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September 2026

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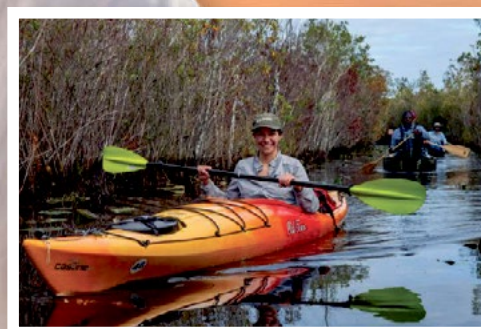
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PUBLISHER’S NOTE

We’re celebrating something we believe in wholeheartedly at *First Coast Senior Living*, aging well isn’t about slowing down. It’s about staying active and participating in the life you’ve worked so hard to enjoy.

That’s exactly why I want you to join us at our upcoming **Active After 50 Expos** in Clay County, Palm Coast, Jacksonville, and St. Augustine. These events are packed with exhibitors who understand our generation and care about helping us live better. You’ll find information about health, fitness, travel, financial security, senior living, wellness, home services and more. Come ask questions, discover something new and maybe walk away with an idea that changes your life.

This month, try something outside your comfort zone. Dance to music that makes you happy. Go kayaking in Lake Okefenokee. Take a class, learn something new, call an old friend.

Getting older does not mean becoming invisible or vulnerable. Don’t let anyone bully you, talk down to you, or make you feel small. Stay alert, especially to scams and predators who target older adults.

We come to you every month because we care about your health, your independence and your lifestyle. That’s what aging well is all about.

Don’t sit on the sidelines this fall. Get up and get moving!

Mischelle

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SENIOR LIVING

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The Okefenokee Just Went Global

America's newest UNESCO World Heritage Site offers birdwatching, guided tours and adventure.

Dark water reflects the sky as a great egret lifts from the reeds. Cypress trees rise from the shallows, Spanish moss drifting from their branches. An alligator slips silently beneath the surface.

This is the Okefenokee Swamp, wild, beautiful and surprisingly close to home.

In June 2026, the Okefenokee National Wildlife Refuge was officially inscribed as a UNESCO World Heritage Site. It now stands alongside celebrated places such as Yellowstone, the Grand Canyon and the Great Barrier Reef.

For First Coast guests, this globally important landscape is practically in our backyard. The Folkston gateway is an easy day trip from Jacksonville and surrounding communities. By comparison, the next-closest UNESCO World Heritage Site is Everglades National Park, more than 300 miles away.

But what does the UNESCO distinction actually mean?

UNESCO, the United Nations Educational, Scientific and Cultural Organization, recognizes places of such exceptional natural or cultural value that preserving them is considered important to all humanity. To qualify, a site must meet rigorous international standards and have protections in place for future generations.

The Okefenokee was honored for its extraordinary biodiversity and the natural processes that continually shape it. Water, fire, plants and wildlife interact across its



Kim Bednarek, Executive Director of Okefenokee Swamp Park and Okefenokee Adventures

prairies, forests, peatlands and islands. The refuge supports more than 850 plant species, 238 bird species, 48 mammal species and an estimated 10,000 to 15,000 American alligators. It is Georgia's first World Heritage Site and the first U.S. national wildlife refuge to receive the designation.

"This is a historic moment not only for the Okefenokee, but for everyone who has dedicated themselves to conserving this remarkable place," said Kim Bednarek, Executive Director of Okefenokee Swamp Park, "Receiving World Heritage status affirms what those of us who know and love the Okefenokee have always believed: Middle this place is special. We are deeply grateful to every partner, volunteer, donor, advocate, and community member who helped make this

achievement possible."

Okefenokee Adventures near Folkston offers guided boat tours into the Suwannee Canal and open prairies. These comfortable excursions are ideal for spotting alligators, turtles, herons, egrets, wood storks and sandhill cranes while a naturalist handles the navigation.

Confident paddlers can rent a canoe or kayak and explore marked water trails. Those who prefer dry land can drive Swamp Island Drive, visit the Chesser Island Homestead and stroll trails and boardwalks at their own pace.

UNESCO recognition has placed the Okefenokee on the world stage. This global treasure remains wonderfully close, waiting to be explored by boat, paddle, train, trail or boardwalk. To learn more visit okefenokeeworldheritage.org.



