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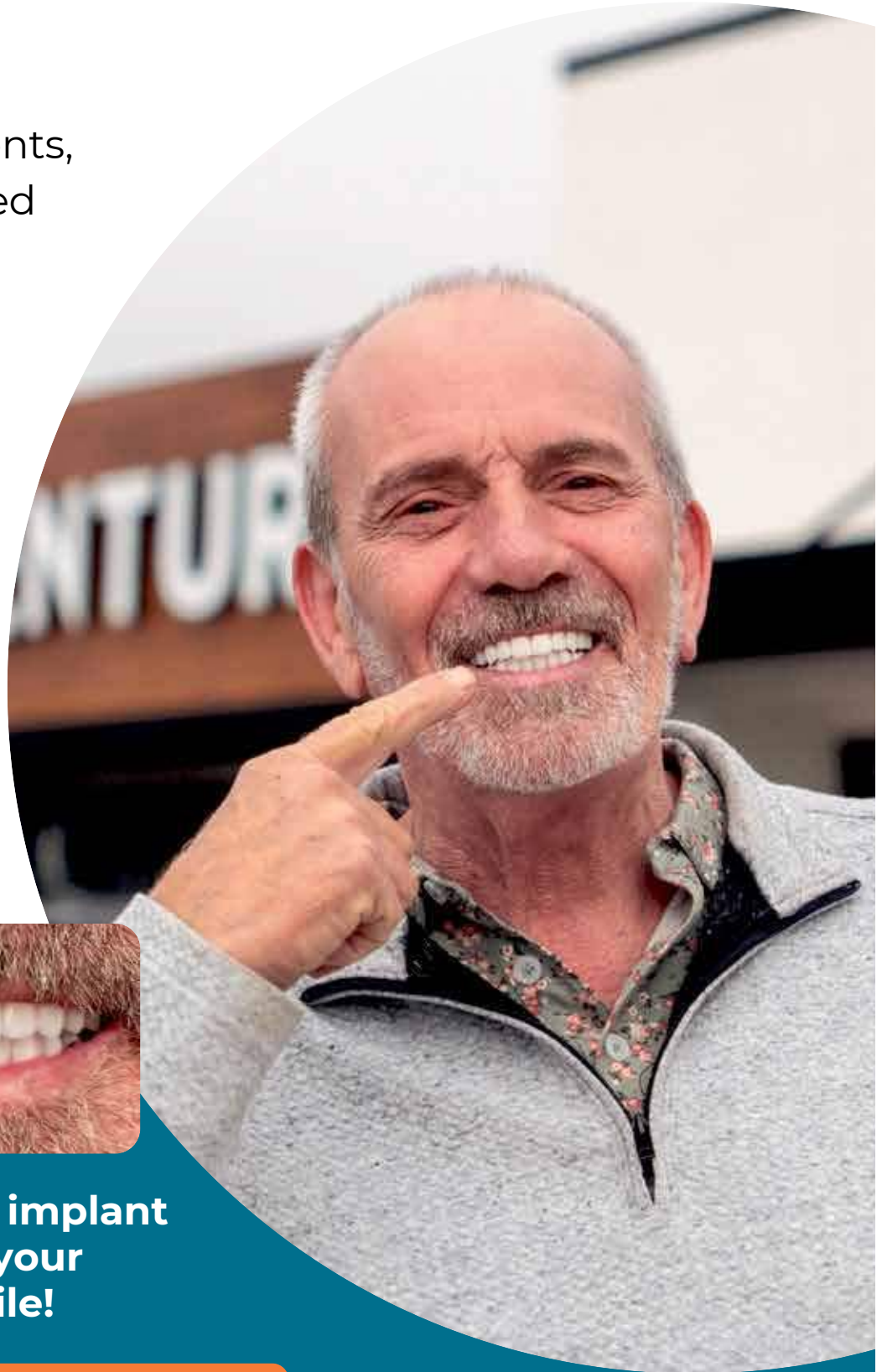
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# Publisher's Note

This phase of life is not defined by retreat, but by deliberate planning. We are outpacing previous generations in both longevity and breadth of experience. That reality calls for a more sophisticated approach to how we manage our health, allocate our time, and define what it means to live well. The old narratives no longer apply.

In this issue, we examine aging with a microscope, as we celebrate Older Americans Month. This is a fast developing space, and our goal is to put grounded information in front of you that helps make decisions based on evidence, not assumption. Your well-being is a matter of life.

Charlie Sellers' story on page eight is presented as a reminder that longevity is as much about attitude as it is about years. His laughter, social spirit, and deep connection with others shows that it is possible to live fully at any age.

