

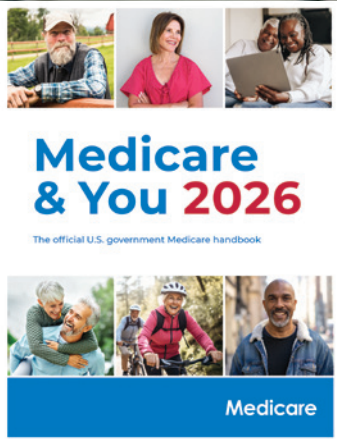
FREE

October 2025

FIRST COAST SENIOR LIVING

Pulse of the Good Life

**Let's Stay
Together**
Hilton Hotel Opens
at Mayo Clinic



**How to Get
the Best Plan**

Finding Home Again

**One Man's Path to Choosing
Assisted Living**



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

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Refreshments will be provided.

RSVP to Anita Howard at 352.215.7465

or Anita.Howard@HavenHospice.com.



Riverside
Post Acute

800.HOSPICE | [HAVENHOSPICE.COM](https://HavenHospice.com)

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Published by Longevity Media Network, LLC
245 Riverside Avenue, No. 100, Jacksonville, FL 32202

FirstCoastSeniorLiving.com



Publisher's Note

October marks two important milestones for *First Coast Senior Living*. First, this month is our two-year anniversary, a moment that wouldn't be possible without our readers, advertising partners, and the people we serve.

Second, this issue brings us into a season of awareness, preparation, and self-care. October is Breast Cancer Awareness Month, and we're taking time to share reminders and resources that could save lives.

Henry Jacobs, a resident of an assisted living community in Jacksonville, shares his experience and advice about choosing a residence for yourself, or a loved one.

And with Medicare Open Enrollment upon us, we've included helpful guidance to make sure you have the information needed to make a smart choice on your healthcare plan.

We're proud to be the only publication in Northeast Florida exclusively dedicated to adults fifty-five plus in a region that has the largest senior population in the state. That's not just a statistic. It's a sign that this community matters, and it's growing. That makes *First Coast Senior Living* the most focused and valuable local platform for businesses looking to connect with older adults.

We invite local organizations, service providers, and business leaders to partner with us as we continue to grow. Let's do it together.

Mischelle Grant, Publisher
mgrant@firstcoastseniorliving.com

RING THE BELLS!

It's time to make
a difference this
holiday season!



**The Salvation Army's Red Kettle
Bell Ringing Sign-ups are
Officially OPEN for 2025!**

Did you know that every ring helps us provide meals for the hungry, shelter for the homeless, countless Christmas gifts for children right here in our community? All of the donations you help raise stay local and change lives year-round.

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Volunteer today!**

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CONTACT

Katie Hamilton

Volunteer Coordinator

904.301.4845

Katie.Hamilton@uss.salvationarmy.org



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The Cure for Ordinary Stays

Hilton Hotel Opens on Mayo Clinic's Campus

The Hilton Jacksonville at Mayo Clinic opened this month, and it's a new chapter in comfort and convenience for travelers, especially those visiting family at Mayo Clinic.

For those supporting loved ones through medical treatment, the hotel's location on the Mayo Clinic campus removes a major hurdle. "We do believe we're going to get a large percentage of Mayo patients here," says Jayson Zimmer, the hotel's general manager. "The need for such a facility was clear from the start."

Zimmer emphasizes that this is more than just lodging. "Here, we want a service that can connect with people ... create a family-type service feeling with our patients, individually as well as families' needs," he shared. With suites designed for extended stays, tranquil common areas, and special Mayo-family rates, the Hilton aims to ease the stress of hospital visits.

A Resort Feel with Local Appeal

Though situated on a medical campus, the Hilton's design has a coastal charm. Zimmer describes the hotel's pool area as "one of the largest pools that I've had at a full-service Hilton ... it's got cabanas, plenty of lounge seating, a great pool bar outside of our Coastal Kitchen restaurant." The Coastal Kitchen & Bar opens to patios and landscaped outdoor lounges, making it feel more like a beach resort than a hospital hotel.

Zimmer also underscores that the Hilton is meant to attract locals and leisure travelers. "When you talk about your leisure traveler ... people are coming to Jacksonville for tourism. They're coming to see our beautiful beaches, shop, go to St. Augustine, all these different things that are to do around here."