SCAM OF THE MONTH

By David Patterson

AI is Packing Its Bags and Taking Your Money While You're On Vacation



Fall is a favorite time to travel. The summer crowds have thinned, the weather is kinder, and your mobile phones camera is probably filling up with photos from a beach getaway, European adventure or weekend escape.

But before you post that beautiful sunset from your hotel balcony, think twice.

Scammers are using artificial intelligence to analyze vacation photos and social-media posts to figure out where travelers are and then use that information to create highly convincing scams.

Imagine posting a photo from a resort in the Bahamas. Later, you receive a text claiming to be from your bank: "We detected a suspicious \$2,847 transaction in Nassau. Please verify your account." Because you're actually in Nassau, the message suddenly feels legitimate.

AI can help scammers identify landmarks, hotel names, locations and even details visible in the background of photographs. They can combine that information with your name and other publicly available details to make their messages sound frighteningly personal.

The best defense is this: share less while you're away.

Consider waiting until you return home to post vacation photos. Don't publicly announce that your house is empty, and avoid sharing boarding passes, hotel confirmations, room numbers or other documents that contain personal information.

And if a message claims there's a problem with your reservation, credit card or bank account, don't click the link. Contact the company through its official website or app using information you find yourself.

Your vacation should create memories, not opportunities for scammers.

Take pictures this fall but don't fall for the con. Enjoy the adventure. Just consider keeping some of those snapshots private until you've safely returned home. ☺



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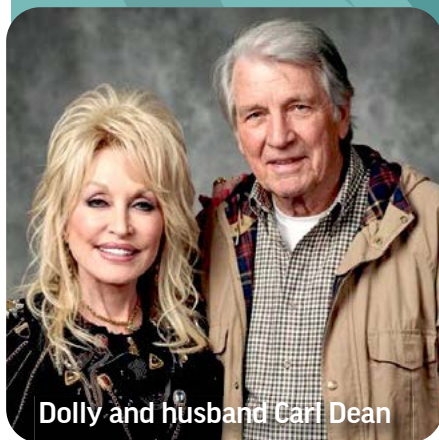
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Islands in the Stream

When Caregiving Leaves You Stranded



Dolly and husband Carl Dean

Dolly Parton spent a lifetime giving to others. But behind the rhinestones, sold-out concerts and larger-than-life personality was another role she took just as seriously, wife and caregiver.

Parton was married to Carl Dean for nearly sixty years. While she lived much of her life in the

spotlight, Carl preferred privacy and a quiet life away from the cameras. In his final years, as his health declined, Dolly spent more time caring for him and less time focusing on herself.

After his death in March 2025, Parton openly acknowledged something many family caregivers understand: When someone you love needs you, it is easy to put your own needs on the back burner.

That is where caregiving can become complicated. What begins as helping with a doctor's appointment or picking up a prescription can gradually become a full-time responsibility involving medications, meals, finances, transportation, household duties and emotional support.

And somewhere along the way, the caregiver can disappear.

Caregiving expert Neal Shah has described the experience as a combination of chronic stress, physical exhaustion and emotional heartbreak. That combination is precisely why caregivers need to recognize that taking care of themselves isn't selfish, it is necessary.

Toula Wootan, founder of the Caregiver Coalition of Northeast Florida, has spent years advocating for family caregivers and reminding them that they don't have to do everything alone. Her message is simple: Ask for help. Build a support system. Give yourself permission to step away when you need to recharge.

For caregivers, that can be easier said than done.

Joanne Hickox, founder of Jacksonville's Seniors on a Mission, believes older adults should remain connected to purpose, people and activities that make life meaningful. That philosophy is especially important for caregivers, who can become so focused on another person's needs that they lose touch with their own interests and friendships.

So, what can we learn from Dolly?

Love deeply. Show up. Be there when someone needs you.

Take the walk. Meet the friend for lunch. Go to the exercise class. Accept the offer when someone says, "Let me give you a break." Ask your family for help before you're exhausted. Find respite care. Join a caregiver support group and hang in there.



Toula Wootan, founder of the Caregiver Coalition of Northeast Florida

1. ElderSource

The best place to start for Northeast Florida caregivers. Get connected to respite care, support programs, caregiver education, transportation, meals, Medicare counseling and other community resources.

888-242-4464 myeldersource.org

2. Caregiver Coalition of Northeast Florida

Offers caregiver education, workshops, support resources and connections to organizations that can help families navigate the challenges of caregiving.

caregivercoalition.org

3. Alzheimer's Association – Central & North Florida Chapter

Provides dementia education, caregiver support groups, care consultations and a 24/7 Helpline for families dealing with Alzheimer's and other dementias.