Consider this your directive for the month: acknowledge yourself as you are, in this moment.

This is not the end. It is a sustained, changing narrative with a ton of ground still to cover.

Approach the weeks ahead with intention. Stay informed. Invest in your well-being.

There is more ahead as we age and it is worthy of your full participation.

Cheers,



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By David Patterson

# Retire Your Desk Not Your Legs

Maintaining strong leg muscles isn't just about looking toned, it's about staying independent and mobile. The quadriceps (the muscles on the front of your thighs) and the gluteal muscles (in your buttocks) play key roles in daily activities like standing up, climbing stairs, walking, and keeping balance.

"After a year of regular strength training, I noticed I could go up and down stairs without stopping," says Marjorie Stevens, 67, who attends fitness class three mornings a week at the Brooks YMCA on the southside. "My quads and glutes just feel more reliable now." Many experts agree that regular,

gentle strength work can help maintain muscle mass and stability as we age.

How it works: Simple movements like squats, lunges, stationary lunges, and step-ups engage both quads and glutes. Using a stability ball against a wall or holding onto a sturdy chair can help keep form safe and steady. These exercises help increase muscle mass, improve balance, and reduce joint stress over time.

"I started with seated leg extensions and mini squats beside my kitchen counter," explains Robert Clark, 72, a retired math teacher who lives in San Marco. "At first it was slow, but now I'm stronger, and walking feels easier. I can walk the bridges a couple of times a week." Many fitness professionals encourage starting with low-impact versions and increasing reps gradually, especially for those new to

strength training.

Medical professionals recommend leg and glute strengthening at least two to three times per week as part of an overall fitness routine to help reduce the risk of falls or injury. Focusing on these often-overlooked muscles has led not just to physical strength, but improved quality of life. ∞



**The leg press can deliver strong results as part of your quadriceps workout.**



**Working glutes at F45 Training in Ponte Vedra Beach.**

## QUICK TIPS TO IMPROVE YOUR LOWER BODY



**START SLOW:** Begin with 1-2 sets of 8-12 reps for each exercise.

**USE SUPPORT:** Hold onto a chair or wall for balance during squats and lunges.



**INCORPORATE GLUTE BRIDGES:** Lie on your back, knees bent, and lift hips to engage glutes.

**STEP-UPS:** Use a low step or curb to practice stepping up and down slowly.



**CONSISTENCY MATTERS:** Aim for 2-3 sessions per week for noticeable strength gains.

**LISTEN TO YOUR BODY:** Mild soreness is normal; sharp pain is a signal to stop.



**COMBINE WITH CARDIO:** Walking or cycling improves circulation and complements strength work.

**STRETCH AFTERWARD:** Gentle hamstring and quad stretches help maintain flexibility.



# Sister Act

## Where Friendships Set Sail

What began as chance encounters in the lounge of cruise ship has grown into a decade-long circle of friendship that feels more like family than anything else.

A group of women who once sat at separate tables, exchanging smiles over dinner menus and cocktails, slowly discovered they shared an unexpected commonality: a love of travel and a natural ease in each other's company. One evening for Helen Ridley and her sister Elaine Tisdale, turned into a week of laughter when they met four strangers from Orlando and New York at sea. One cruise turned into another. And before long, they were coordinating their sailings, choosing itineraries together, and building a tradition out of what had once been coincidence.

Over the years, their "cruise family" expanded not just in size but in meaning. Birthdays have been celebrated at sea, holidays marked in tropical ports, and long dinners stretched into hours of storytelling



**Helen Ridley (second from left), with her accidental travel club pals.**

and laughter. They learned each other's histories, families, and milestones, sharing in graduations, weddings, and even the pleasure of welcoming new generations.

For Ridley, the experience was especially meaningful as she often cruised with her 98-year-old mother, who herself became a beloved figure among the group. The women frequently encountered familiar faces on different ships, turning what might have been solitary travel into a continuous reunion.

What makes their connection so remarkable is its ease. There is no obligation, only anticipation. They plan future voyages together, compare favorite ships, and keep in touch between sailings as if distance is only temporary. Strangers no more, they have created companionship that moves with the ocean.

A decade later, their story is about more than just travel. It is about how friendships can form in the most unexpected places, and how shared journeys can turn fleeting meetings into lifelong bonds. ☞



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# What's the Real Secret to Aging Well?

Aging is still too often framed as a slow retreat, a time to scale back, sit more, and accept physical decline. But that narrative is being challenged by a growing number of professionals who see movement not as optional, but essential.