Rooms & Rates

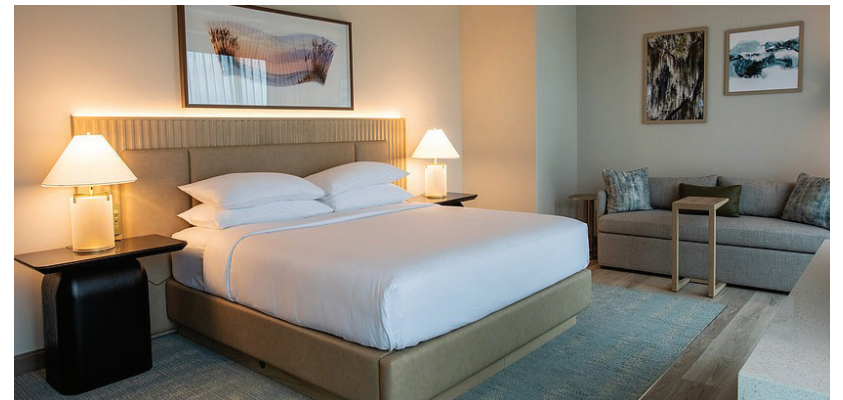
Room rates will range from \$259 to \$329 per night, with Mayo visitors eligible for reduced rates between \$219 and \$269. The 252-room property includes two large ballrooms, additional meeting spaces, and a 5,000 sq ft outdoor event lawn.

The hotel is managed by Concord Hospitality.

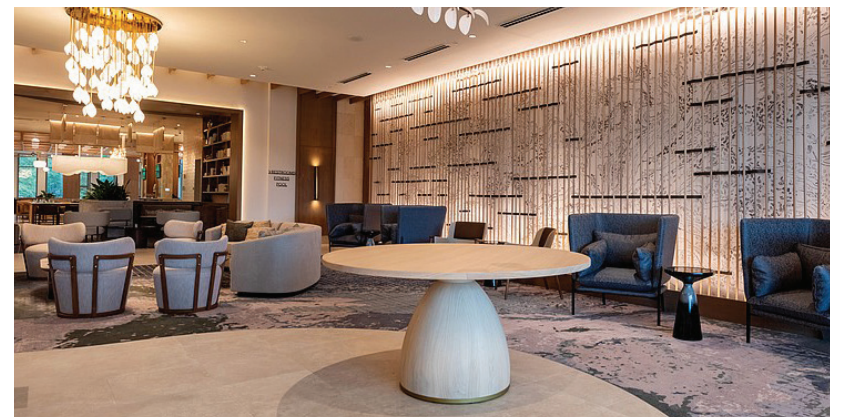
For those who want both utility and convenience as visitors of Mayo Clinic, or indulgence in a quiet coastal escape, the Hilton Jacksonville at Mayo Clinic promises to deliver both with southern hospitality. Learn more at hilton.com.



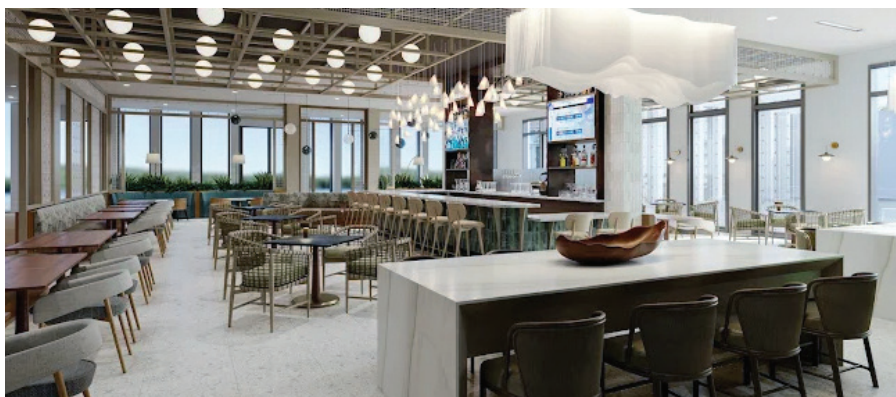
The entrance of the new Hilton Hotel.



The new guest rooms are spacious and bright.



A view of the interior lobby common area.



Coastal Kitchen & Bar's open seating area.