800-272-3900 alz.org/centralflorida

4. Aging True

Provides programs and services designed to help older adults remain independent at home, while giving family caregivers additional support.

904-807-1203 agingtrue.org

5. Community Hospice & Palliative Care

Offers hospice, palliative care and family support for people facing serious or life-limiting illnesses.

866-253-6681 communityhospice.com

6. Jacksonville Senior Services

Connects Jacksonville-area older adults and their caregivers with senior centers, transportation, companion services and other programs that support independent living.

904-630-2489 jacksonville.gov/senior-services

7. Baptist Health AgeWell Center for Senior Health

Provides specialized care for older adults, including care coordination, medication management, rehabilitation and other services for complex health needs.

904-202-4243 BaptistHealthAgeWell

8. The Arc Jacksonville

Provides specialized support and resources for adults with intellectual and developmental disabilities who are aging, including assistance for families and caregivers.

904-355-0155 arcjacksonville.org

9. Jacksonville Area Legal Aid

Provides legal assistance for qualifying individuals and families, including help with issues involving housing, benefits, guardianship and elder law.

904-356-8371 jaxlegalaid.org

10. Northeast Florida Area Agencies on Aging & Councils on Aging

Local aging organizations can connect caregivers with meals, transportation, senior programs, in-home services and other community assistance. Start with ElderSource for referrals in your county.

888-242-4464 myeldersource.org

It doesn't matter if you need a few hours of respite, help navigating Medicare, transportation for a parent or someone who understands what you're going through, Northeast Florida has resources for family caregivers.

This is a partial list of services in our area. For additional resources contact **ElderSource's Elder Helpline: 888-242-4464.**

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More Than A

By Brandi Taylor

JAX IMPLANTS & DENTURES PATIENT

I will never forget the day I found myself back in the dentist's chair because two more teeth had broken. Another infection had brought the familiar pain back, and after my exam, my dentist looked at me and gently explained that we had reached the end of the road. At that point, removing my remaining 21 teeth and choosing either dentures or dental implants was my only option.

The news hit me like a ton of bricks.

I was already in pain, already exhausted from years of dental problems, and the idea of implant surgery felt impossible. I could not imagine willingly signing up for more pain, more procedures, and more fear. So I chose dentures. I told myself I would make them work.

How bad could they really be?

I was about to spend the next six months finding out.

For many denture wearers, dentures work wonderfully. People adapt to them, embrace them, and move forward with grace and confidence. I was not one of those people.

I will never forget coming home after two weeks of healing. My dentist was six hours from where I live, so when I finally returned home, I had to face something I had been dreading: taking my teeth out for the first time in front of my husband.

He is an incredibly kind man and never made me feel anything but loved, but the way I saw myself without teeth was something I could not seem to overcome. No matter how much I tried to tell myself that dentures were just teeth, the emotional impact was much deeper than I expected.

Over those six months, my mental health slowly took a beating. The bulky feeling of the dentures, the constant



A New Smile

battle of trying to keep the lower denture in place, and the soreness at the end of every day wore me down. There were hot spots, painful sores, rubbing, gum fatigue, and frustration.

Eventually, my frustration became bigger than my fear.

That is when I started researching dental implants.

I knew that if I was going to do something that scared me this much, I needed to find the right people. I wanted a provider that focused heavily on dental implants, had years of experience, had an in-house lab so my smile was not being outsourced, and most importantly, had a team that was kind, compassionate, and

had. I remember ending that call shocked by how comfortable I felt. How could I possibly feel this confident about such a huge decision after a Zoom call?

Then I walked into their office in person, and every feeling I had during that consultation was validated.

They understood my fear. They educated me. They walked me through every part of the process. They

never made me feel silly for being afraid, and by the night before surgery, something remarkable had happened.

I slept.

Fast-forward nine months, and my life looks completely different.

Dental implants gave me the ability to eat what I want again. They gave me teeth that stay securely in my mouth. They gave me a smile I am proud to show people.

But that is not the most important thing they gave me.

Taking care of my implants every day started spilling into other parts of my life. I began taking better care of myself. I started paying attention to what I ate, moving my body, caring for my skin, and making time for things that made me happy.



I started finding reasons to smile again.