“Getting older doesn’t mean you have to stop moving, it means you need to move with more intention,” says physical trainer Greg Carr, a fitness professional with Balanced Therapy & Wellness. Carr has more than three decades of experience helping clients stay active, strong, and independent. “Consistency matters far more than intensity. Small, regular efforts can make a huge difference over time.”

As we observe Older Americans Month, experts

like Carr are emphasizing a powerful idea: staying active, at any level, can help preserve not just physical health, but confidence, and quality of life.

He says aging doesn’t have to mean slowing down the way most people assume. That narrative is common but it’s not always accurate.

“If there’s one rule, it’s this: keep moving. Not perfectly. Not intensely. Just consistently. Motion is lotion. Movement keeps joints healthy, muscles engaged, and pain at bay. When you stop, strength, balance, and confidence fade,” he said.

“This is why I love what I do, helping people move in ways that support how they want to live, while building meaningful relationships along the way. Small gains matter. They build. They



**Greg Carr works with older adults to avoid decline.**



keep you independent. When care decisions are made thoughtfully and collaboratively, outcomes tend to follow.”

Aging is inevitable. How you move through it is more within your control than most people think.

For more information about his therapy methods, visit [mybalancedtherapist.net](http://mybalancedtherapist.net), or contact Greg at [gregcarr@mybalancedtherapyandwellness.net](mailto:gregcarr@mybalancedtherapyandwellness.net).

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By David Patterson

## HIP JOINT

# How Today's Music Lovers Are Tuning In

There's a shift happening in how we listen to music, and it's not about technology. It's about control.

For the first time in the history of music, nearly every song ever recorded is available instantly. Open a streaming app, tap a playlist, and the algorithm takes over. It studies your habits, predicts your preferences, and serves up what it believes you want next. Convenient? Absolutely. But something else is happening beneath the surface.

As one music industry analyst put it, "Streaming didn't just change access, it changed agency. Listeners stopped choosing and started accepting."

That's the tension. Because while digital platforms promise personalization, they often deliver repetition. The algorithm refines your taste by narrowing it. It learns what you like, and then keeps you there.

And yet, against that backdrop, analog formats are resurging. Vinyl sales continue to grow. Turntables are back in living rooms. Not because they're efficient, but because they're not.

"You don't accidentally listen to a record," says Beth Jackson, a store employee at 2nd & Charles at the Town Center. "You commit to it. You put it on, and you stay with it."

Analog listening is intentional. You choose the album. You roll with it as a complete work. There's no skipping every 20 seconds. No invisible hand guiding you to the next track. Just you and the music, uninterrupted.

Digital listening, by contrast, is frictionless. And frictionless isn't always better.

"Friction is where meaning lives," says Jackson. "When everything is effortless, nothing feels significant."

That idea is gaining traction, especially among listeners who have experienced both worlds. The imperfections of analog, surface noise, warmth, even the occasional crackle, aren't flaws to be eliminated. They're part of the experience. They demand attention.

Music has always been personal. But when discovery is outsourced, something subtle shifts. The experience becomes passive.

And increasingly, people are pushing back.

Not loudly. Not dramatically. Just by reaching for a record, lowering a needle, and deciding for themselves what plays next.

It's not just about what you hear.

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# Charlie & Collette Sellers Singing, Laughing & Loving

Laugh.

That's Charlie Sellers' key to longevity. At 95, he inspires seniors around Jacksonville Beach and beyond. "I love people. No matter where we go, if we don't know anybody, by the time we leave we know everybody. We like to meet people who can laugh," he chuckled.

Charlie and his wife Colette, 84, joke that they always seem to be going out when their neighbors in their senior independent living high rise are coming home. After living in beachside condominiums, in 2017 they moved into Pablo Towers Apartments where Charlie's mother lived for 18 years before her death at 101. "We go out every night. We start by eating," he said. "Then we'll come home or go someplace else, like



Charlie & Colette Sellers

80, a number expected to double within 20 years, and those folks are deliberate about how they spend time and money. Most aspire to be 93. And Mayo Clinic agrees with Charlie about laughter, publishing that scientific evidence shows that laughing decreases stress hormones and that humor and human connections are important to staying healthy.

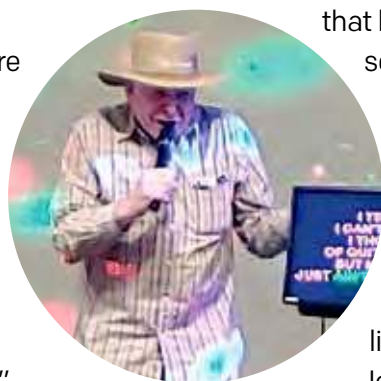
"Always have loose ends," Colette said. "Life is full of loose ends. You have to have an idea of what you want to do with your life."