The resort-style pool includes cabanas and a bar.



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October is Breast Cancer Awareness Month

What You Need to Know Now



October is breast cancer awareness month. Let's talk early detection, risk, and survival.

Most of us know someone who has faced breast cancer. It's a diagnosis that touches millions but there is real hope. Thanks to advances in early detection and treatment, survival rates have never been higher.

When detected early, before it spreads outside the breast, the five-year relative survival rate is 99%. That's why regular screenings like mammograms and clinical breast exams are so important. The American Cancer Society recommends that women ages 45 to 54 get annual mammograms, and those over fifty-five continue screening annually or every two years based on health history and personal risk.

"Early detection isn't just a medical recommendation, it's a lifesaving decision," says Lisa Mayer, a local breast cancer survivor.

"Catching it early saved my life and my sister's. A routine mammogram found my breast cancer just in time, and not long after, my sister was diagnosed early, thanks to

screening. We're both here because we didn't wait. Paying attention and getting checked made all the difference. It truly saved us," Mayer said.

Many breast cancers found are slow growing, making timely screening even more critical. Don't wait until symptoms appear. Breast cancer can be present long before it's felt.

Important Facts to Know

- 1 in 8 U.S. women, about 13%, will develop invasive breast cancer.
- In 2025, an estimated 316,950 women

will be diagnosed with invasive breast cancer.

- 59,080 more cases will be diagnosed as non-invasive.
- Every 2 minutes, a woman in the U.S. is diagnosed.
- 66% of cases are caught early, when treatment is most effective.

Men Get Breast Cancer Too

Breast cancer isn't just a women's disease. In fact, 2,800 men in the U.S. are expected to be diagnosed in 2025, and 510 will die from it.

According to studies, while the lifetime risk for men is lower (about 1 in 726), male breast cancer is often diagnosed later, in part because men don't realize they're at risk. Watch for symptoms like a lump, swelling, or nipple discharge and don't hesitate to speak to a doctor.

"Men have breast tissue too, and they can get breast cancer." Men with a family history of breast cancer or the BRCA gene mutation should also consider genetic counseling.

This October, Take Action

- Schedule your annual mammogram
- Encourage friends and family to do the same
- Learn the warning signs regardless of gender
- Support breast cancer research and awareness

Awareness is the first step. Early action can save lives including your own. 🌸

LEARN MORE ABOUT BREAST CANCER

National Breast Cancer
Foundation
nationalbreastcancer.org

American Cancer Society
cancer.org

BreastCancer.org
breastcancer.org

Men Against Breast Cancer
menagainstbreastcancer.org

Ackerman Cancer
ackermancancercenter.com

MD Anderson
baptistmdanderson.com

North Florida Cancer Specialists
cancerspecialists.com



Source: Nationalbreastcancer.org

TAKE ON CANCER — WITH — EVERYTHING WE HAVE



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Finding Ho

Through Health,

When I met Henry “Hank” Jacobs, I expected a straightforward interview about assisted living tips for seniors. What I didn’t expect was to be moved to tears by the depth of one man’s loss, strength, and pursuit of dignity.

At seventy-nine, Hank has lived a life many would call accomplished. A retired general contractor and commercial real estate developer, he spent decades building shopping centers, businesses, and community spaces. He prided himself on his craftsmanship, especially the personal projects that brought him happiness. He restored his historic home built in 1907 in Venice Beach, California and built park benches and a pet food pantry for a food bank in Monrovia, California where he also lived.

But in 2019, a massive stroke changed everything.

“I used to fix everything with my hands,” he told me, voice steady but eyes softening. “And suddenly, I couldn’t even hold a coffee cup.”

After the stroke, Hank tried to stay in his home located against the San Gabriel Mountains. He hired caregivers, hopeful he could remain surrounded by the things and people he loved: his Gordon Setters, his neighbors, his front porch and the back patio where he drank coffee and watched the birds. But despite his best efforts, caregivers came and went. Health setbacks led to hospital stays. The independence he had slipped further away.

Eventually, with the help of a close friend, Hank relocated to Jacksonville, Florida, where he could receive better care. What followed, however, was not stability but a painful odyssey.

Several Moves in Six Years

Since 2019, Hank has lived in a few different assisted living communities. Each move came with hope that this one would be different.