Somewhere between adulthood, responsibilities, stress, and slowly losing my original smile, I had also lost pieces of myself. Getting dental implants became part of finding those pieces again.

Today, I invest more time in myself because I have learned that investing in yourself is not selfish. It changes the way you show up for everyone around you.

I am a happier mom, wife, friend, sister, and daughter because I am happier with myself.

My dental implants did not just give me new teeth.

They truly gave me a whole new life worth smiling about. 😊

To learn more about dental implants and how to improve your smile, reach out to Jax Implants & Dentures at (904) 853-3038 or visit us at www.jaximplants.com.



willing to understand how afraid I was.

I found that at Jax Implants & Dentures in Jacksonville, Florida.

Because I live in Michigan, they arranged a Zoom consultation for me. I met members of the staff and spoke with the doctor, who patiently answered every question I

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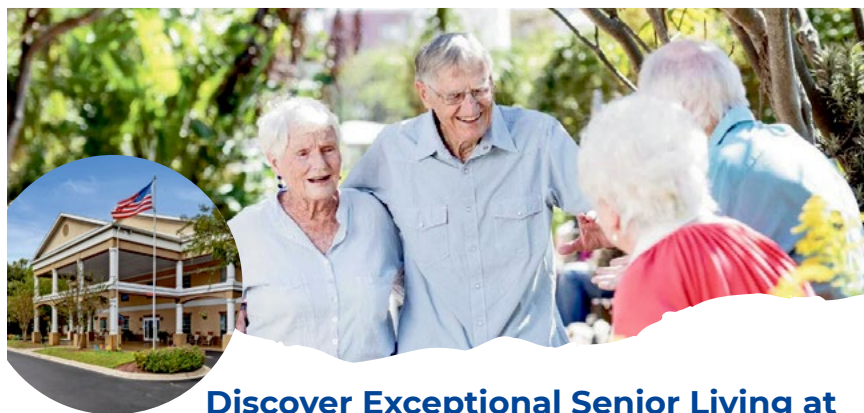
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HIP JOINT

By Miriam Stansbury

Rambler Kane Makes Americana Personal



Rambler Kane tours the nation but still calls the First Coast home.

Rambler Kane plays music that feels familiar before the first song ends. The Jacksonville singer-songwriter blends country, folk and blues into plainspoken Americana, pairing nimble finger-picked guitar with a powerful voice and meaningful lyrics that turn into memorable stories.

Kane traces his troubadour ambitions to hearing Townes Van Zandt's "Live at the Old

Quarter, Houston, Texas." The influence fits: like Van Zandt, Blaze Foley and John Prine, Kane favors vivid characters, emotional honesty and lyrics that say plenty without wasting words. For listeners raised on country, folk and story-driven songwriting, his music offers both familiarity and freshness. Themes of heartache, perseverance, reflection and following one's calling gain resonance through decades of life experience.

His North Florida connection comes through on "Live at Blue Jay Listening Room," recorded before a sold-out audience in Jacksonville Beach. The songs, introductions and room reactions reveal an entertainer who understands that a memorable performance is a conversation. Kane maintains a robust touring schedule across the United States and internationally and has opened for Trampled by Turtles and American Aquarium's BJ Barham.

Kane's latest EP, "Sirens and Flames," broadens his sound without losing its intimacy. An EP—short for "extended play"—is longer than a single but shorter than a full album; this one contains six songs. Tracks including "Gone," "Wicked Ways," "Florida Pony" and "Your Spark" deliver reflection, grit, sly humor and toe-tapping fun.

Listeners can stream Kane's music at RamblerKane.com and Spotify, or listen and purchase it through Bandcamp and other digital services. Those who prefer the energy of a live performance can find updated dates and venues on the Shows page at RamblerKane.com or follow [@ramblerkane](https://www.instagram.com/ramblerkane) on Instagram. If you're hearing his music through speakers or across an intimate listening room, Kane's honest songs prove that good storytelling never goes out of style. ∞

Walking on Water is Good for Your Sole

Walking may be one of the most underrated forms of exercise.

The key is intensity. A leisurely stroll has value, but brisk walking qualifies as moderate-intensity aerobic activity for many adults. The CDC describes moderate intensity as an effort that raises your heart rate and breathing while still allowing you to talk, but not comfortably sing. For adults 65 and older, the federal recommendation is at least 150 minutes of moderate aerobic activity each week, plus muscle-strengthening activities at least two days a week and exercises that challenge balance.