Both exceptionally sharp, funny, engaging and accomplished, they acknowledge how fortunate they are to have each other.

## Growing Old Tog

Monkey's Uncle to play trivia," she added.

Charlie is a regular at the Beaches' karaoke spots, where he belts out Frank Sinatra's "That's Life" and other standards. "I'm 95 years old and I get up there and sing and people applaud me," he said, pulling out his scribbled song list of favorites like "Sweet Caroline" and "Pretty Woman." His wife quipped that Charlie is more of an entertainer than singer, though he's mostly on key. He often sings at the VFW, Moose Lodge and Monkey's Uncle Tavern. "Wherever they give me a microphone," said Charlie.



Singing karaoke is one of his favorite activities.

The Sellers also are savvy about places that have happy hour prices and senior and military discounts. They enjoy the camaraderie of the Happy Hour Club and feel a void any week there's no gathering.

As the U.S. observes Older Americans Month in May, Charlie is a testament to a social lifestyle. A recent Wall Street Journal story reports that nearly 15 million Americans are turning

**"Be active. Do things. Get a laugh,"**  
**Charlie advises.**

"I'm lucky to have her. She's a pretty lady and I enjoy taking her out. When we go out, we have fun," said Charlie.

"We hold hands a lot," said Colette, conceding that these days it's also to keep from falling. A devoted wife, she said she wants to help Charlie with whatever he needs and that she realized more than ever how precious he is to her when he was sick last year.

Both native New Yorkers, the couple will celebrate their 25th wedding anniversary this summer. They met in 1994 at a meeting of the Beaches Business Association. "I thought he was hysterical," said Colette, recalling telling friends, "I met this character from Long Island today."

By 17, Charlie was living his childhood dream of going to sea on ships. An officer



# Together

BY LORRIE DEFRANK

on the USS Wasp and later serving in the U.S. Navy Reserve for 35 years, he also was an engineer on commercial ships as a U.S. Merchant Marine officer. Before retiring in 1991 after assisting the Navy during Desert Storm, he often sailed on ships that docked in Jacksonville's shipyards. "I loved Jacksonville so much that I would go out and look around at the homes," said Charlie, who once owned as many as 26 local rentals. A daredevil who enjoyed skydiving and racing cars and go-karts, he last worked in and won awards for geothermal energy sources for homes.

Colette, her late husband and three sons followed her parents to Florida in 1969. As a

single mother, she taught kindergarten and earned an accounting degree and MBA from the University of North Florida. She worked in Corporate America and as budget director for JEA during the recession before starting her own CPA practice in 1992.

Charlie was a new widower with a son when Colette invited him and other business colleagues to a New Year's Eve Party at the beginning of 1996, the year they started dating. After three years, their sons kept asking when they were getting married.

"Charlie is the love of my life," Colette said. "After being together for 30 years, I'm still hoping for another 5." ❧





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# Rethinking Aging

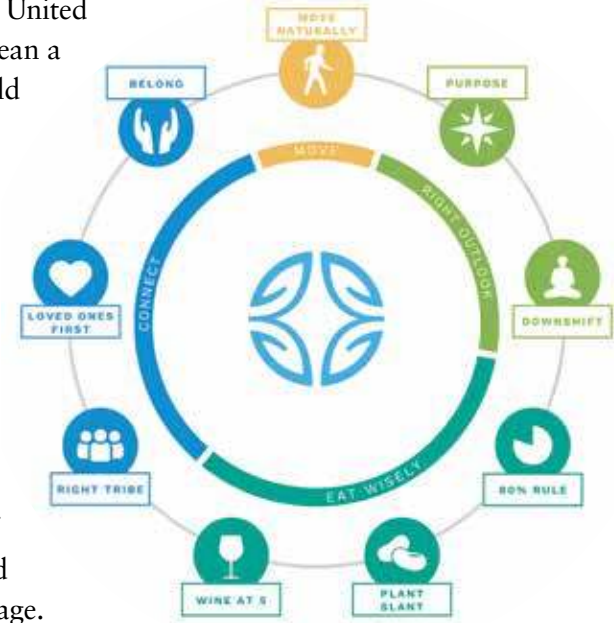
## What Blue Zones Reveal About Living Longer

What if aging in the United States didn't have to mean a steady decline, but could instead follow the radically different, and measurably better, path revealed by the Blue Zones movement?

