TREASURE COAST



GHO HOMES and THE VERO BEACH CHAMBER OF COMMERCE



together present the return of

SUNSET SATURDAY
FREE CONCERT
SERIES

25

CONCERT LINEUP

November 15, 2025: **Stacy's Soul Band** (Please note this special date, the third Saturday of the month.)

December 13, 2025: Reckless Shots

January 10, 2026: Johnny & The Blaze

February 14, 2026: Glory Days

March 14, 2026: Riptide

April 11, 2026: Open

May 9, 2026: Johnny & The Blaze

The Vero Beach Chamber of Commerce and GHO Homes are excited to announce the return of the Sunset Saturdays Free Concert Series, a beloved monthly event held on Ocean Drive by Humiston Park.

The series typically takes place on the second Saturday of each month, with a special date for November's event. The series promises an evening of free, open-air concerts featuring popular local bands, along with food, beverages, and vendor booths.

Attendees are invited to bring beach chairs and lounge chairs to enjoy a fun, family-friendly evening with live music from 5 p.m. to 8 p.m. No coolers please!



Non-profit of the month







Call (772) 226-5459 for more information

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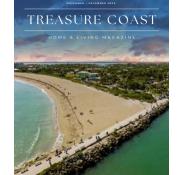
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On The Cover
Fort Pierce Inlet State
Park. The perfect spot
for relaxing at the beach,
fishing or exploring the
natural coastal beauty
of the area.

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Dear Readers. A Fresh Look. A New Energy. A Celebration of the Coast.

We're thrilled to unveil the brand-new look and feel of Treasure Coast Home & Living Magazine! Our relaunch brings a modern, sophisticated design paired with inspiring editorial content that truly reflects the vibrant lifestyle of our coastal communities. This marks an exciting new chapter for the magazine — and we're inviting you to be part of it.

Our November/December inaugural issue kicks off a bold new era, featuring:

A sleek, upscale layout designed to elevate your brand's visibility. Curated editorial features on luxury homes, local lifestyle, and design inspiration. Expanded reach through premium print distribution and enhanced digital access.

What's New Inside

We've introduced several new sections to connect readers with the people, places, and stories that make the Treasure Coast shine: Treasure Coast Happenings, From the Locals, Pour It Out, Shopping the Coast, Worth Knowing, The Wellness Edit and Local Listings.

We're back — and better than ever! Get ready for a fresh, fun, and more informative magazine experience, now published six times a year. Together, let's continue to celebrate the people, homes, and stories that make the Treasure Coast truly special.

From all of us at **Treasure Coast Home & Living**, we wish you and your loved ones a Happy Thanksgiving, a Merry Christmas, and a joyful New Year!

