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June 2026

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Local News Anchors

**Jeannie Blaylock & Bruce Hamilton
Face Cancer Head On**

**48-Hour
Getaway**

**Hollywood Meets Hometown
in Trilith, Georgia**

Summer Sexy

**Anne Urban Shares
Her Personal
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Publisher's Note

June is the halfway mark for the year. It's a time for us to ask an important question: How well am I caring for myself? In this month's issue of *First Coast Senior Living*, we raise the power that comes from finally deciding that your well-being matters.

There comes a season in life when we realize that putting ourselves first is not selfish. It is necessary. It is healing. And sometimes, it is life-changing.

Inside these pages, you'll meet women and men who chose themselves. You'll read about health and fitness experiences that prove it is never too late to change your life. You'll also be moved by the courage of two local news anchors who share their personal battles with cancer during Cancer Awareness Month. Their stories remind us that strength is not about pretending to be fearless, it is about showing up with hope, even on the hardest days.

We introduce you to Jacksonville's FBI Citizens Academy because living well means staying curious. And because happiness matters just as much as wellness, we'll take you on a getaway to Trilith, Georgia near Atlanta, a city full of adventure waiting to be discovered. Have some real fun this month.

You are worth the pain. You are worth the effort.

Cheers,



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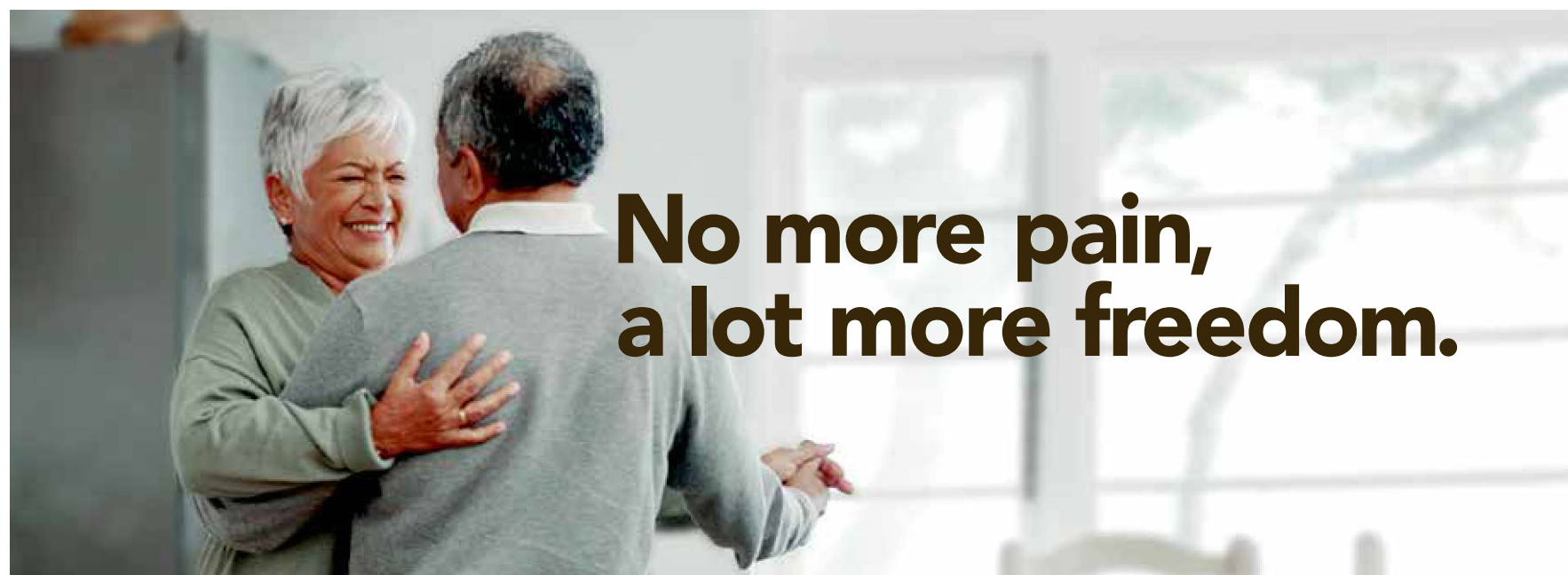


Florida Press Association

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By Miriam Stansbury

Weekend Escape to Trilith, Georgia

An easy getaway with entertainment, boutique lodging, & cinema

I expected to spend one evening in Trilith for a concert. Instead, I spent the weekend wondering why more travelers from Northeast Florida haven't discovered this place yet.

Located in Georgia, about thirty minutes southwest of Atlanta, Trilith doesn't announce itself with flashy attractions or oversized signage. In fact, the approach feels surprisingly ordinary at first. After miles of Georgia's wide-open roads and sprawling landscapes, our GPS directed us toward a large traffic circle just outside Fayetteville. Then suddenly, everything changed.

As we exited into the Town at Trilith, it felt as though we had driven straight onto a movie set.

Tree-lined streets opened into an upscale, walkable town center filled with sidewalk dining, stylish storefronts, inviting gathering spaces, and neatly tucked on-street parking. Couples lingered over wine and cocktails outdoors while music drifted from nearby patios. The architecture gave the impression of a small historic town whose buildings had been lovingly reclaimed and repurposed over time — except everything was new. Within minutes, we knew we had found someplace different and completely unexpected.