In Blue Zone regions of the world people live unusually long, healthy lives, with far higher rates of reaching age ninety and one hundred than average.

The concept was researched and identified by Dan Buettner. The five original areas include Okinawa, Sardinia, Nicoya Peninsula, Ikaria and Loma Linda, California, a small city in Southern California, located in San Bernardino County.

Loma Linda is especially notable as one of the five original Blue Zones because of its large population of Seventh-day Adventists, a community known for lifestyle habits linked to longer life like plant-based eating, strong social ties, and avoiding smoking and alcohol.



### People in these places tend to:

- Eat mostly plant-based diets
- Move naturally throughout the day (not just exercise)
- Maintain strong social connections
- Have a clear sense of purpose
- Live in environments that support healthy choices by default

### Here are several key evidence-based statistics about aging drawn from the Blue Zones movement and related research:

- Longevity in these regions is measured using centenarian prevalence (per 10,000 people), which is unusually high in Blue Zones.
- These regions consistently rank among the highest in global life expectancy based on demographic data.
- Blue Zone populations often experience lower rates of heart disease, cancer, and dementia compared to typical Western populations.
- Research suggests longevity clusters are not random but tied to shared environment.

Blue Zones aren't just about living longer, they're about "health span" meaning people stay active, independent, and disease-free much later in life.

For more information about the Blue Zones movement in northeast Florida, contact Nicole Hamm, Executive Director of the Jacksonville office at [bluezonesprojectjacksonville.com](http://bluezonesprojectjacksonville.com), or 904.799.2920.

# GuideWell Highlights the Importance of Wellness and Preventive Care as We Age

As Jacksonville’s population grows older, the need for accessible, personalized healthcare is becoming more urgent. In Northeast Florida, a rising number of residents are entering their Medicare years, bringing new attention to how care is delivered, coordinated, and understood.

Across the state, nearly one in five residents is 65 or older, and that trend is reflected locally in Jacksonville, where many adults are living longer while managing chronic conditions such as diabetes, heart disease, and arthritis. For health insurers, the challenge is no longer just extending life, but improving the quality of those added years.

That’s where Florida Blue

and its parent company GuideWell are focusing their efforts. Through GuideWell’s broader network of health solutions, the organization is working to ease care while emphasizing prevention and long-term wellness.

From a health insurance perspective, aging brings complexity. Many adults transitioning to Medicare face a maze of coverage options,

provider networks, and out-of-pocket considerations. Florida Blue has responded by expanding plan choices and offering support tools like care coordination, and wellness programs designed specifically for seniors.

The goal is to help members stay healthier at home and avoid unnecessary hospital visits. Programs that support medication adherence, routine screenings, and early intervention are increasingly central to that strategy.

Just as important is addressing the social side of aging. Isolation and inactivity can have serious health impacts, so insurers are also investing in community-based initiative.

For Jacksonville residents, these efforts reflect a broader shift in healthcare, one that recognizes aging as a dynamic chapter.



“As the population of older adults grows at an unprecedented rate, it’s essential to prioritize support for healthy aging, disease management, and care coordination to meet their increasingly complex health needs. We are committed to delivering personalized health programs that cater to the unique needs of older adults, fostering a supportive ecosystem that enables them to thrive. Through our Medicare plans, we offer care management programs and benefits that support overall health and well-being. This creates a seamless, coordinated, and member-centric experience that empowers individuals to live their best lives.”



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# Protect Your VA Benefits

A new wave of scams targeting U.S. veterans is raising alarms among federal and state officials, with fraudsters luring victims with promises of “free money” and exclusive benefits that do not exist.

Recent reports show that one of the most popular schemes involves so-called “Veteran Savings Program” offers. These scams typically arrive as postcards or messages claiming veterans can receive monthly payments or free services such as dental coverage. In reality, “no such program exists,” according to state officials investigating the fraud.

The scam relies heavily on urgency and deception. Victims are often told to act within a few days or risk losing the supposed benefits. Those who respond may be asked to provide sensitive personal or financial information, opening the door to identity theft and bank fraud.



Federal agencies, including the U.S. Department of Veterans Affairs (VA), say these tactics are part of a broader trend of criminals exploiting veterans’ trust in government programs. In a recent warning, VA officials cautioned that scammers

frequently promise “high pay for minimal effort” or easy financial gain through fake opportunities.

The VA has repeatedly emphasized that legitimate benefits are never awarded through unsolicited messages or unofficial channels. In guidance released earlier this year, the agency warned that bad actors “are increasingly targeting Veterans” through impersonation, phishing, and fake benefit offers designed to steal money or personal data.