Celebrating the Treasure Coast with you,

Angie Schepers - Editor, Treasure Coast Home & Living



Angie Schepers Publisher & Sales



Ashley Martin Marketing & Creative Director

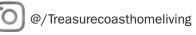


Anna Valencia Tillery Content Contributor



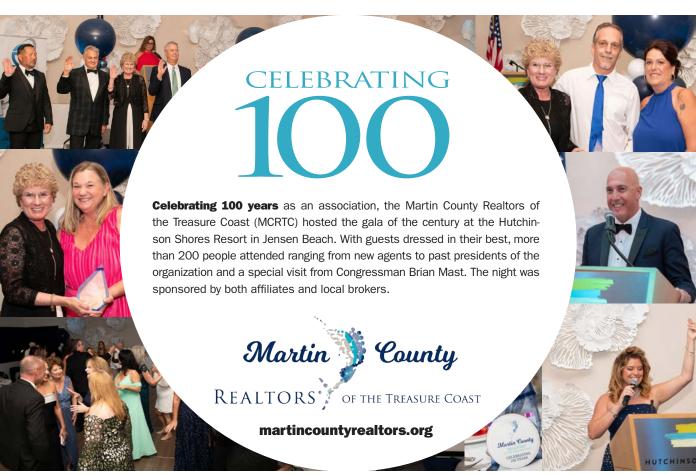
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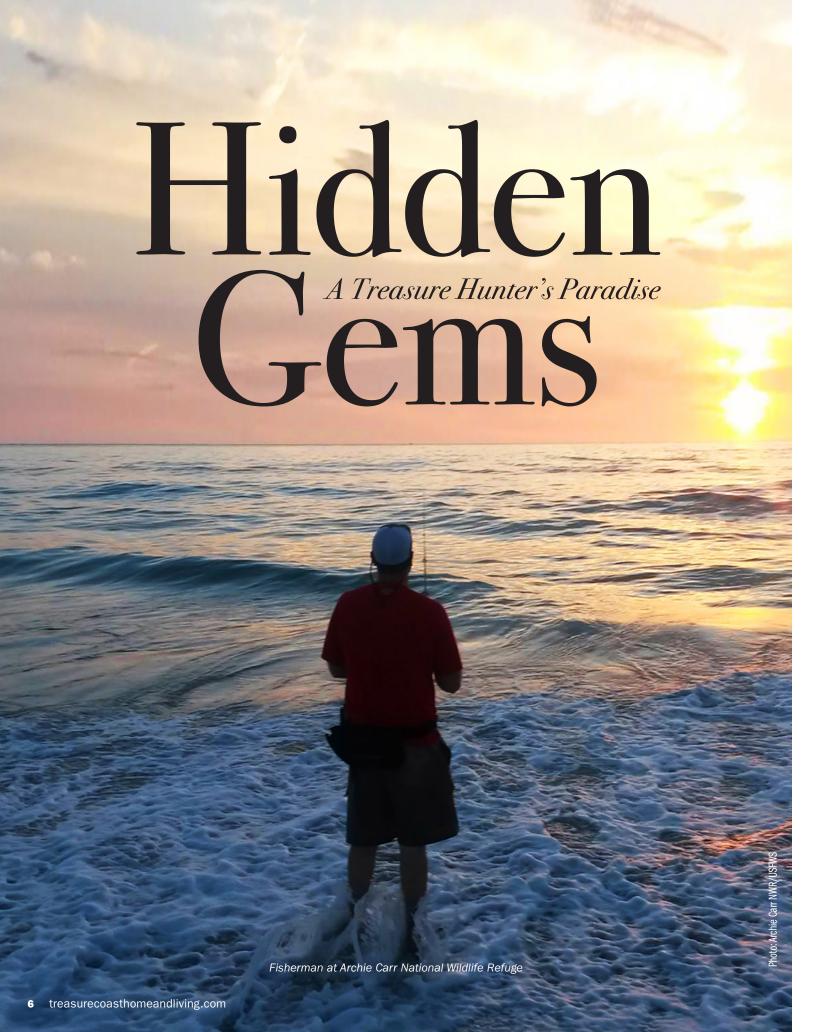








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The Treasure Coast, nestled along Florida's Atlantic shoreline, is more than just a scenic destination—it's a haven for history enthusiasts, nature lovers, and adventure seekers alike. This region, spanning from Melbourne to Jupiter, is renowned for its pristine beaches, vibrant marine life, and most intriguingly, its historical significance linked to Spanish treasure galleons.

A Rich Maritime History

The name "Treasure Coast" originates from the legendary shipwrecks of Spanish galleons laden with gold, silver, and precious jewels that sank during storms in the 18th century. Today, modern explorers can still uncover these historic treasures through scuba diving and snorkeling adventures at sites like the Ais and Florida Keys wrecks. The region's underwater parks preserve these archaeological sites, offering a fascinating glimpse into maritime history.

Treasure Hunting and Metal Detecting

For those eager to engage in treasure hunting, the Treasure Coast offers an array of opportunities. Local laws permit responsible metal detecting on certain

beaches, where beachgoers have occasionally unearthed Spanish coins, jewelry, and artifacts. Communing with the history beneath your feet makes every walk along the sand a potential treasure-hunting expedition.