“I’ve learned that promises don’t mean much unless they’re backed up,” he said. “They’ll tell you there’s twenty-four hour nursing, personalized attention, gourmet food.

But what you find might be a call button that connects to someone off-site and a reheated meals served from days before.”

And sometimes, it was worse than disappointment. It was danger. In

August of this year, Hank was struck by a car in the parking lot of his then-community.

It was a hit-and-run. He was rushed to the ER.

me Again

By David Patterson

Care, & Hope

"No one from the ownership or leadership team ever followed up with me," he said. "They just moved on. Like I didn't matter."

Despite the pain, he refuses to be bitter. Instead, he's determined to share what he's learned so that others might be spared the same grief.

Finding His Voice Again

The stroke didn't just affect Hank physically. It took him years to rebuild his confidence and learn how to advocate for himself in a system that can be cold and clinical.

"I used to build things. Now I had to rebuild myself," he said.

That strength shines through when he talks about the years he spent volunteering at The Unity Center Food Bank in Monrovia. Even after his stroke, he made sure the pet food bank he helped establish continued. He remembers the faces of the people he served.

"I miss that work," he said, quietly. "I miss being useful."

Today, Hank is cautiously optimistic. He recently moved into Grand Living at Tamaya, a community on the Southside of Jacksonville that, so far, feels promising. "It checks most of the boxes," he said. "For now, it's enough. Maybe I'll get to celebrate my eightieth birthday here and feel at peace."

When I asked what he'd share with others facing similar transitions, he didn't hesitate. Here are his five hard-earned insights for choosing assisted living:

Hank's Five Things to Know Before Choosing An Assisted Living Community

1 Don't Believe the Brochure

"Visit in person during dinner and on the weekends. See how the staff interact with residents. Your gut will tell you more than the photos."

2 Staff Turnover Speaks Volumes

"High turnover is a major red flag. You want people who know your name, your needs, your story."

3 Talk to the Residents, Not Just the Staff

"The marketing person has a job to sell you. But residents tell you the truth. Ask them how they feel. Talk to their family members."

4 Look for the Little Things

"It's not about chandeliers or paint colors. Look at the trash cans. Are they overflowing? Are the bathrooms clean? Are call buttons answered quickly?"

5 Speak Up. This Is Your Home

"It took me a long time to find my voice again. But you're not a guest paying thousands a month. It's your home. You deserve to feel safe and valued. Don't stay silent."

More Than Just Survival

Hank's story is more than a cautionary tale. It's a reminder of something deeper: that home isn't just a building. It's a feeling. A sense of belonging. A place where you are known.

As more adults consider assisted living or support loved ones making that transition, stories like Hank's matter. Before we said goodbye, I asked him what he dreams about these days.

"I dream about my dogs. My backyard in Monrovia. The sun hitting the patio just right. And I dream about being able to sit on a porch again, coffee in hand, and finally feel like myself."

If you are exploring assisted living options, take your time. Ask questions. Because, as Hank reminds us, it's not just about finding a place to stay. It's about finding a place to belong. 🐾



Protect Yourself from Identity Theft Shred Like Your Life Depends On It

Imagine this: a stranger, lurking in the dark, sifts through your garbage like a detective piecing together a case. But this isn't fiction. It's a real threat. Identity thieves are scavengers, and your trash is a goldmine. Bank statements, credit card offers, old bills, even medical documents all provide clues that help criminals steal your identity and wreck your financial life.

You wouldn't leave your front door wide open at night, so why toss sensitive documents into the bin without a second thought?

Shredding is your first line of defense. It may seem small, but running your papers through a shredder is like cutting off a thief's supply line. When done regularly, it denies them the information they need to impersonate you, open accounts in your name, or file false tax returns.

Start with the basics. Shred anything that contains your full name, address, date of birth, account numbers, or Social Security Number. That includes junk mail offering pre-approved credit, expired ID cards, old tax documents, pay stubs, and medical records. Even utility bills can be dangerous in the wrong hands.

Cross-cut shredders offer more protection than strip-cut models, turning paper into confetti rather than ribbons that can be pieced back together. Some models even handle credit

cards and CDs.

Don't underestimate the modern dumpster diver. Today's thieves are smart, patient, and creative but you're smarter. By taking a few seconds to shred your documents, you make their job a lot harder.