Officials stress a simple rule: if an offer sounds too good to be true, it likely is. Veterans are encouraged to verify any benefit claims directly through official government websites and to avoid sharing personal information with unknown contacts.

If you think you may be a victim of a VA scam, contact the VA at 1-800-827-1000 and your local police department. ☎

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# Right-Sizing

## WHAT TO EXPECT FROM AN ESTATE SALE



At some point, many individuals and families find themselves asking, “What do we do with everything?” If you’re planning a move across the country, transitioning into a new living arrangement,

or helping a loved one through a life change, the process can feel overwhelming. An estate sale offers a thoughtful and organized path forward and often, a sense of relief.

Today, more people are embracing the idea of “right-sizing”, a shift toward simplifying while holding onto what matters most. It’s not about letting go of everything. It’s about making intentional choices that support a new chapter and create space for what comes next.

Estate sales are not limited to any one stage of life. While they are often associated with estate or probate situations, they are equally valuable for those relocating, downsizing, or simply choosing a more streamlined lifestyle.

The process typically begins with sorting and organizing belongings. Items are researched, priced, and arranged to create a welcoming, easy-to-navigate environment. Over the course of a few days, the home becomes a space where others can appreciate and purchase items that once held meaning for another family.



Many families are surprised by the value found in everyday items. Household goods, collections, and furniture often generate strong interest when presented thoughtfully. After the sale, remaining items are typically donated or removed, leaving the home clean and ready for its next step.

While the process is practical, it can also be emotional. Taking a thoughtful and organized approach can make the transition feel lighter and more manageable.

For those navigating change, an estate sale can be a meaningful step toward simplifying, honoring the past, and stepping confidently into what comes next.

“Right-sizing isn’t about letting go of everything; it’s about making space for what matters most.”

*Betsy Waltrip owner of Southern Transition Services and a Realtor® with NEFAR, helping individuals and families throughout Northeast Florida navigate real estate, estate sales, and life transitions with care and clarity.*



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By Susanna P. Barton, MS Gero

## GRAND PLANS

# How to Talk to Your Parents or Loved Ones About Aging Prep

There is a particular category of adult responsibility that lives in the same mental drawer as flossing daily and balancing a checkbook and backing up your computer.

Talking to your parents about how prepared they are for aging sits squarely in that drawer. Not a fun idea, like...at all.

The statistics, unfortunately, do not share our talent for procrastination. Roughly 70 percent of adults over 65 will need some form of long-term care. More than half of Americans do not have an estate plan. Only about one in three adults has completed advance directives.

Even more striking: many who do have documents have not had the conversations that make those documents usable. A power of attorney, after all, is only as effective as the person who knows it exists – and understands what to do with it.

The good news is that there is a better way to begin.

### Start with a Shared Lens

Watch the TEDx Talk: “Aging Isn’t a Crisis. It’s a Design Challenge We’re Ignoring” ([youtube.com/watch?v=nic1o63rMrl](https://www.youtube.com/watch?v=nic1o63rMrl)).

It reframes the entire conversation. Aging becomes less about decline and more about design, something that can much more easily be shaped with intention rather than freaking out reactions in crisis.



### Take a Snapshot (Preferably Together)

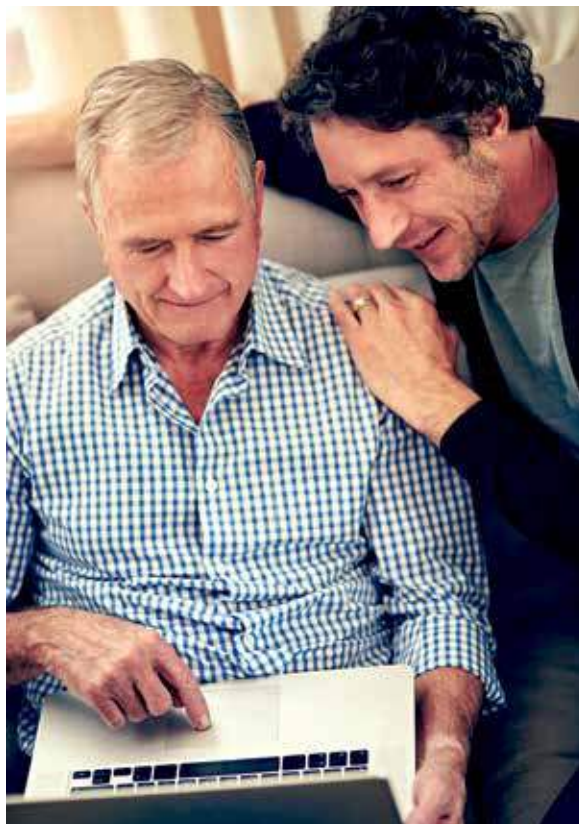
Next, invite your parents to take the GeriDrama Risk Score. Yes, a risk score carefully designed to assess a person’s readiness for aging.