A Natural Wonderland

Beyond its historical allure, the Treasure Coast boasts remarkable natural beauty. The Archie Carr National Wildlife Refuge is a critical nesting ground for endangered sea turtles. Visitors can witness the aweinspiring sight of hatchlings making their way to the sea during nesting season. The Indian River Lagoon, one of the most biologically diverse estuaries in North America, offers kayaking, birdwatching, and eco-tours to explore its abundant wildlife.

Exciting Events and Cultural Attractions

Throughout the year, the Treasure Coast hosts vibrant festivals celebrating its maritime heritage, such as the Treasure Coast Pirate Fest and the Sebastian River Days. Art galleries, historic museums, and seaside towns like Jupiter and Vero Beach enrich the cultural landscape, making the region a dynamic destination for visitors.

Why Visit the Treasure Coast?

Whether you're drawn by the mystery of sunken ships, the thrill of a metal detector find, or the tranquility of pristine beaches and lush wildlife, the Treasure Coast promises unforgettable experiences. Its blend of history, adventure, and natural splendor makes it a must-visit location for anyone seeking excitement and discovery.

PREMIER WOMEN'S NETWORK -Treasure Coast -

"Networking is an investment in your business. It takes time and when done correctly can yield great results for years to come."



11:30am-1:30pm

Door Prizes Encouraged 1st Tuesday @ Tutto Fresco in PSL 2nd Friday @ Twisted Lime in Vero 3rd Wednesday @ Michelina's in Stuart

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1798 SE Fallon Dr • Port Saint Lucie • \$375,000



Located in the heart of Floresta Gardens, this beautifully updated home sits on an oversized corner lot with peaceful canal views and a fully fenced yard. Inside, you'll find tile flooring throughout the main living areas and brand-new laminate flooring in all bedrooms, plus fresh interior paint and energy-saving solar panels. The kitchen features granite countertops, stainless-steel appliances, and an open layout that flows seamlessly into the living and dining spaces perfect for everyday living or entertaining. The spacious primary suite offers walk in closel, tray ceiling and view of the canal, while the screened-in patio provides the perfect spot to relax and enjoy the tranquil water view. Both bathrooms have been tastefully remodeled and with easy access to Crosstown Parkway and 195, this move-in-ready home is waiting for you!

399 Bayonet Place • Jensen Beach • \$714,900



Big family? Big plans? This 5-bed, 3-bath CBS pool home in The Pines checks all the boxes! With 4 bedrooms and 2 boths downstairs plus a full in-law suite upstairs, there's space for everyone—guests, grandparents, or that teenager who needs their own wing. Inside, enjoy tile flooring, crisp dental molding, and plantation shutters throughout for timeless style. The open layout is ideal for gatherings, and the split plan offers flexibility and privacy. Out back, your screened-in heated pool sits on a lush corner lot—perfect for Florida living. New roof and pool heater in 2021. All this is also for the property of the

10472 SW Ashlyn Way Port Saint Lucie • \$310,000



1550 NE Ocean Blvd. A103 Hutchinson House • \$520.000



This well maintained townhome nestled in the heart of Bedford Park features an open-concept main floor seamlessly integrating spacious living, dining, and kitchen areas with lots natural light. The primary suite includes a large walk-in closet and ensuite complete with soaking tub and newly tiled shower. With paid in full solar panels, fresh paint, and new vinyl plank flooring this home has all the modern touches completed for you. Step outside to a community pool, playground, dag park, butterfly and not provided the properties of the provided with soak and the provided with soak a nenities include marina, 2 clubhouses, 2 swimming pools, nnis courts, pickle ball, BBQ grill & private beach access.