Your personal information is valuable. Treat it like cash, not trash. Shred it before they get it and keep your identity where it belongs: with you. ♻️

TOP RATED PAPER SHREDDERS WE LIKE

With so many shredders on the market today, choosing the right one can feel overwhelming. If you're looking for a compact model for occasional use or a heavy-duty machine for frequent shredding, there's an option that fits your needs and budget.

In the list below, we break down top-rated shredders by type, price, and features to help you find your perfect match.

- Amazon Basics 24-Sheet Paper Shredder \$184
- Bensen 12-Sheet Paper Shredder \$149
- Amazon Basics 8-Sheet Cross Cut Paper Shredder \$33
- Fellowes Powershred LX22M Micro Cut Paper Shredder \$250
- High Security AU1000MA Paper Shredder \$289



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Jax Hope Inc. empowers the North Florida Parkinson's community through education, advocacy, and resources to improve their quality of life. Founded in 2017, the organization offers various programs including physical fitness, support groups, and resource services. Our goal is to address the daily challenges and slow the progression of Parkinson's disease.

**Connection. Education.
Resources.Awareness.**



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JaxHopeInc.org**

Former Lead Singer of The Spinners and The Temptations Performs at the Ponte Vedra Concert Hall

For more than five decades, GC Cameron has been a powerful voice in American soul music. Best known as the former lead singer of The Spinners and The Temptations, GC's voice helped define an era. Now, at 80 years young, he's bringing his energy and talent to the Ponte Vedra Concert Hall this January, in a performance that promises to rock the house in a celebration of friendship and music.

Born in a large family of ten children, he served his country with honor in the United States Marine Corps, including a tour in Vietnam, where he was wounded twice. After returning home in 1967, his life took a dramatic turn. Just one month after his discharge, he became the lead singer of The Spinners. By November, the group was performing at the Apollo Theater.



"You're not just seeing a show; you're witnessing living legends. These are two of the voices that defined a generation. If you've ever loved soul music, this is your chance to feel it live, the way it was meant to be." – Ron Summers, longtime friend of GC Cameron

Cameron's voice became iconic with the release of "It's a Shame," a hit written by Stevie Wonder that catapulted The Spinners into mainstream success. He later recorded the emotional ballad "It's So Hard to Say Goodbye to Yesterday," which was famously reimaged by Boyz II Men two decades later.

After departing The Spinners, Cameron's career continued to grow. In 2003, he joined The Temptations, touring with the group and carrying forward their legendary sound. Over the years, he's shared stages and studios with Marvin Gaye, Smokey Robinson, David Ruffin, and countless others.

Cameron has lived a life that reads like a Hollywood script, from rubbing shoulders with stars in Beverly Hills to rebuilding his life in Mississippi. But one of his most enduring connections is his thirty-



year friendship with Ron Summers, a lifelong resident of Atlantic Beach, Florida.

"I grew up listening to The Spinners and The Temptations," Summers says. "To call GC my friend for three decades has been an incredible gift."

The two have traveled together, shared time with musical greats, and even participated in community and spiritual events. Cameron's deep roots in music and military service have made him a respected figure far beyond the spotlight.

For a night of music, memories, and soul from one of the last two Motown's living legends, plan to be in the room on January 30th when GC Cameron takes the stage in Ponte Vedra for two shows, at 5 PM and 8 PM, bringing his timeless voice and legendary charisma to the First Coast. For longtime fans and new listeners alike, it's a rare opportunity to witness a true Motown original.

Tickets are available through the Ponte Vedra Concert Hall box office, PVConcertHall.com, AXS.com, or 904.209.0367. ∞



Ron Summers and friends with Mary Wilson of the Supremes.



The Temptations



Glenn Leonard and GC Cameron of The Temptations.

Rally for a Longer Life

The Surprising Benefits of Tennis

Tennis offers a strong option for a well rounded workout. According to a study published in the *British Journal of Sports Medicine*, people who participate in racquet sports had a 47% lower risk of death from any cause, compared to people who did not participate in racquet sports.

The game has expanded over the years. The rackets are lighter and more powerful. The strings are durable and they produce maximum power and spin. It's a great fit for workouts because it welcomes players of all ages and fitness levels. The idea is to keep your feet moving and work every muscle in your body.