### Compare Notes

Once the results are in, resist the urge to “grade” anyone.

*Here are a few questions that can help:*

- What stood out to you most from the TEDx talk?
- How prepared do you feel overall for the next 10–20 years of life?
- Do you have legal documents in place, and are they up to date?
- Who would step in to make decisions if you couldn’t—and have you talked to them?
- How are you thinking about paying for care if it’s ever needed?



### What Happens Next

The goal here is not to emerge with a perfectly organized binder and a ten-year plan (though if that happens, congratulations, you are an outlier). The goal is momentum.

- Set a specific follow-up point (“Let’s revisit this in a month”).
- Then make sure the right people are looped in – the future decision-makers, not just the current conversationalists.
- Begin assembling a shared system for important information—what many now call a “Grand Planner” or “In Case Of” file.
- And, perhaps most importantly, recognize that this is not a single conversation. It is a series of conversations, evolving over time, ideally with increasing clarity and decreasing urgency.

Families who talk about these things ahead of time tend to navigate what comes next with more steadiness and less guesswork – and facts, much less GeriDrama. And that’s not because they have eliminated uncertainty, but because they have reduced confusion and put love, respect and independence at the forefront.

Which, in the landscape of aging, is no small accomplishment. 🦋



# Things To Do

this month

**May 1-3 (Various Times)**

## Isle of Eight Flags Shrimp Festival

Historic Downtown, Centre St & Front St,  
Fernandina Beach

A signature Northeast Florida festival celebrating the region's shrimping heritage with live music, arts and crafts vendors, and waterfront food booths. Events include a parade (April 30), live entertainment, and the popular Blessing of the Fleet. Admission: Free. [shrimpfestival.com](http://shrimpfestival.com)

**May 2, 10 AM-3 PM (Every Saturday)**

## Riverside Arts Market

715 Riverside Ave, Jacksonville

Open every Saturday, rain or shine! Riverfront market with local art, produce, baked goods, and live music. Shaded areas and wide walkways allow for comfortable browsing. Admission: Free. [riversideartsmarket.org](http://riversideartsmarket.org)

**May 6, 5-9 PM**

## First Wednesday Art Walk

Downtown Jacksonville - Visit Website to download map

Every Month, rain or shine! Downtown Jacksonville's monthly art walk featuring galleries, live music, and food vendors spread across several blocks. Attend early for easier parking and a more relaxed browsing experience before peak crowds. Admission: Free.

[dtjax.com/artwalk](http://dtjax.com/artwalk)

**May 6, 3-4 PM**

## Mobile Mondays

Beaches Library, 600 3rd St, Neptune Beach, FL 32266

Every Monday, learn how to stream and download eBooks, audiobooks, music, and video using digital media services such as Libby, Hoopla, and Kanopy. This drop-in activity will be located at a table in the adult area. Please bring your library card and device. Register for a library card at any library with proof of Duval County residence with a driver's license or permanent resident card. Admission: Free. [jaxpubliclibrary.libnet.info/events](http://jaxpubliclibrary.libnet.info/events)



**May 6, 11 AM - 3 PM**

## Bash at the Ball Field

121 Financial Ballpark, 301 A Philip  
Randolph Blvd, Jacksonville

Seniors enjoy a minor-league baseball game and a traditional ballpark meal at no cost! Transportation is provided to and from their local senior centers.

Complimentary lunch provided and reservations are required. Admission: Free.

Call (904) 255-5667 for more info.

**May 9 & 23, 11 AM - 12 PM**

## Adult Trivia Time

Jacksonville Library, Regency Square Branch, 9900 Regency Square Blvd., Jacksonville

Grab your thinking cap and put your trivia skills to the test! Bring your own team or join one when you arrive. Admission: Free. [jaxpubliclibrary.libnet.info/events](http://jaxpubliclibrary.libnet.info/events)

**May 9, 12 - 5 PM**

## Best Richardson African Diaspora Museum

83 Washington St., St. Augustine

Celebrate Lincolnville's rich Gullah Geechee heritage during St. Augustine History Fest at the Best Richardson African Diaspora Museum. Enjoy live demonstrations, including sweetgrass basket weaving, Gullah doll making, and shaker gourd crafting, along with music, storytelling, and performances by Gullah Geechee ring shouters. This free, family-friendly event honors the traditions and families that shaped Lincolnville. Admission: Free. [bradlcmuseum.com](http://bradlcmuseum.com)