6649 SE 54TH ST Okeechobee • \$94.900



Welcome to this delightful, recently updated home located in the highly sought-after 55+ community of Ancient Oaks. Perfectly situated in a tranguil, welcoming neighborhood,



Kasia D'Auria **REALTOR** 772-485-6435

kasiadauria@remax.net www.livethetreasurecoast.com 729 SW Federal Hwv... Suite 100 Stuart FL 34994



Image360 of Vero Beach is proud to be partnering with MusicWorks as their Printing Sponsor. Please join us at these concerts this season and enjoy a fun-filled evening of fantastic music!





MusicWorks 2025/2026

Celebrating our 13th Year at The Emerson Center Classic Rock through the decades... the best in live musical entertainment across all generations.

November 2025

13 An Evening with Emerson, Lake and Palmer (Plus Pre-Show VIP Meet and Greet sold separately)

January 2026

- 15 The Rascals
- 22 Neil Diamond Legacy Concert starring Jay White
- 29 Forever Motown

February 2026

- 5 The Sixties Show
- 12 The Lords of 52nd Street -The Legends of The Billy Joel Band
- 19 Simon and Garfunkel Through the Years
- 28 David Brighton's Space Oddity The Quintessential David Bowie Tribute Experience

March 2026

- 5 Joan Osborne Sings the Songs of Bob Dylan (Plus Pre-Show VIP Meet and Greet sold separately)
- 12 The Steely Dan Project
- 19 Commotion, A Tribute to the Music of Creedence Clearwater Revival
- **21** FJ A Tribute to Foreigner and Journey featuring American Idol Rudy Cardenas
- **26** Beatles vs. Stones

April 2026

2 Good Vibrations - A Celebration of The Beach Boys

MusicWorks Concer

Doors Open at 6 p.m. Seating Begins at 6:30 p.m. Concerts begin at 7 p.m. The Emerson Center, 1590 27th Avenue, Vero Beach.

Ticket prices range from \$45-\$115 For information or to purchase tickets visit: www.Musicworksconcerts.com or call Stacey at 772-777-9321 or email Stacey@musicworksconcerts.com

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visitors alike are embracing the spirit of giving—and shopping local.

Whether you're hunting for handcrafted jewelry, gourmet treats, or one-of-a-kind home décor, the region offers a festive blend of markets, fairs, and small businesses ready to help you check off your gift list.

Major Holiday Shopping Events

Treasure Coast Holiday Food Fest & Craft Fair – Port St. Lucie Held in partnership with the Humane Society of St. Lucie County, this is the largest holiday shopping event on the Treasure Coast. Featuring a massive craft fair marketplace, the event showcases local businesses, artists, and specialty artisans offering handmade gifts, seasonal décor, and gourmet goodies. Guests can enjoy holiday-themed cocktails, local craft brews, and tasting menus priced at just \$1—\$5 per item, making it a delicious and affordable way to shop and celebrate.

Downtown Stuart Holiday Stroll Historic downtown Stuart transforms into a festive wonderland with twinkling lights, live music, and extended boutique hours. Local shops offer holiday specials, complimentary treats, and gift-wrapping stations. It's a walkable, family-friendly event perfect for soaking in the season while supporting small businesses.

Vero Beach Early Holiday Kickoff & Craft Market This annual event blends local art, handmade gifts, and seasonal treats in a relaxed, coastal setting. Held near Riverside Park, it features

ing for unique finds. Local Shops Worth Visiting

The Parisian Hostess – Vero Beach A boutique offering handcrafted home décor, candles, and seasonal accessories, all with a vintage French flair. Their holiday collection includes ornaments, wreaths, and hostess gifts perfect for entertaining.

Ground Floor Farm – Stuart More than just a farm, this urban homestead features a farm store stocked with locally made jams, herbal teas, and eco-friendly gifts. Their holiday pop-ups often include live music and tastings.

Crafted Treasures - Fort Pierce Located in the historic downtown area, this shop features handmade goods from over 30 local artisans, including pottery, woodwork, and coastal-themed art.