Coach Mike Grant is a Certified RSPA Tennis Professional with more than thirty years in the industry, and he credits the sport for helping him live a healthier lifestyle. "After years on the tour, I learned how to value good nutrition and exercise. Tennis gives me a reason to stay disciplined and active when making food choices and focusing on



Coach Mike and the Florida Yacht Club Ladies Dream Team.

my body," said Coach Mike.

If you include the social aspect of the sport, like playing matches, joining teams and meeting new people, it adds another layer of support and fun for longevity.

"When my playing days were over, it kept me moving forward and connected with others. In my opinion, the social aspect makes it the sport of a lifetime.

Tennis is great exercise because it provides a low impact way to improve strength, and eye and hand coordination plus it helps with everyday mobility issues," says Coach Mike.

Coach Mike encourages his students to work hard to achieve their personal fitness goals. He also believes it's just as important for players to have fun. His team at the Florida Yacht Club is undefeated this season. A recent photo shows the group's spirit and camaraderie. If you're interested in learning how to play, or improve your skills, reach out to Coach Mike at (602) 741-5683, or email coachmikegrant@yahoo.com.

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What's New for Medicare 2026



For many, Advantage plans may offer attractive features, but they also come with new complexities in 2026. For those on Original Medicare, changes in Part D and drug costs could hit hard if you don't shop your plan carefully.

The Annual Enrollment Period (AEP) is October 15 through December 7, 2025, for coverage that takes effect January 1, 2026. During AEP you can switch between Original Medicare and an MA plan, change MA plans, or enroll in, drop, or change Part D plans.

Initial Enrollment Period (IEP): For people turning 65, this is the 3-months before, the month of, and 3-months after your 65th birthday. During this time you can sign up for Part A and Part B and choose a Medicare Advantage or Part D plan.

Medicare Advantage Open Enrollment Period: January 1 through March 31, 2026. If you already are in a Medicare Advantage plan, you can switch to a different MA plan or revert to Original Medicare (with a Part D plan).

Special Enrollment Periods (SEPs) are available if you experience certain life events such as moving, losing other coverage, or certain changes in your health plan's availability. These allow changes outside the default enrollment windows.

CMS (the Centers for Medicare & Medicaid Services) has finalized several policy and technical changes that affect Medicare Part A/B ("Original Medicare"), Part D (prescription drugs), Medicare Advantage (MA / Part C), dual eligible special needs plans (D-SNPs), and related programs.

Key changes include:

- ◆ Higher payments to Medicare Advantage plans: For 2026, MA payments are increasing by about 5.06%.
- ◆ Risk adjustment model fully phased in: The 2024 CMS

Hierarchical Condition Category (HCC) model will be used 100% for non-PACE MA organizations in 2026.

- ◆ Prescription drug (Part D) changes: The out-of-pocket cap for Part D increases to \$2,100 (up from around \$2,000 in 2025); deductibles are rising.
- ◆ Changes in Medicare Advantage: There will be more guardrails around prior authorization, more oversight of how MA plans use internal coverage criteria, clearer requirements for directory information, and limits on how MA plans handle behavioral health service cost sharing vs. Traditional Medicare.
- ◆ Talk to people who have the plan: Neighbor, friend, family member. What surprises did they get? What services do they use most?
- ◆ Ask important questions, such as:
 - ◆ What will my total out-of-pocket costs be (premiums + deductibles + coinsurance) for my prescription drugs?
 - ◆ Are my doctors in the network?
 - ◆ How often will I need prior authorization for services I need?
 - ◆ How does the plan handle coverage for mental health and behavioral health?
 - ◆ What are the costs for therapies or specialists?

Medicare.gov has a Plan Finder tool where you can compare MA, Part D, and Medigap plans in your zip code. Also check CMS fact sheets. Visit [Medicare.gov](https://www.medicare.gov) for more information.

A colorful poster for the 'FALL RESOURCE FESTIVAL' for Duval County Seniors 60+. The poster features a banner of colorful pennants at the top. Below the title, it says 'DUVAL COUNTY SENIORS 60+' and 'Admission is Free!'. The date and time are 'October 29 | 10 AM - 1 PM'. The activities listed are 'Insurance Resource Vendors', 'Free Vaccines - Games - Prizes', and 'Pumpkin Decorating'. The location is '1010 N. McDuff Ave., Jacksonville, FL 32254'. Logos for 'UF IFAS Extension UNIVERSITY of FLORIDA', 'ArchWell HEALTH', 'Humana', 'CONVIVA Senior Primary Care', 'CarePlus HEALTH PLANS', 'Dedicated Senior Medical Center', 'Walmart Pharmacy', and 'DevotedHealth' are at the bottom. There are also social media icons for Facebook and Twitter, and a QR code.