That cinematic atmosphere makes perfect sense once you learn the backstory.

Trilith was built beside Trilith Studios, one of the largest film production campuses in North America and home to major Marvel Studios productions including *Avengers: Endgame* and *Black Panther*. But instead of creating a tourist attraction, developers built an elegant community designed around creativity, walkability, and gathering spaces. The result feels polished without feeling pretentious — like a small-town downtown filtered through a Hollywood imagination.

Our original reason for visiting was to see Peabo Bryson perform at Trilith LIVE, the town's intimate 2,200-seat entertainment venue. The evening quickly became one of the biggest surprises of the trip. Unlike massive arenas with exhausting parking hikes and overwhelming crowds, everything here felt easy and elevated. We



Sculptures and murals are part of the public art displays throughout downtown.

parked once and spent the rest of the evening walking between dinner, music, dessert, and rooftop drinks.

The entertainment options extend well beyond concerts. Visitors can tour the studios for a behind-the-scenes look at filmmaking, soundstages, and production spaces. Depending on filming schedules, tickets are sometimes available for live audience game shows and

television tapings. Even if you never step onto the studio lot, the creative energy of the area is impossible to miss.

That same walkability extends to Trilith Guesthouse, the boutique hotel anchoring the town center. From the hotel, guests can easily stroll to restaurants, shops, concerts, and even the newly opened Trilith Cinemas, a luxury theater featuring cutting-edge Samsung Onyx LED cinema screens and upscale auditoriums that feel more like private screening rooms than traditional multiplexes.

For travelers along Florida's First Coast, Trilith delivers something increasingly rare: a weekend destination that feels entirely new. It's sophisticated without being hectic, entertainment-driven without feeling crowded, and compact enough to enjoy at your own pace.

Atlanta may get the spotlight, but Trilith quietly steals the scene. ☁

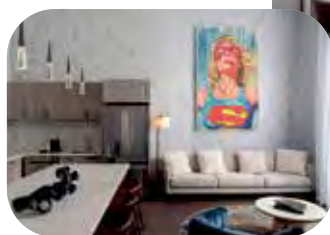
Learn about the studios and town at trilithstudios.com. Purchase studio tour tickets at trilithfoundation.org/studio-tour-experience.



Trilith Studio behind-the-scene tours available.



Trilith Guesthouse has unique decor and great views of the downtown area.



SCAM OF THE MONTH

Buyer Beware: The Vehicle Extended Warranty Scam Still Rolls Along



If you've ever received a phone call, text message, or postcard warning that your vehicle's warranty is about to expire, welcome to the club. The vehicle extended warranty scam remains one of the most common schemes targeting consumers.

Scammers often pose as representatives from a vehicle manufacturer, dealership, or warranty company. They create a sense of urgency, claiming that your warranty coverage is ending and that immediate action is needed to avoid costly repairs. Victims are pressured into providing personal information, banking details, or paying upfront fees for coverage that may be worthless, or may not exist at all.

One of the easiest ways to protect yourself is to verify any warranty offer before providing information or making payment. Legitimate warranty providers will allow you time to review documentation and won't pressure you into making an immediate decision.

Experts recommend using an insurance verification process before purchasing any extended warranty. Start by contacting your vehicle's manufacturer or the dealership where you purchased the vehicle. Ask whether the company offering coverage is an authorized provider. Request a written copy of the contract and carefully review what repairs are covered, what exclusions apply, and how claims are processed.

You can also check the company's reputation through consumer protection agencies and online reviews. Be cautious if the company has numerous complaints about denied claims, difficulty obtaining refunds, or high-pressure sales tactics.

Remember, a legitimate company will never demand payment through gift cards, wire transfers, or cryptocurrency. If a caller asks for these payment methods, it's a major red flag.

The bottom line: Don't let fear of expensive repairs drive a hasty decision. Take time to verify the company, read the fine print, and confirm coverage details. A few extra minutes of research can help keep your vehicle, and your wallet, protected from scammers. ☞

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By Anne Urban

I Didn't Need a Miracle to Lose Weight I Needed to Put Myself First

At sixty-five years old, I weighed two hundred and fifteen pounds with a Body Mass Index of 41%. I was exhausted all the time, taking several pharmaceuticals, and embarrassed to have my picture taken because I didn't recognize the woman I saw. That was me on April 1st last year.

Today, I'm sixty-six, I weigh one hundred and fifty eight pounds with a BMI of 26%. I continue to lose an average of five pounds per month. I've lost fifty-eight pounds, thirty-one inches, and reduced my BMI by 14%. Most importantly, I am off all pharmaceuticals, full of energy, and smiling confidently in photos again.

For over twenty years, I believed weight gain, brain fog, exhaustion, poor gut health, and worsening bloodwork were simply part of aging after menopause. **I was wrong.**

Everything changed after hearing Ruth Soukup share her own health journey on a podcast focused on science-based nutrition. I studied nutrition and exercise specifically for women over fifty for two years before finally deciding to take action.

The biggest reason for my changing was simple: I wanted to be healthy enough to continue showing up for my family, employees, and loved ones. As the airplane instruction says, you must put your own oxygen mask on first before helping others. I realized it was time to invest in myself instead of making excuses.

My transformation happened in three stages.