The Red Barn - Port St. Lucie A quirky, colorful shop offering vintage finds, holiday decorations, and Florida-themed gifts. Their

Tips for Treasure Coast Holiday Shopping

Shop early: Many local events kick off in early November, and popular items sell out fast.

Bring cash: While most vendors accept cards, some smaller artisans prefer cash.

Support local causes: Events like the Holiday Food Fest benefit organizations like the Humane Society of St. Lucie County, so your purchases help the community too.

Look for pop-ups: Many boutiques host limited-time holiday markets with exclusive items and discounts.

Whether you're strolling through a craft fair or browsing a beachside boutique, holiday shopping on the Treasure Coast is more than just a task—it's a celebration of community, creativity, and coastal charm. So skip the big-box crowds and shop small this season. The perfect gift might be just around the corner.

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6335 Arcadia Square - Vero Beach

2021 contemporary build in the beautifully maintained gated community of Arcadia! Boasting over 2800 sqft, this 3bd/3.5ba + den/flex room home is filled with upgrades including cathedral ceilings, 3 car garage w/ epoxy flooring + EV Charger, unique accent wall, open kitchen w/ large center island, powder room for guests, + screened porch. Move-in ready, split floor-plan + room for a pool! Great location close to shopping, beaches and all things Vero! \$775,000



134 Prestwick Circle - Bent Pine

Modern yet timeless Bent Pine Villa offering 3bd/3ba, white oak LVP flooring throughout, stunning kitchen w/ contrasting backsplashes, potfiller + waterfall countertop and separate dining / breakfast nook.. 2020 roof, E & W patios, epoxy garage flooring + water purification system. Corner lot in the private, serene setting of Bent Pine ensures a peaceful lifestyle, while still being close to all the amenities. Embrace the ultimate Florida lifestyle by joining the club for golf/social membership. \$425,000



2331 Vero Beach Avenue • Mcansh Park

Classic charm meets coastal living at this beautifully updated 2BR/2.5BA home on Vero Beach Ave in Vero Beach offers timeless appeal in the highly sought-after Mcansh Park neighborhood. Enjoy a 2022 roof, expansive primary suite with clawfoot tub, wood-burning fireplace, plantation shutters, and a fenced backyard. The kitchen features a center island with farmhouse sink-all just minutes from Troy Moody Park, downtown dining, and the arts district. \$680,000





Gracie Martin REALTOR®

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REALTOR RV TRIP #9

STILL HEAVEN ON WHEELS BY SHARON WERNLUND

Primitive conditions lured us back to the Great Smoky Mountains National Park for our 9th year of family RV vacations. Hardcore campers, we're not. More like glampers.

For two days, we surrendered Wi-Fi, cell phones and creature comforts from electricity to hot showers to commune with nature. We cooked by campfire and flashlight, relished sightings of black bear, deer and wild turkey; and hiked in Quiet Zen through woods and wildflowers. Horseback rides on slow-paced mountain trails were therapeutic to de-stress and let someone else lead.

What's so special about the Smokies? Our daughter Rachel said it best: "Isn't it obvious? It's beautiful!"

This year's vacation in our 24-foot Winnebago motorhome only lasted two weeks. We rolled out of Palm City, FL on Sept. 2, logged nearly 2,700 miles through five states and saw as many family members, friends and attractions as possible.

Under the Smokies, we explored the Tuckaleechee Caverns in Townsend, TN that was once a secret playground for two young boys in the early 1900s. The guided tour meandered through dimly lit tunnels to behold rock formations millions of years old, a waterfall higher than Niagra Falls and an area as big as a football field. The cave, operating since 1953, is also home to the Department of Defense seismic sensors to globally detect nuclear tests, earthquakes and hurricanes.

Other entries in my RV diary include:

Sept. 6 - Hiked around Bass Lake at the Moses H. Cone Memorial Park in Blowing Rock, NC. The park's grand jewel is the historic mansion of Cone, a textile magnate, conservationist and philanthropist of the Gilded Age. The 3,500-acre estate, run by the National Park Service on the Blue Ridge Parkway, offers manor tours, hiking and carriage trails, fishing and horseback riding.

