by their age (65-year-old woman), by their age range (adults 65-plus) or by the always accurate, inclusive catch-all, "older adults." Just say older adults and you'll do your part in curbing ageism in conversation.

Another kind of word or phrasing to look out for is talk described in Gerontology circles as "elderspeak." This term came up over and over again in my Gerontology master's studies at the University of North Carolina Greensboro.

Elderspeak is defined as a modified form of speech used by younger adults when communicating with older adults. It is characterized by simplified vocabulary and sentence structure, slower speech, exaggerated intonation, and the use of overly-endearing terms like "sweetie" or "dear" Elderspeak

often stems from stereotypes about older adults having reduced cognitive abilities and can be perceived as patronizing or disrespectful.

It also impacts how older patients respond in healthcare and social settings.

So, the next time you call someone who's older than you "Honey" or "Sweetheart" or something worse, consider if you would like someone calling you that. Ageism is real and you don't want to be the one who makes accepting it okay. ☹️



Susanna Barton, a member of Jacksonville Mayor Donna Deegan's subcommittee on elder care, has worked as a professional writer in Jacksonville for nearly 30 years and is the founder of the Grand Plans online community, podcast, newsletter and blog. Her book Grand Plans: How to Mitigate Geri-Drama in 20 Easy Steps and its accompanying workbook, the Grand Planner, are available in local stores and on Amazon. For more information, <http://www.mygrandplans.com>.



Author Susanna Barton with her husband David, both in their early fifties, during a recent sabbatical in North Carolina.



Learn more about our program at
HavenHospice.com/Dementia



Dementia Caregiver Support Group

If you are caring for a loved one with a dementia-related diagnosis and need some additional education and support, please join us



Second Tuesday of Each Month | 10 - 11 a.m.

Next Meeting: September 9

Riverside Post Acute

1750 Stockton St., Jacksonville, FL 32204



Refreshments will be provided.

RSVP to Anita Howard at 352.215.7465

or Anita.Howard@HavenHospice.com.



Riverside
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JUST ASKIN'

Do You Have a Trusted Financial Advisor?



Planning for retirement is about more than just saving. It's about having peace of mind. If you're newly retired or just beginning to map out your future, working with a trusted financial planner can make all the difference. In Jacksonville, several firms specialize in guiding retirees through key decisions like income planning, tax strategies, healthcare costs, and legacy preservation.

We asked several Jacksonville area residents to tell us who they use for their personal financial planning. Here are six firms that made the list.

1. **Life Planning Partners** Blending medical and financial expertise for holistic elder planning. lifeplanningpartners.com
2. **Paragon Wealth Strategies/Mercer Advisors** Fee-only planners providing tailored retirement, Social Security, and legacy solutions. merceraadvisors.com
3. **Stratton & Company** Known for the "Retirement Clarity Process" to optimize income and reduce risks. retirementteam.com
4. **JL Smith Group** Offers tax planning, estate strategies, Medicare navigation, and wealth management under one roof. jlsmithgroup.com
5. **Riverplace Capital** Family wealth planning, private investment plans, small business advisory and portfolio management. riverplacecapital.com
6. **Edward Jones** Retirement accounts, annuities, bonds, CD's mutual funds, investment strategies. edwardjones.com

The financial planners listed in this article were shared by readers and are provided for informational purposes only. Inclusion does not constitute an endorsement or recommendation by the publisher. Readers are encouraged to conduct their own research and consult with a qualified professional before making financial decisions.

The City of Jacksonville Senior Services Division and Humana Present

JACKSONVILLE SENIOR GAMES

SEPT. 27TH - OCT. 3RD, 2025

The Jacksonville Senior Games, an Olympic-style event series designed for seasoned athletes to participate on a competitive level and novice athletes to participate for their own enjoyment and promote healthy and active lifestyles for First Coast seniors.

OPEN TO
MEN &
WOMEN
AGE 50+

SEPT. 27TH TRACK & FIELD Bishop Snyder High School	SEPT. 27TH CHESS Main Library	SEPT. 29TH TENNIS Boone Park Tennis Complex
SEPT. 30TH POWERLIFTING Cecil Gym	OCT. 1ST GOLF Bent Creek Golf Course	OCT. 2ND & 3RD PICKLEBALL Argyle Forest Park
OCT. 3RD BASKETBALL Cecil Gym		OCT. 4TH SWIMMING Cecil Aquatics Center

For more information visit
www.JaxSeniors.net
or call (904) 255-5667

Accommodations for persons with disabilities are available upon request. Please contact Disabled Services at VM (904) 255-5475, or email your request to KaraT@coj.net

REGISTER
ONLINE ONLY

Things To Do



**September 12, 5:00 pm - 10:00 pm
& September 13, Noon - 10:00 pm**

Florida Fin Fest

Seawalk Pavilion, 75 First Street North
Jacksonville Beach, FL 32250

A two-day event to learn about ocean conservation and sustainability, browse vendors and enjoy live performances. If you're looking to make a difference, participate in a beach clean-up that takes place over the weekend. No Admission Fee floridafinfest.com

September 13, 10 am - Noon

Asian Street Food Cooking Class

Blue Bamboo, 10110 San Jose Boulevard
Jacksonville, FL 32257



Ready to bring the bold, crave-worthy flavors of Asia's night markets to your kitchen? Try this hands-on cooking class and learn to cook Taiwanese Popcorn Chicken, Indomie

Goreng and Hong Kong Bolo Bubble Waffles. This interactive class is perfect for all skill levels. Includes lunch and a cocktail. Cost to Participate: \$85 per person bluebamboojacksonville.com

September 17, 9:00 am

Good is Everywhere!