Stage One, I healed my gut. I eliminated fried foods, processed foods, artificial sweeteners, processed sugar, breads, pasta, and most

unhealthy carbohydrates. I focused on organic fruits and vegetables, grass-fed/finished meats, healthy dairy, vitamins, collagen, and clean eating.



Stage Two, I focused on movement and strength. I worked with trainers, joined walking groups, and committed to consistent exercise that included core work, weights, balance, and flexibility training. My goal was not only weight loss, but also strength, mobility, and reducing the risk of falling as I age.



Stage Three, I changed my mindset permanently. I stopped viewing unhealthy foods as comfort and began viewing them as harmful to my health. I cleaned out my pantry, tracked my meals daily using the Lose It app, planned meals ahead of time, and surrounded myself with supportive people who encouraged healthy habits.

A few habits made the biggest difference:

- Learning the science behind nutrition I did this through books and Podcasts. My favorites are *Feeling Better*, *Live Free and Wake up and Read the Labels*
- Exercising early each morning – walk daily and core train three to four days per week
- Cutting sugar first, then I cut the bad carbs that turned into sugar
- Tracking meals BEFORE eating to catch mistakes before I consumed the wrong foods
- Meal Planning Weekly
- Sharing my journey for accountability
- Believing lasting change was possible

Today, my bloodwork is completely healthy, my gut issues are gone, I haven't needed Nexium in over two years, and I feel better than I've had in decades.

My new mission is simple:

"Don't just eat cleaner. Live cleaner to live longer."

Anne Urban has lived in Jacksonville for thirty-five years, and is the owner of Florida Wedding Supplies. She's been married for forty-three years and is the mother of two daughters and the grandmother of four little cuties. Her passion is helping others discover healthy aging strategies that support a better quality of life.



Anne at the beginning of her life change and where she stands now.

Explore Washington, DC With Your Grands this Summer

By Mary Shannon Wells



Spending time with your grandkids is so important. You might not realize how much your being there for basketball games and having weekend sleepovers means to them, but it's big. What better way to make memories and enjoy your grandkids' company than to take them on a trip to the nation's capital?

There are some experiences you truly never forget, and your first time to D.C. is definitely one of them. Of course, you must see all the monuments (we know Honest Abe will be their favorite), the Capitol, the White House, and the Library of Congress, but that's just the start. The National Museum of Natural History, the National Air and Space Museum, the Newseum, the National Museum of American History, the National Museum of African American History and Culture, the National Museum of the American Indian, the National Gallery of Art, and the United States Botanic Garden are all worth seeing. Mount Vernon and the Arlington National Cemetery are both worth a short trip, and Georgetown's famous architecture is a must-see. There are a million ways to experience D.C., and none of them are wrong.

For planning a family trip to Washington, D.C., the single best website is Washington.org Family Travel Guide This is the official tourism website for Washington, D.C., and it has comprehensive, well-organized lists of activities for families. ☎



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Anchored

When local TV anchors Bruce Hamilton and Jeannie Blaylock each announced their cancer diagnoses on air less than a month apart this year, First Coast residents were reminded in a familiar, public way what many already knew.

Blaylock, a Jacksonville newswoman since 1985, had been a leading advocate for breast cancer screening since 1994. A program she began, Buddy Check, grew into an award-winning, nationally recognized brand. Yet, Blaylock – in her same calm, personal, service-oriented tone –

informed First Coast News viewers in March that she had contracted that very disease.

Hamilton, 70, another longtime, 25-year Jacksonville anchor at WTLV-TV, Channel 4, had announced a month earlier his abdominal cancer diagnosis in a similarly brave and public way. The scourge kept getting harder and harder to ignore.

“I have some news I want to share... Recently, I was diagnosed with an aggressive and progressive form of cancer,” Hamilton said on air February 17 - the birthday of his mother, who died from cancer in 2022.

“I intend to fight. I intend to win,” he said, his voice shaking at times. “I’m telling you all of this for one simple reason: I truly believe I can use this forum to provide answers to those who get that (same) diagnosis.”

The pair’s announcements serve as a reminder of cancer’s looming brutality as U.S. organizations mark National Cancer Survivors Month in June.

Each began cancer treatments. Blaylock underwent surgery and Hamilton started chemotherapy sessions.

“The new look is not unexpected,” Hamilton told viewers in a later broadcast when he appeared completely bald on TV. “It’s a side effect of chemotherapy, but it’s all good.”