Sept. 8 – Visited friends in Virginia in the small town of Stuart named for Confederate general J.E.B. Stuart. There's a statue of the Civil War hero on Main Street and self-guided tours of his birthplace and boyhood home. I wonder if locals had ever heard about our own Stuart in Florida and a wacky intersection called Confusion Corner.

Sept. 13 – Strolled the happy streets of Helen, GA recreated in the 1960s as a Bavarian village to boost tourism with shops, food, music, Alpine architecture and even a roller coaster. It was Oktoberfest and business was booming. Lunch was perfect with bratwurst, German potato salad and a cold beer.

Sept. 15 – Walked the rim trail that overlooks "Georgia's Little Grand Canyon" at Providence Canyon State Park in Lumpkin, GA. The canyons, some 150 feet deep, showcase vibrant shades of soil from light orange and pink to purple. Though beautiful, these canyons aren't natural wonders but blamed on poor farming methods by early settlers.

Happenstance kept our trip fresh and fun: Proudly displayed at a BBO joint in Georgia is an autographed jersey gifted by Atlanta Braves great Chipper Jones as part of his tip. At a North Carolina campground, we bought treats to feed the goats and then realized the importance of the fence as the hungry herd raced to greet us. For decades, a gift shop in Boone, NC has sold nesting dolls from fairies and politicians to Elvis made in St. Petersburg, Russia.

Like a good movie, our vacation ended too soon. There was no time for Loretta Lynn's ranch, the satanic goat or FDR's Little White House. With luck and good health, we'll mark our 10th trip in 2026 with more adventures and keepsake magnets for the RV fridge.



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Paela Nont Costa d'Este

with chic aesthetics that will have you nearly salsa dancing as you head towards the double doors behind the famous circle wall fountain. With complimentary valet daily, Costa d'Este beach resort has all the amenities one could want for a vacation of relaxation including an award winning spa, oceanfront pool with hot tub and bar, luxorious rooms, and a restaurant that offers up live music and experiences throughout each month, The Wave. Of course, the restaurant and poolside bar are also fun for localers to enjoy and in particular on Wednesday nights when the feature of the establishment is paella.

Paella night encourages reservations and when you make them they will ask if it's a special occasion; I was so glad I mentioned it was for my friends birthday because we were surprised with a little something special at the end. With the time change, it gets dark earlier yet our 5:30pm reservations allowed for us to order a cocktail and watch the waves crash on the shore. Owned by Gloria and Emilio Estefan, the Costa d'Este is full of cuban tastes and that includes their drinks too. We had a signature mojito made with dark rum and instead of soda water, it had champagne; what a twist!

As an appetizer, the ceviche duo though small in size was packed with flavor! It was a sampling of local seasonal fish cheviche alongside an aji amarillo octopus ceviche served with plantain and tropical chips; each bite was bright and the softness of the seafood coupled with the fresh peppers and citrus made for a perfect pairing with our cocktail.

The establishment is built around leisureness, so if you want to strech your experience, their all-star staff will happily execute and that allowed us to take brief intermissions in between courses to see the full sunset and take lots of pictures which led us to

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Nestled in the heart of Ocean Drive, one will find Miami vibes our choice of paella. For this special night each week, guests can choose the traditional paella that has a delightful mix of mussels, clams, chicken, shrimp, and scallops atop speciality rice and veggies or one can have a duck paella, chicken and chorizo paella, or a seasonal vegetable paella. The sizes of the paella are plentiful and you can choose for one or for two that can easily feed more. The birthday girl opted for the traditional while I orderd the duck and we planned to share them both. A fresh bread with sweet plantain butter came to the table; it was so surprising and addicting to taste that butter. It is worth going just for that!