Jacksonville Zoo, 370 Zoo Parkway
Jacksonville, FL 32218

Enjoy a wild day out at the Jacksonville Zoo & Gardens with free admission, courtesy of VyStar Credit Union! Explore animal exhibits, lush gardens, and family-friendly attractions without spending a dime. It's the perfect opportunity to experience one of Jacksonville's top destination just bring your sense of adventure. No Admission Fee jacksonvillezoo.org



September 20, 8:00 pm

The Steely Dan Project

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

Featuring the music of Steely Dan. The Steely Dan Project is a celebration of this timeless music by Donald Fagen and Walter Becker. Audiences can expect an authentically

produced concert experience featuring top hits and album cuts from their extensive music catalog. Tickets: \$49 plus floridatheatre.com

September 21, 1:00 pm

Jaguars vs. Houston Texans

Everbank Stadium, One Everbank Stadium,
Jacksonville, FL 32202

The Jacksonville Jaguars take on the Houston Texans in a high-stakes AFC South showdown. Expect big plays, fierce rivalry, and a game that could shape the season. Tickets: \$47 plus jaguars.com

September 20, 7:30 am

First Coast Trail Forgers

Walking Tour

Fuller Warren Bridge,
I-95 at MD Anderson,
Jacksonville, FL 32205

Meet under the bridge to join this five-mile walk from San Marco to the Riverside area. The path is lined with steel railings and overhead lights. The group continues to the Northbank Riverwalk at the Riverside Arts Market to return to the Southbank Riverwalk via the Acosta Bridge. Cost: \$4 per person firstcoasttrailforgerswalkingclub.org



September 23, 2:00 pm

Movies at the Library, Jurassic Park

Ponte Vedra Library, 101 Library Blvd.
Ponte Vedra Beach, FL 3208

Reel Reads: Books to Film, a movie series showcasing films adapted from books. Experience beloved stories in a new way, rediscover classics, and explore the art of storytelling through powerful literary-to-screen adaptations. No Cost to Participate sjcpls.librarycalendar

September 29, 7:30 pm

Melissa Etheridge

Ponte Vedra Concert Hall,
1050 A1A, Ponte Vedra Beach,
FL 32082

Catch rock icon Melissa Etheridge live for a night of unforgettable music, heartfelt lyrics, and powerful vocals. Known for her passionate



performances, Etheridge brings raw

energy and timeless hits that will resonate with fans old and new. Tickets: \$90 plus

pvconcerthall.com

September 30, 10:00 am - 1:00 pm

Jacksonville Fall Senior Expo

Schulz Center, 4019 Boulevard Center Dr,
Jacksonville, FL 32207

Discover valuable resources at the Duval Senior Expo, featuring vendors offering health services, retirement planning, travel ideas, and more. Connect with local experts, enjoy giveaways, and explore tools for living well at any age. A must-visit event for active seniors and caregivers. No Admission Fee seniorexpo.com/jacksonville

PARTING SHOT

Moving People with Words and Wheels

Carolyn Jenkins-Meekins

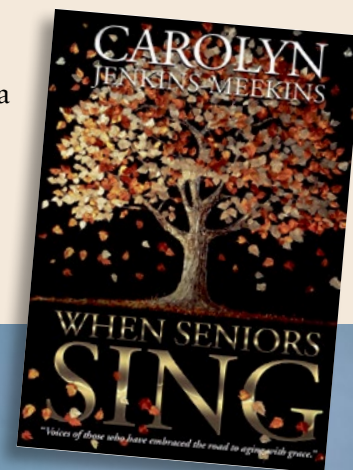
When Seniors Sing shares the voices of those who tackle the road to aging with grace. Author Carolyn Jenkins-Meekins, age seventy-three, has successfully penned a book that encourages seniors to accept their years with dignity and joy reminding them that their stories of laughter and hard-won lessons are treasures and that they have meaning and purpose.

Through personal reflections and practical encouragement, this book challenges the notion that aging means fading away. Instead, it reveals how older adults can live prosperously physically, emotionally, and spiritually while continuing to share their gifts with the world. With contributions and testimonials from other relatable voices, the 'songs' sung throughout the book are an invaluable resource for younger generations. It is both a tribute and a call to action to the enduring spirit of seniors to rise and sing knowing their lives matter deeply. With every chapter, readers are reminded that fulfillment has no age limit, and it also highlights how we are not just keepers of memories but living testaments to triumph.

Jenkins-Meekins is also the Owner and Chief Executive Officer of Meekins Senior Shuttle, a transportation service that provides safe, reliable transportation in the local community.

Her commitment to serving our demographic reminds us that empowerment comes in many forms and that everyone, at any age, still has a song, and a ride to share.

When Seniors Sing is available on Amazon for \$24.95. Visit her website at meekinsseniorshuttle.com.





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