The First Coast Offers World-Class Cancer Care

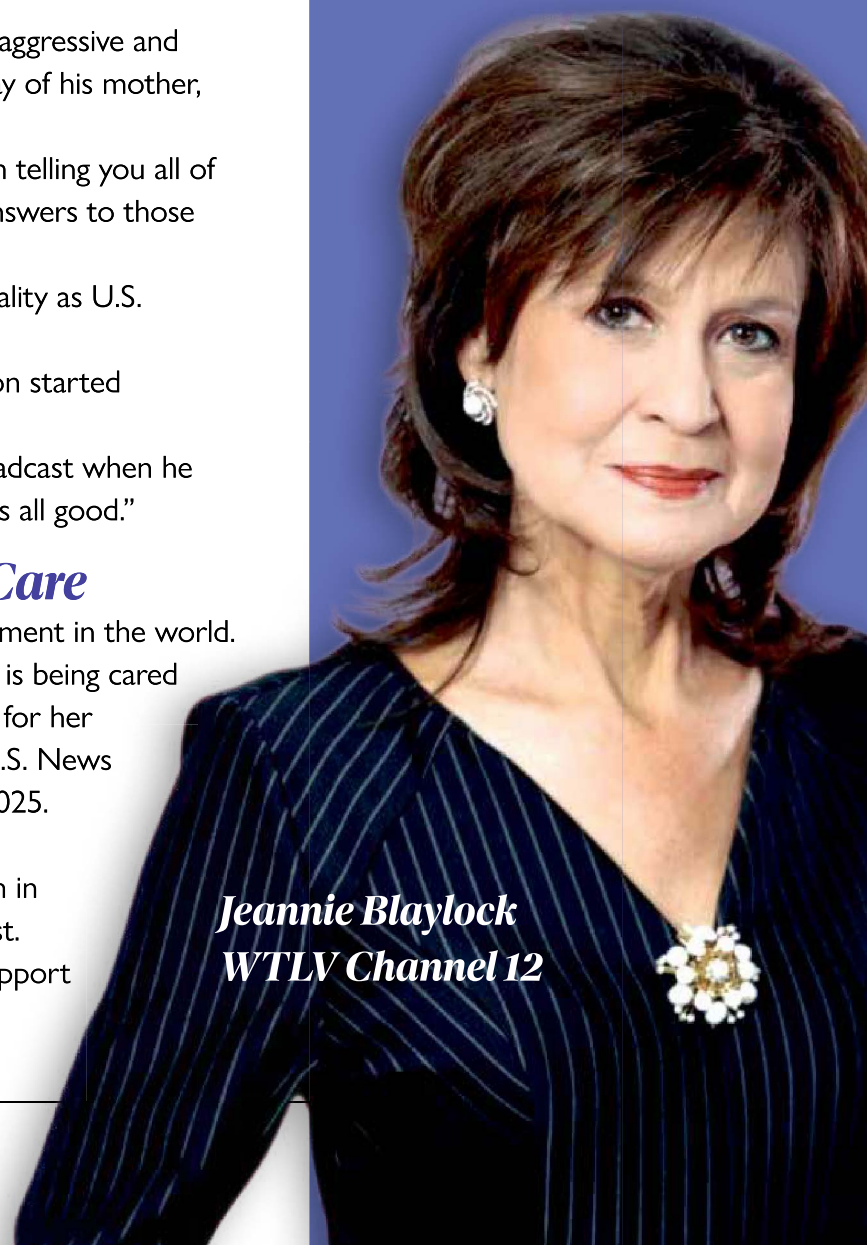
Fortunately for both, the area is home to some of the best cancer treatment in the world. Hamilton is being treated at Cancer Specialists of North Florida, where he is being cared for by Bijoy Telivala. Blaylock was diagnosed and underwent a mastectomy for her stage zero breast cancer at Baptist MD Anderson Cancer Center, which U.S. News & World Report magazine ranked the No. 1 cancer center in the U.S. in 2025.

The Houston-based center owns and operates eight centers in the U.S., and it also partners with hospitals nationwide, including with Baptist Health in Jacksonville. Here, it serves as a clinical partner in a facility owned by Baptist.

Patients see surgeons, medical oncologists, radiation oncologists, and support specialists in a single coordinated program.

Mayo Clinic Jacksonville is ranked by U.S. News in 10 adult cancer

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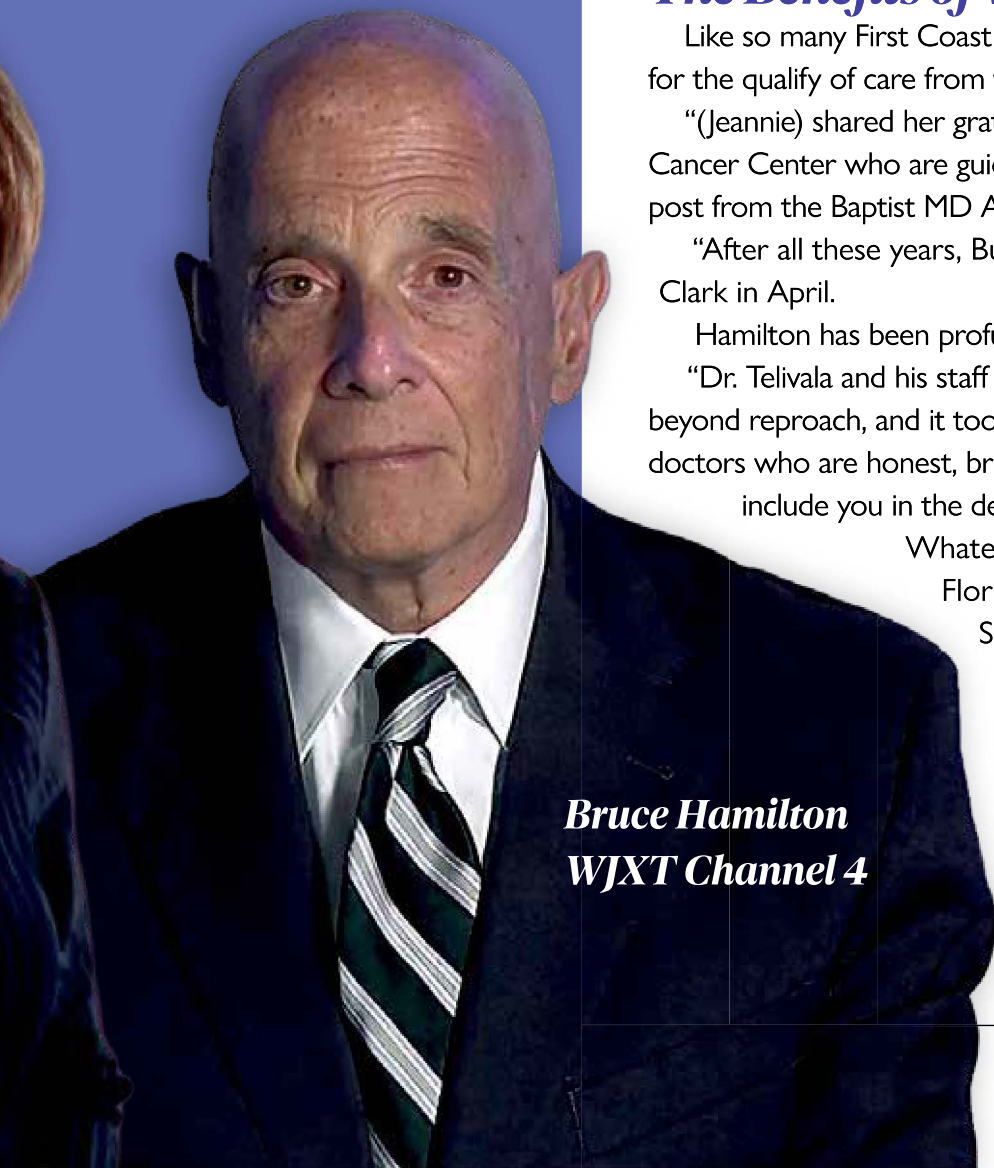