Winn-Dixie and Blue Zones Project Partner to Promote Healthy Living

In a big move to support healthier lifestyles and community well-being, Winn-Dixie has been officially recognized as a Blue Zones Project® Jacksonville Approved grocery retailer. This milestone reflects the grocer's commitment to making nutritious foods more accessible and supporting long-term wellness in the neighborhoods it serves.

The announcement comes as Winn-Dixie celebrates its 100th anniversary of feeding Southeastern communities.

"Community transformation is an integral part of our work," said Nicole Hamm, Executive Director of Blue Zones Project Jacksonville. "Winn-Dixie continues to show their commitment to the community by making healthy options available and accessible to everyone. Their dedication to



Jacksonville remains steadfast."

Winn-Dixie is embedding longevity friendly choices directly into their stores. This includes offering fresh, locally sourced fruits and vegetables at checkout and Blue Zones-friendly meal options throughout select locations.

"This achievement is what our century-

long commitment to feeding our neighbors shows. We invest in the health of the community we proudly call home," said Adam Kirk, Chief Customer and Digital Officer for Southeastern Grocers. "Through our partnership with the Blue Zones Project, we're making it easier for our customers to make nutritious choices that support wellness and longevity."

The Blue Zones concept is based on regions around the world where people live significantly longer, healthier lives often well into their nineties and one hundreds. The Blue Zones approach shows that healthy eating, combined with purpose and community, can be a prescription for a long life.

For more information, visit bluezonesprojectjacksonville.com.



OCTOBER 24, 2025



JANUARY 13, 2026



FEBRUARY 5, 2026



MARCH 5, 2026



MARCH 6, 2026



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Things To Do

October 2, - November 2, 11:00 am till Dusk

Pumpkin Patch at Congaree and Penn

Congaree and Penn

11830 Old Kings Road, Jacksonville, FL 32219



Head out on a short, family-friendly walk to the pumpkin patch. Pick your favorite pumpkin and purchase it fresh from the

farm stand. Friday, Saturday and Sunday's only! Pumpkins: \$12 each

congreeandpenn.com

October 2 – October 5, 10:00 am – 5:00 pm

Jacksonville Fall RV Show

Jacksonville Equestrian Center

13611 Normandy Blvd., Jacksonville, FL 32221

See more than 300 new and used RVs from top dealers like Blue Compass RV, Campers Inn, General RV Center and more, plus over twenty-five vendors, campgrounds and suppliers. Enjoy a family friendly atmosphere with music, concessions, giveaways. Leashed dogs welcome. Tram shuttles guests from parking to the entrance. Admission: \$10 per person

neflrvdealers.com

October 4 – October 31, 5:30 pm – 9:30 pm

Spooktacular

Jacksonville Zoo and Botanical Gardens

370 Zoo Parkway, Jacksonville, FL 32218



Enjoy spooky fun at Jacksonville Zoo & Botanical Gardens on Fridays, Saturdays and Sundays. This October enjoy over eight treat stations, carnival games, crafts, DJs, and photo

ops on the Great Lawn. For the daring, venture into the Lost Swamp in Riverview Gardens, where creepy forest creatures await to spook brave visitors. Perfect for families and thrill-seekers! Tickets: \$15 per person. jacksonvillezoo.org

October 11, 7:30 pm

Dolly Parton's Threads

Jacoby Symphony Hall

300 Water Street, Jacksonville, FL 32202



Parton's Threads: My Songs in Symphony, is an innovative multimedia experience

featuring Dolly on screen, leading audiences in a visual-musical journey of her songs, her life, and her stories. Accompanied by guest vocalists and musicians, audiences will hear new and orchestrations of her hit songs, including "Jolene," "Coat of Many Colors" and "I Will Always Love You," in addition to her personal favorites and a new selection from her upcoming Broadway musical. Dolly Parton does not perform in person at this concert. Tickets: \$49 and up. jaxsymphony.org



October 12, 1:00 pm

Jaguars vs. Seattle Seahawks

Everbank Stadium

1 Everbank Stadium Drive, Jacksonville, FL 32202

Watch the Jacksonville Jaguars take on the Seattle Seahawks in an action-packed NFL showdown. Roar with the crowds, and join Duval's finest at this high-energy performance. Don't miss the kickoff! Tickets: \$56 and up

jaguars.com

October 16, 8:00 pm

Billy Joel Legends Live!