What happens when you walk?

Your cardiovascular system gets a workout. Over time, regular aerobic activity can improve cardiovascular fitness and help reduce the risk of chronic disease.

Your muscles have to work. Faster walking, hills and varied terrain increase the muscular demand.

Your metabolism gets moving. Combined with appropriate nutrition, regular activity can contribute to weight loss and is particularly important for maintaining weight after losing it.

Your balance and mobility benefit. Adding balance and strength exercises to a weekly routine is particularly important because maintaining physical function can help older adults and reduce fall risks.

Your brain benefits, too. A 2025 randomized controlled trial involving adults 65 and older found measurable cognitive and physical-activity outcomes adding to growing evidence connecting movement and brain health. 🧠



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Castaway Island Preserve – Intracoastal
Hanna Park – Atlantic Ocean & Lake

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Amelia Island Trail – Coastal Corridor
Amelia Island State Park – Atlantic Ocean & Marsh



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ElderSource SHINE Volunteer Advises Medicare Recipients To Review Annual Change Notices Carefully This Month



Leon King has volunteered as a free counselor for Medicare beneficiaries for more than five years. One of the biggest mistakes made by those he helps is when they miss the Annual Notice of Change. Missing those notices, which will start arriving in the mail this month, could create big problems next year, he said.

"A lot of people just ignore those notices," said King who volunteers with SHINE (Serving Health Insurance Needs of Elders), a program of the Florida Department of Elder Affairs operated locally by ElderSource. "When we ask people if they received the letter, they often don't even remember seeing it. It looks like junk mail and many people miss it."

This year's notices are expected to reflect changes that may affect Medicare Part D prescription drug plan premiums: a premium stabilization subsidy that had helped limit premium increases will not continue at the same level for 2027. Some beneficiaries could see higher Part D premiums. However, specific impacts will not be known until beneficiaries receive their annual notices.

"Beneficiaries may see changes in their Medicare prescription drug costs for 2027," King said. "Medicare recipients should carefully review their drug plan each year, as premiums, costs, formularies, and other plan features can change from one year to the next."

King, a 75-year-old retiree who previously worked at Jacksonville Sheriff's Office and as a local elementary school teacher, began serving as a SHINE volunteer in 2019. During the Annual Open Enrollment Period, which runs from Oct. 15 through Dec. 7 this year, he and other trained and certified local SHINE counselors field questions from about 10 beneficiaries each day who call ElderSource's Helpline seeking assistance. The free phone counseling sessions last from a few minutes to sometimes more than an hour.

"Some just people need to be pointed in a certain direction," he said. "Others, we need to walk them through the whole process. Some don't have computer access, so we need to help them review their options. I've saved people a lot of money many times. I've helped save some people more than \$500 a year."

Many low-income Medicare beneficiaries don't realize they qualify for federal assistance programs, he said. "When someone is barely getting by, we can help them sign up for these programs. They can save people a lot of money."

Medicare beneficiaries with questions or concerns about the Open Enrollment Period can call ElderSource's free Helpline at 888-242-4464. Staff at the nonprofit agency will route the calls to the SHINE office for assignment to a local counselor.



James Mace, SHINE Advocate



LOL? When Does Humor Cross the Line?

Protecting your peace takes real effort these days. Getting older gives us permission to control situations and emotions. But what do you do when someone says something to you that you know is meant to hurt you disguised with an “LOL” emoji?

Don’t take the bait.

Mean comments are often less about you and more about what the other person is trying to accomplish. They may want a reaction, control the conversation, embarrass you or make themselves feel bigger. You don’t have to participate.

Before you respond, pause. A few seconds can keep you from saying something you’ll regret. Then decide: Does this deserve my energy?

Sometimes the strongest response is no response at all. A look, a pause or walking away can say more than a perfectly crafted



comeback ever could.

If you do respond, keep it short and calm. Try: “That was unnecessary.” Or: “I’m not going to have a conversation like that.” You don’t need to defend yourself, explain your worth or prove that they’re wrong.

And here’s the important part: don’t confuse being calm with being weak. Anyone can react. It takes self-control to choose your response.

You also don’t have to win the exchange. Your goal isn’t to get the last word. Your goal is to keep the other person’s behavior from changing who you are.

Some people will keep pushing because they’ve learned that pushing gets a reaction. When you stop giving them one, you’ve changed the rules.

Remember: You don’t control what someone says. You control what gets access to your peace.