*Jeannie Blaylock
WTLV Channel 12*

by Courage

By Doug Filaroski

roadcasters.
er Battles.
ful Message.



Bruce Hamilton
WJXT Channel 4

specialties, including colon cancer surgery. It is building North America's first carbon-ion therapy center, a cutting-edge treatment for aggressive and treatment-resistant cancers. Proton therapy will begin in 2027, with carbon-ion therapy following in 2028, according to *Jacksonville Today*.

Trials of Surviving Cancer

With such great cancer care, First Coast residents can feel as though they have a good or better chance of surviving cancer. Sadly, not everyone does. Hamilton's brother, Pete, and sister-in-law also died of cancer – all three within a couple of years of his mom.

Side effects from his chemo have been minimal, said Hamilton, who said he hasn't had to miss many days of work. Typically, he rises about 3:30 a.m., begins *The Morning Show* broadcasts at 5 a.m., stays on air through about 9 a.m., works in the office until mid-afternoon, goes home, and begins the workday cycle all over again.

"Very quickly I adopted the mantra 'I am going to fight cancer on my terms.'" he said.

The Benefits of World-Class Care

Like so many First Coast cancer patients, Hamilton and Blaylock have expressed gratitude for the quality of care from the professionals who have treated them.

"(Jeannie) shared her gratitude for the physicians and care team at Baptist MD Anderson Cancer Center who are guiding her through the next steps of her journey," read a LinkedIn post from the Baptist MD Anderson account.

"After all these years, Buddy Check has saved my life. I mean I caught it early," she told Clark in April.

Hamilton has been profuse in his praise for the medical professionals on the First Coast.

"Dr. Telivala and his staff have been nothing but amazing. Their care and support are beyond reproach, and it too has made a profound difference," he said. "If you have the right doctors who are honest, brutally honest with you and tell you nothing but the truth and include you in the decision-making process – you (can) handle the cancer."

Whatever Telivala and the staff at Cancer Specialists of Northeast Florida did appears to have worked. Hamilton told *First Coast Senior Living* that in May that doctors now say his cancer is successfully in remission.

"It's such a relief – not only for me but my family," said Hamilton, who planned to let his viewers also know the good news.

"For many people who get the cancer diagnosis, they are gripped by the cancer diagnosis... (I wasn't going to let that happen)," he said. "I am going to look at life a little bit different now." 🌿



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The Queens Tour Was a Night of Great Music and Emotion



The Queens Tour united four legendary R&B icons, Gladys Knight, Stephanie Mills, Patti LaBelle, and Chaka Khan, for a powerful evening of classic music and lasting talent.

For many, the concert was more than a performance; it was a trip through sweet memories of the good old days. Tears filled the arena as Gladys Knight sang classics with depth during her obvious health struggle,

jolting fans who witnessed the challenges at age eighty-two.

Stephanie Mills showed that talent is ageless. At sixty-nine, she wowed the crowd with her vocals and entertaining stage moves, proving why she remains one of R&B's most respected performers.

Patti LaBelle delivered what many considered the night's standout set. She

brought down the house with soaring sounds carrying the audience from ballads to uplifting gospel-influenced vocals. Prompting fans to get on their feet and sing along, her music was over the top.

Chaka Khan closed the show with selections from her catalog, including "Ain't Nobody." Despite some sound issues, she finished a good set that reinforced her status as one of the world's most influential artists.

The evening's main drawback was the lengthy transitions between acts. Because each artist traveled with her own band, stage changes added nearly an hour to the production. Still, the delays did little to lessen the show's impact.