**May 12 - 17, Evenings & Matinee Showtimes**

## Beetlejuice

Jacksonville Center for the Performing Arts  
300 Water Street, Jacksonville

Based on Tim Burton's film, this hilarious musical tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes. Tickets: \$39 plus. [fscjartistseries.com/tickets](http://fscjartistseries.com/tickets)



**May 21, 4 - 8 PM**

## Cummer Museum of Art & Gardens Free Third Thursday

829 Riverside Avenue, Jacksonville

Free admission the third Thursday of every month from 4-8PM. Free complimentary parking across from the Museum entrance and on the corner of Riverside Avenue and Post Street. Accessible parking available in the Riverside Avenue lot. Admission: Free. [cummermuseum.org](http://cummermuseum.org)

**May 20 & 21, 9 AM - 3 PM**

## Jacksonville Senior Expo

Adam W. Herbert University Center, University of North Florida

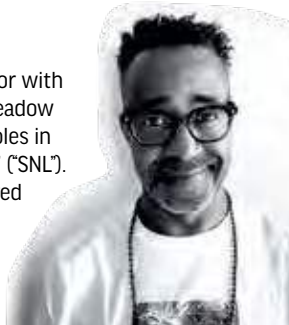
A wide variety of organizations, businesses, and experts dedicated to supporting seniors and their families. From healthcare and wellness to financial planning, travel, lifestyle, and community resources, our exhibitors offer valuable information, services, and solutions to help you live your best life. Admission: Free. [SeniorExpo.net](http://SeniorExpo.net)

**May 22, 7:30 PM**

## Tim Meadows Show

Ponte Vedra Concert Hall

Comedian, a writer, and an actor with over 100 acting credits, Tim Meadow probably best known for his roles in the show "Saturday Night Live" ("SNL"). From 1991 to 2000, Tim appeared in 182 episodes of "SNL". He is best remembered as Leon Phelps, also known as 'The Ladies Man'. Tickets: \$35 plus. [pvconcerthall.com](http://pvconcerthall.com)



**May 25, 2026, 8 - 10:30 AM**

## Memorial Day Ceremony

Jacksonville Veterans Memorial Wall

The City of Jacksonville's Military Affairs and Veterans Department along with Wounded Warrior Project present the annual Memorial Day Observance. Pre-Ceremony starts at 8:00 AM and the ceremony begins at 8:30 AM. This is a free event with free parking in Lot P. Admission: Free. [coj.net](http://coj.net)



## PARTING SHOT

By David Patterson

# Second Chances for Senior Dogs

Dogs have a remarkable way of affecting our happiness at any age, but for many of us, companionship can be profoundly meaningful. A dog is more than a pet. It's a daily reason to get up, get moving, and stay involved with the world.



If it's a morning walk around the neighborhood or a quick outing to the park, dogs encourage physical activity. That gentle routine helps overall health. Just as important, dogs provide emotional support.

It's not uncommon for conversations to spark between dog owners on walks or at pet-friendly gatherings. "What's your dog's name?" can lead to lasting bonds. In this way, dogs naturally create a sense of community.

There's also a reassuring layer of security. Dogs are alert by nature, barking to signal unfamiliar sounds or visitors, which can provide peace of mind for those living alone.

For those considering adopting a senior dog, it can be a wonderful choice. Senior dogs are often calmer, already trained, and just as loving, if not more so, than younger pups. The



Jacksonville Humane Society actively helps match people with pets that fit their lifestyle, including programs that highlight older dogs in need of homes.

Sometimes, the best friendships come on four legs.

You can learn more by visiting Jacksonville Humane Society located at 8464 Beach Blvd in Jacksonville or call (904) 725-8766 to speak with their team about available pets and adoption options. ☺



Riverside  
Post Acute

# Champion your health

Through prevention.  
Through wellness.  
Through community.

Riverside Post Acute is proud to support local seniors with educational programs and health screenings at community centers.



## More than living- *thriving!*

Because aging well isn't just a goal- it's about staying active, informed, and empowered every step of the way.

To Schedule An Event Near You

Contact Pam Montemurno at [Pmontemurno@mqshealth.com](mailto:Pmontemurno@mqshealth.com)

1750 Stockton Street | Jacksonville, FL 32204  
[RiversideRehabHC.com](http://RiversideRehabHC.com)



CHAMPION YOUR HEALTH: MAY 2026