Sometimes not responding or walking away isn’t losing the argument.

It’s refusing to have one. ∞

Jefferson Fisher is a board-certified trial attorney, author, keynote speaker and communication expert who has built a global following by helping people communicate with greater confidence and clarity. Follow his practical communication advice at JeffersonFisher.com, or find him on social media as [@jeffersonfisher](https://www.instagram.com/jeffersonfisher).

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By David Patterson

PARTING SHOT

Life is Better in Color

Meet Artist Brook Page



Brook Page is a Jacksonville-based artist celebrated for her paintings that blend the worlds of fine art and illustration. Raised along the coasts of Southern California and Florida, Brook draws deeply from her coastal upbringing, infusing

her work with color, light, and a sense of nostalgia. Her art captures moments of whimsy and storytelling.

Brook works in oil, acrylic, watercolor, and gouache, as well as illustration and murals. She earned her BFA in Illustration from the Rhode Island School of Design, where she explored a wide range of media—from animation to puppeteering. Though her artistic interests are broad, Brook is deeply influenced by color, pattern, landscapes, animals, nature, and children's books. Her work is often playful and embedded with candy-colored hues or moody gem tones. She creates what brings her joy, often painting in a style she describes as “realist-

adjacent.” Much of her work touches on memory and a longing for the nostalgic pleasures of childhood, making her art feel almost like a form of therapy.

Over the past decade, Brook has painted more than 70 murals for Trader Joe's stores across the Southeast, from Miami to Little Rock, bringing playful, narrative-driven scenes to life. In 2024, she was selected to design a poster for the Jacksonville Jaguars and was commissioned by the St. Johns Cultural Council to create the first mural in a new public art trail, projects that highlight her growing influence in the regional arts community.

Brook is currently developing several series, ranging from intensely colored realism to larger than life Florida inspired nature pieces.

Today, her artwork is featured in galleries across the Southeast, including the Plum Gallery in historic St. Augustine. She regularly appears at art markets throughout Northeast Florida and is available for commissions. ☞

To view her work and to learn more visit www.brookpageart.com.



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September 3, 7:30 PM

Pam Tillis at WJCT Soundstage



100 Festival Park Avenue, Jacksonville, FL 32202
Country star Pam Tillis brings her expressive voice and polished storytelling to an intimate Jacksonville venue. Fans can expect favorites from her celebrated career, making this an appealing evening for listeners who enjoy

classic '90s country and songs filled with warmth, wit, and emotional depth. Tickets from \$71 floridatheatre.com

September 4, 11:00 AM - 4:00 PM

Cummer Museum 904 Day

829 Riverside Avenue, Jacksonville, FL 32204

Celebrate Jacksonville's signature "904 Day" with complimentary access to the Cummer Museum's art galleries and renowned riverfront gardens. The visit offers an easygoing blend of fine art, local pride, architecture, and outdoor beauty, including a final opportunity to see the museum's major historical-photography exhibition before it closes September 6. Free admission cummuseum.org



September 5, Noon to 8:15 PM

Aviles Street Festival

Aviles Street, St. Augustine, FL 32084

Celebrate Spanish Heritage Month on the nation's oldest street with flamenco dancing, sword-dueling demonstrations, live music, art, history, food, and boutique shopping. Galleries and museums along atmospheric Aviles Street join the festivities, creating a cultural experience with considerably more character than a conventional street fair. Free admission.

visitstaugustine.com/event/aviles-street-festival

September 10-13, Locations & Times Vary

Amelia Island Dance Festival:

Guest Artist Performances

The festival's signature production brings nationally recognized dancers and Northeast Florida companies together in a varied program spanning ballet, contemporary dance, tap, aerial work, and culturally inspired movement. Four performances of the curated program make this a flexible and sophisticated choice for patrons who enjoy the performing arts. Tickets: \$53

ameliaislanddancefestival.org



**September 11-13 and 18-20,
7:30 PM and 2:00 PM Matinees**

Grand Horizons

A Classic Theatre, 99 King Street, St. Augustine, FL 32084

A Classic Theatre presents Bess Wohl's sharp, funny, and heartfelt comedy about a couple whose decision to divorce after 50 years of marriage upends their family. Its candid treatment of love, aging, independence, and starting over delivers plenty of humor. Tickets: \$25

aclassictheatre.org

September 13, 1:00 PM

Jacksonville Jaguars vs. Cleveland Browns

Everbank Stadium, 1 Everbank Stadium Drive, Jacksonville, FL 32202

The Jaguars open their 2026 regular-season home schedule against the Cleveland Browns at EverBank Stadium. Pregame festivities welcome the team back to DUUUVAL, while the afternoon kickoff offers local football fans the energy and pageantry of an NFL home opener. Ticket prices vary by seat and availability.