The Queens Tour 2026 ended its final performance in Jacksonville on May 31st. 🎶

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DUN-DUN! JACKSONVILLE'S MOST WANTED



The FBI exists only in movies, television dramas and breaking news headlines. But in Jacksonville, residents can go behind the scenes and learn how the bureau really works through the FBI Citizens Academy.

Hosted by the Federal Bureau of Investigation, the Citizens Academy is an interactive community outreach program designed to give civic, business, religious and community leaders an inside look at federal law enforcement operations. Participants learn directly from FBI agents, intelligence analysts and professional staff members during an eight-week evening program.

Pepper Lindsey graduated from the program in May, and she is no stranger to working with cops and robbers. She was the producer of *America's Most Wanted*. She's the owner of Lindsey Films and has won Emmy Awards for her work.

"Nothing prepared me for actually firing an FBI issued weapon at the shooting range, or discovering that conducting a real stakeout is far harder than it looks in the movies," she said.

The academy covers a wide range of topics, including cybercrime, violent crime investigations, terrorism, elder fraud, public corruption, national security and crisis response. Participants may also observe demonstrations involving evidence response teams, tactical operations and investigative technology.

Lindsey said the experience gave her a greater sense of the FBI's role in the community and for her, it exceeded every expectation.



Pepper Lindsey trained in the FBI Citizens Academy

The Jacksonville Academy typically runs on Thursday evenings at the FBI field office on Gate Parkway. Classes are held from 4 p.m. to 7 p.m.

Residents interested in joining do not have to work in law enforcement. However, applicants must meet several requirements. Candidates must be at least twenty-one years old, live or work within the FBI Jacksonville division's jurisdiction and consent to a limited background check that includes fingerprinting. Applicants should also be recognized as active leaders within the community.

People can either nominate themselves or be nominated by current or former FBI employees, Citizens Academy graduates or community leaders. The nomination deadline for the 2027 Jacksonville class will occur this Fall. Acceptance into the academy is competitive, and not all applicants are selected.

For more information, visit fbi.gov/contact-us/field-offices/jacksonville/community-outreach.



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Fashion Must-Haves to Stay Cool This Summer



Linen blouse and necklace from The Pink Nickel in Bartram Park.

Summer style is practically its own dress code in Jacksonville. The heat is relentless, the humidity is real, and nobody wants to spend July sweating through stiff fabrics. Fortunately, this season's fashion trends are tailor-made for those of who want to look polished without sacrificing comfort.

The unofficial MVP of summer 2026? Linen.

Today's fashion is about pieces that can survive humidity and happy hour.

For men, lightweight linen button-down shirts paired with tailored shorts or chinos are everywhere from Amelia Island tiki bars to rooftop restaurants. Soft neutral shades like sand, pale blue, sage, and white reflect sunlight and instantly create a relaxed coastal look.

Women are wearing breezy maxi dresses, flowy tops, wide-leg pants, and easy slip-on sandals. The goal is simple: look sharp while staying cool enough to survive in a Florida afternoon.

Accessories matter. Oversized sunglasses, woven beach totes, straw hats, and layered jewelry are turning casual outfits into vacation-ready ensembles, even for a quick Publix run.

Local boutiques help us master the look.

In the Avondale area, shoppers love browsing coastal-inspired styles at Emory Clothing on St. John's Avenue. They are known for colorful resort wear and relaxed summer stylers.

The Pink Nickel in the Fruit Cove area sells comfortable and one of a kind pieces.

Twisted Sisters! Boutique on Amelia Island is another option for playful looks that are appropriate for brunches, and evening strolls downtown this season.

Fashion experts say the biggest trend is dressing for real life instead of chasing youth-focused fashion fads. Breathable fabrics, flattering cuts, and versatile pieces now dominate wardrobes.

Men are rediscovering loafers, lightweight sneakers, and untucked camp shirts for a polished but relaxed appearance.

John Craig men's store in Ponte Vedra Beach is a great option for local men. Many of these looks are easy to recreate online without spending designer prices.

Amazon and similar retailers offer affordable versions of these summer's essentials.

Summer fashion is not about looking younger. It's about being comfortable, relaxed, and ready for wherever the day leads next. ☁️