Florida Theatre

128 East Forsyth Street, Jacksonville, FL 32202

The Lords of 52nd Street is a band of the legends of Billy Joel's Live and Recording Band (Liberty Devitto & Russell Javors) join forces to play a set of Billy Joel's hits. Hear hits such as "Piano Man", "Scenes from an Italian Restaurant", "You May Be Right" and others. Tickets: \$59 and up

floridatheatre.com

October 20, 9:15 am – 11:15 am

Container Gardening

St. Johns Council on Aging River House

179 Marine Street, St. Augustine, FL 32084

Learn successful plant choices and design ideas for planting in pots and start your own plants from cuttings. There will be an informative and interactive presentation along with a live design/planting demonstration. No Cost to Participate

coasjc.org/river-house



October 25 – 26, 11:00 am

Sea and Sky Air Show 2025

75 1st Sreet North, Jacksonville Beach, FL 32250

Watch the skies change into the backdrop for the most exciting air acts and military demonstrations. This will feature an over-the-ocean sky show highlighted by the world-famous United States Navy Blue Angels. For attendees wanting an area to relax and enjoy the show, passes are available for the VIP Experience presented by VyStar Credit Union. No cost to attend. events.jacksonville.gov/special-events

October 29, 7:00 pm

MOCA Book Launch & Talk: The Armory South with Dr. P. Scott Brown

Museum of Contemporary Art

333 N Laura Street, Jacksonville, FL 32202

The Armory South: The 1924 Jacksonville Woman's



Club Exhibition Rediscovered reassembles core works from a forgotten but seminal Modernist exhibition. It tells several related stories of essential importance to the history of women in Modern art, the introduction of Modernism to the American South, and the ideas and relationships shaping American art in the mid-1920s. This event will include a book signing. Reservations are required. No Cost to Attend.

mocajacksonville.unf.edu

PARTING SHOT

Blurred Lines Between Reality and Imagination



John Gerstner

St. Augustine-based artist John Gerstner is no stranger to reinvention. With a career that spans journalism, photojournalism, video production, and multimedia storytelling, Gerstner has lived at the crossroads of communication and creativity.

A former magazine editor and award-winning book author, Gerstner is best known in publishing circles for *Genuine Value: The John Deere Journey*, a coffee-table art business book named Best Coffee Table Book of 2001. Yet outside the corporate world, he has quietly built a decades-long practice as a visual artist, exhibiting in U.S. galleries and earning a place in private collections around the globe.

His recent work pushes the boundaries of photography by fusing it with painting, sculpture, and digital manipulation.

"From the beginning, I've questioned photography's role as a truth-teller," says Gerstner. "My goal isn't harmony, it's friction. I want to make images that ask more questions than they answer."

In his series using generative AI and digital editing, Gerstner walks a fine line between what the camera captures and what the imagination constructs. The result creates alluring, mysterious, and sometimes unsettling images.

Gerstner has also self-published two photo books: *Life as a Beach* (2017), a wry look at Florida beach culture, and *Scratching the Surface* (2020), a catalog of his early digital work.

"Art is where truth, memory, and invention meet," he says. "That's the space I want to live in."

For John Gerstner, art isn't about capturing what is. It's about discovering what might be. You can see more of his work at johngerstner.com.



"Soul Afire" A digital photo-painting metal print.

NAVI



NEIGHBORHOOD AUTONOMOUS VEHICLE INNOVATION

NOW SERVING JACKSONVILLE

NAVI is the first fully autonomous public transportation system network in the United States. The service operates along a 3.5-mile route through Downtown Jacksonville linking key areas from the Central Business Core to the Sports & Entertainment District.

Discover more at jtafla.com

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. Gill'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

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|-----------------------------------|---------------------------|
| 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

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|--|---------------------------------|
| 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

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|--|---------------------------------|
| 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

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|-----------------------------------|----------------------------------|
| 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

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