jaguars.com/schedule

September 15, 3:30 PM

Poetry Canteen

1430 Park Avenue, Fernandina Beach, FL 32034

Amelia Island Poet Laureate Nola Perez and fellow poetry enthusiasts gather to share original work and favorite poems in a friendly five-minute open-mic format. Guests can simply listen or bring something to read, making this an accessible literary afternoon for longtime poetry lovers and curious newcomers alike. Free admission

ameliaisland.com/activity/poetry-canteen

September 15, 5:30 PM

An Evening with Filmmaker Tori Linder:

Path of the Panther

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

Emmy Award-winning filmmaker and conservationist Tori Linder introduces a screening of Path of the Panther, followed by a moderated conversation about storytelling, conservation, and the future of Florida's wild places. A reception and meet-and-greet begin the evening at St. John's Cathedral, making this a particularly strong choice for documentary and environmental audiences. Free admission, registration required.

visitjacksonville.com/events/an-evening-with-filmmaker-tori-linder-path-of-the-panther

September 16, 11:00 AM - 3:00 PM

Active After 50 Expo

Orange Park Mall, 1910 Wells Rd, Orange Park, FL 32073

Designed specifically for adults 50+, this lively community expo at Orange Park Mall brings together practical resources for healthy aging, lifestyle planning, recreation, and local services. Live entertainment, useful information, and opportunities to meet trusted area organizations make it an especially natural fit for First Coast Senior Living readers. Free admission.

activeafter50expo.com

September 19, 9:30 AM - 4:00 PM

Jax Book Fest

303 North Laura Street, Jacksonville, FL 32202

Jacksonville's largest annual literary celebration fills the Main Library with more than 120 authors, booksellers, signings, and author conversations. Highlights include an afternoon Lit Chat with bestselling novelist Emma Straub, plus appearances by Jennifer Lynn Barnes and John Patrick Green. Free admission.

jaxpubliclibrary.org/bookfest

September 19, 10:00 AM - 3:00 PM

St. Augustine Heritage Book Festival

Ximenez-Fatio House, 20 Aviles Street, St. Augustine, FL 32084

Meet Florida authors in the atmospheric courtyard of the 1798 Ximenez-Fatio House Museum, where books devoted to local stories, history, poetry, fiction, and narrative nonfiction take center stage. Visitors can talk with writers, purchase signed books, and enjoy a literary event closely tied to St. Augustine's remarkable heritage. Free

admission.ximenezfatiohouse.org

September 25, 6:00 PM - 9:30 PM

Amplified Avondale

The Shoppes of Avondale, St. John's Avenue, Jacksonville, FL 32205

St. Johns Avenue comes alive for an evening of live music, local art, and neighborhood dining in historic Riverside Avondale. Visitors can browse artwork, enjoy performances, and make an evening of it at one of the district's independent restaurants—an appealing, walkable celebration of Jacksonville's creative community. visitjacksonville.com/events/amplified-avondale



September 27 at 1:00 PM

Jacksonville Jaguars vs.

New England Patriots



Everbank Stadium, 1 Everbank Stadium Drive, Jacksonville, FL 32202

The Jaguars host the New England Patriots at EverBank Stadium during the NFL's Crucial Catch initiative, which promotes early cancer screening and recognizes survivors. It combines a major home football match-up with a meaningful league-wide health-awareness campaign. Ticket prices vary by seat and availability.

jaguars.com/schedule

September 27, 6:00 PM - 9:00 PM

Sunset Concert Series: Alrighty Then

Amelia Island Riverfront Park, 123 Front Street, Fernandina Beach, FL 32034

Close out the month with an outdoor evening concert by Alrighty Then in Fernandina Beach. The casual sunset setting and familiar live music make this a sociable, low-key outing; guests may bring their own chairs or rent one at the event for \$5. Admission is free. fbfl.us/calendar



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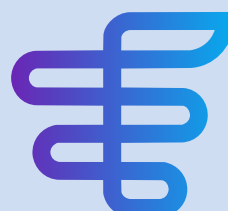


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