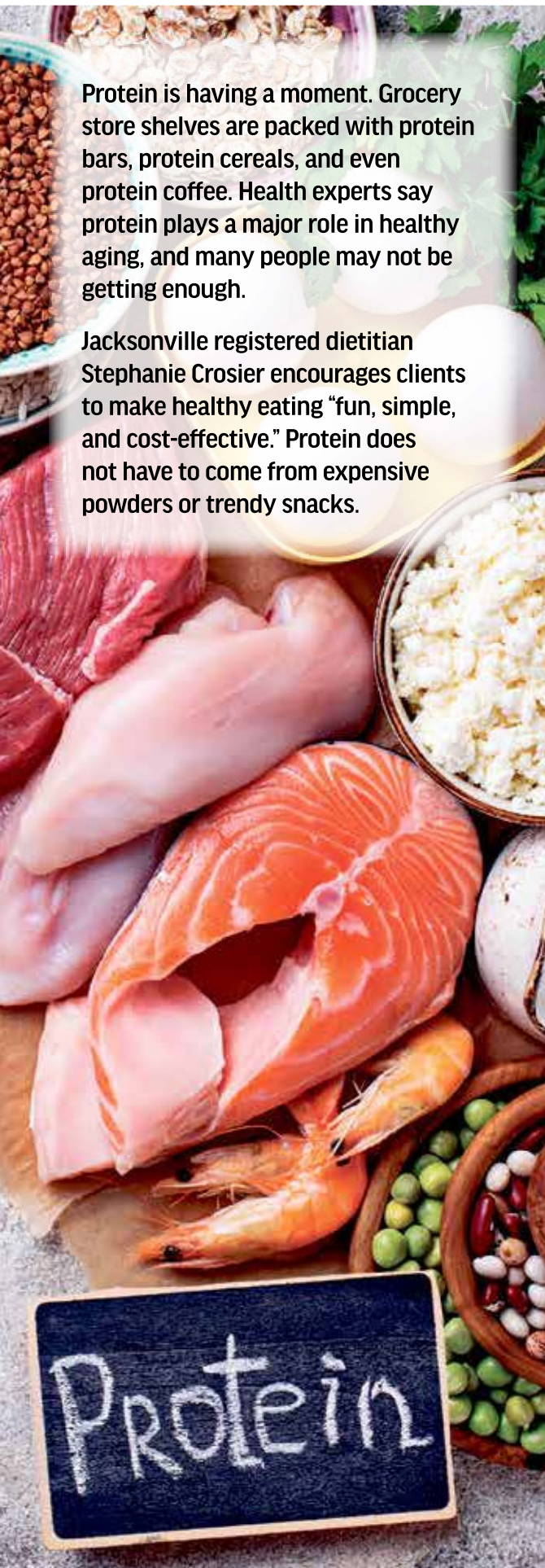
Peter Millar casual trousers from John Craig.



John Craig men's store located in Sawgrass Village in Ponte Vedra Beach.

By David Patterson

7 Surprising Things To Know About Protein



Protein is having a moment. Grocery store shelves are packed with protein bars, protein cereals, and even protein coffee. Health experts say protein plays a major role in healthy aging, and many people may not be getting enough.

Jacksonville registered dietitian Stephanie Crosier encourages clients to make healthy eating “fun, simple, and cost-effective.” Protein does not have to come from expensive powders or trendy snacks.

Here are facts you should know.

#1 Protein is about much more than muscles. It also supports the immune system, healthy skin, hormone production, wound healing, and bone strength. Researchers say adequate protein helps adults stay active and independent longer.

#2 Many nutrition experts now recommend roughly 1 to 1.2 grams of protein per kilogram of body weight daily for older adults. For someone weighing 150 pounds, that can mean 68 to 82 grams a day.

#3 Eating most of your protein at dinner is no longer considered ideal. Experts say spreading protein throughout breakfast, lunch, dinner, and snacks may help the body use it more effectively. A protein-rich breakfast can help maintain muscle and energy levels throughout the day.

#4 Beans, lentils, quinoa, nuts, tofu, edamame, and seeds provide valuable protein along with fiber and heart-healthy nutrients. Studies now suggest plant-based proteins may support healthier aging and reduced chronic disease risk.

#5 Protein can help prevent falls and frailty. As people age, muscle mass naturally declines, a condition called sarcopenia. Maintaining muscle strength helps support balance, mobility, and bone health. Dr. Jonathan Roth, a sports medicine specialist, notes that “healthy muscle mass is essential” for daily activities and injury prevention.

#6 Lean chicken, turkey, salmon, tuna, eggs, Greek yogurt, cottage cheese, beans, and lentils are all excellent natural protein sources. Nutrition experts recommend limiting heavily processed meats and balancing animal proteins with plant-based options.

#7 Strength training, walking, resistance bands, yoga, and light weightlifting help the body use dietary protein to maintain muscle.



Things To Do *this month*

June 2, 7:00 PM

The Black Crowes

St. Augustine Amphitheatre
1340C A1A South, St. Augustine, FL 32080

A major rock concert at one of Northeast Florida's premier outdoor venues, this show is ideal if you enjoy familiar bands, strong live performance, and a well-run amphitheater experience. Reserved seating and an easy evening setting make this a comfortable nostalgia-filled outing. Tickets: \$59 plus. theamp.com

June 3, 7:30 PM

KC and The Sunshine Band



Florida Theatre, 128 East Forsyth St, Jacksonville

Enjoy a classic disco-funk concert from one of the most recognizable hitmakers of the 1970s. Hits like "That's the Way (I Like It)" and "Get Down Tonight" make this a fun nostalgic night out, especially

in the comfortable setting of Jacksonville's historic Florida Theatre. Tickets: \$74 plus. floridatheatre.com

June 4, 4:30-7:00 PM

Freedom Fest: Opening Night – Americana Stories

Orange Park Mall, 1910 Wells Rd., Orange Park

This community festival opening celebrates Americana themes and local storytelling with a relaxed hometown atmosphere. It's a great free option if you enjoy community gatherings, casual entertainment, and mixed-age events with a friendly local feel. Admission: Free. exploreclay.com/event-directory

June 4, 7:30 PM

Shawn Mullins w/ Special Guest Cat Ridgeway

WJCT, 100 Festival Park Avenue, Downtown

Singer-songwriter Shawn Mullins brings an intimate evening of acoustic music and storytelling to the Florida Theatre. The relaxed pacing and seated theater setting make this an especially comfortable midweek concert if you enjoy thoughtful live music without a loud arena atmosphere. Tickets: \$34 plus. floridatheatre.com

June 5 (Fridays in June, 6:00-8:00 PM)

Sounds on Centre

Centre Street, Downtown Fernandina Beach

Historic downtown Fernandina Beach comes alive with free outdoor music, restaurants, shopping, and a street-party atmosphere. It's an evening perfect for strolling, meeting friends, and enjoying live music in one of the area's most walkable downtown districts. Admission: Free. facebook.com/SoundsOnCentre



June 5, 6:00-9:00 PM
Gumball 3000

Amelia Island / Fernandina Beach area

Gumball 3000 brings an energetic rally atmosphere and a lineup of exotic cars to Amelia Island. If you enjoy

classic and luxury automobiles, polished special events, and lively people-watching, this makes for a memorable early-summer outing. Admission: Free to attend.

gumball3000.com/pages/amelia-island

June 5-13

Amelia Island Chamber Music Festival

Various venues, Amelia Island / Fernandina Beach area

One of Northeast Florida's premier events, this festival features chamber music performances by world-class musicians and vocalists in intimate venues across Amelia Island. It's an excellent choice if you appreciate refined live music and smaller concert settings.

Admission: Tickets vary by performance. aicmf.org

June 6, 7:00 PM

Mary Pauline Dance Conservatory 33rd Annual Recital

Florida Theatre, 128 East Forsyth St, Jacksonville

The Mary Pauline Dance Conservatory is excited to bring the classical ballet version of *Sleeping Beauty* to life in Act I. The formal setting and comfortable seating make it an enjoyable evening if you appreciate community arts and live stage performances. Admission: Tickets: \$27 plus. floridatheatre.com



June 10, 4:30-7:30 PM

Amelia Island Chamber Music Festival: Beethoven & Beer

Mocama Beer Company, 629 S 8th St, Fernandina Beach, FL 32034

This unique chamber music event pairs the acclaimed Miró Quartet with the relaxed atmosphere of Mocama Beer Company. It's an enjoyable choice if you appreciate sophisticated live music without the formality of a traditional concert hall. Admission: Ticketed. aicmf.org

Dates throughout June, 10:00 AM-12:00 PM

Free Swim for Seniors

Multiple Locations in Jacksonville

Jacksonville's senior swim program offers a simple and refreshing way to stay active during the month.

These free weekday sessions provide low-impact exercise and an easy

opportunity to enjoy recreation and social time in a comfortable setting. Visit the city's website to view

all locations. Admission: Free.

jacksonville.gov/departments/parks-and-recreation/senior-services/special-events-for-seniors



June 13, 5:00 PM

Juneteenth - A Celebration of Freedom

St. John's Cathedral, 256 E Church St, Jacksonville, FL 32202

This year's theme, How We Love, invites us to reflect on the power of love in shaping justice and hope. Music by the Jacksonville Gospel Chorale under the direction of Dr. Raymond Wise and Dr. Barbara Bouie. The Very Rev. Kate Moorehead Carroll is the keynote speaker. Admission: Free. dtjax.com/events/juneteenth-celebration

June 13

Amelia Island Chamber Music Festival Season Finale

Amelia Island / Fernandina Beach area

The Amelia Island Chamber Music Festival concludes its acclaimed season with final performances across the island. It's a perfect opportunity to plan a cultural day trip or weekend built around exceptional live music in intimate settings. Tickets vary by performance. aicmf.org

June 24-25

The Complete Works of Shakespeare (Abridged)

Backyard Stage at St. Augustine

Amphitheatre, 1340C A1A South, St. Augustine, FL 32080

Three madcap performers in Elizabethan dress (and sneakers) weave their way through all 37

of Shakespeare's tragedies, comedies and histories at a breakneck pace. It's an irreverent rollercoaster ride through all of the Bard's plays. The show originally premiered in London and went on to become its longest running comedy. The Today Show declared, "If you like Shakespeare, you'll love this show. If you hate Shakespeare, you'll love this show." Admission: Tickets: \$27 plus. theamp.com



June 27, 7:30 PM

Vince Gill

St. Augustine Amphitheatre
1340C A1A South

St. Augustine, FL 32080

Country music favorite Vince Gill brings decades of hits

and polished musicianship to St. Augustine as part of his "50

Years From Home Tour." Comfortable amphitheater seating and familiar songs make this an

especially appealing summer concert outing. Tickets: \$60 plus. theamp.com



Select Thursdays and Weekends in June Live Music in Historic St. Augustine

Various venues throughout downtown St. Augustine



Downtown St. Augustine continues its lively music scene throughout June with performances at wine bars, patios, pubs, and waterfront restaurants. This is an easy way to enjoy dinner, conversation, and live entertainment while exploring.

Admission: Most performances are free. visitstaugustine.com/events

Dates throughout June

Jacksonville Public Library Author Talks & Summer Reading Events

Multiple Jacksonville Library Branches

Jacksonville Public Library branches continue summer programming with author talks, history lectures, and cultural presentations designed for lifelong learners.

These free daytime events offer an engaging way to stay connected to the community while exploring new topics and ideas including Author Talks, Book Clubs, Writer's Lab, History Chat and The Screening Room for those interested in film screenings and discussions. Admission: Free.

jaxpubliclibrary.org/blog/library-u-adult-programs-library-events-and-monthly-email-newsletters



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