> With the darkness of the outside in full view of our dining table, we switched up the drinks to espresso and french martinis that seemed to have paired well with our meals that came to us in petite cast irons. The tenderness and flavor of the duck was sensational and the bits of chorizo really amplified the flavor of the saffron in the rice. The traditional paella was beautiful in presentation and the seafood was cooked to perfection. It was a terrific meal that

> Having a final round of drinks, we were over the moon to see the presentation of the birthday dessert the staff presented of a chocolate flourless cake with fresh berries, whipped cream and chocolate cursive with candle. Each bit was decadent and was a nice size for sharing.

> If you are looking for an experience for any upcoming dining opportunities, Costa d'Este provides a paella night that is luxorious and intimate whether it is with a group or just a table for two. Wishing you a great meal whereever you go; cheers!



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Celebrating the Holidays Festive Traditions of the Treasure Coast



As locals of the Treasure Coast, we take pride in our vibrant community and unique holiday traditions that bring us together each year. From seaside celebrations to cultural festivals. the holiday season here is unlike any other—full of warmth, spirited cheer, and cherished customs passed down through generations.

Lighting Up the Coast: Oceanfront Holiday Parades and Light Shows

One of our most beloved traditions is the annual beachfront holiday parade in Vero Beach. Residents and visitors gather along the sun-kissed shores to watch floats decorated with twinkling lights glide past, accompanied by marching bands and festive music. In addition, the Jupiter Christmas Light Show transforms our local parks and neighborhoods into shimmering winter wonderlands, with spectacular displays synchronized to holiday tunes—a sight that never fails to enchant.

In Martin County, the Stuart Christmas Parade is a highlight, featuring festive floats, marching bands, and a special visit from Santa, delighting families downtown. Meanwhile, in St. Lucie County, the tradition of the Port St. Lucie Holiday Boat Parade lights up the waterways, where decorated boats cruise through the canals, creating a magical scene that embodies the coast's nautical spirit.

Sea Turtle Sentinels: Holiday Care for Nature's Giants

Here on the Treasure Coast, we're proud of our commitment to preserving our natural heritage. During the holiday season, local conservation groups host special events at Archie Carr National Wildlife Refuge, where volunteers help in caring for nesting sea turtles and hatchlings. It's a meaningful way to celebrate the season while giving back to the environment that makes our coast so special.

Holiday Markets and Cultural Festivals

Our community also comes alive with festive markets, offering handmade crafts, local artwork, and delicious holiday treats. The Sebastian Craft Festival and the Vero Beach Holiday Market are favorite destinations for families searching for unique gifts and seasonal cheer. In St. Lucie County, the Tradition of the Holiday MusicFest at the Sunrise Theatre draws crowds with seasonal concerts and performances, highlighting our rich cultural scene.

Community Feastings and Santa Visits

No holiday season in the Treasure Coast is complete without a family-friendly visit from Santa Claus! Many towns organize treelighting ceremonies where children can meet Santa, take photos,

and enjoy seasonal goodies. In Martin County, the Palm City Christmas Celebration features a festive parade, tree-lighting, and visits from Santa himself. Local churches and community centers also host holiday dinners. bringing neighbors together over home-cooked meals that embody the spirit of giving.



A Coast-Wide Spirit of Togetherness

What makes these traditions truly special is the sense of unity they foster. Whether it's watching a parade, caring for our wildlife, browsing holiday markets, or sharing a meal, our community's warmth shines brightest during this season. The treasures of the Treasure Coast aren't just in the sun or the sea—they're in our shared traditions and the joyful spirit we carry into the new year.

From all of us who call this beautiful coast home, we wish you a warm and joyful holiday season!

Waterfront Bliss: Coastal Living with Stunning Views



Beautiful, fully furnished, turnkey waterfront pool home, all impact glass, with view of Manatee Pocket. Approximately 147' of waterfront, with freeform heated saltwater pool with rock waterfall. 40' dock with Hi-Tide 12,000 lb lift. Brazilian Ipe' wood Dock equipped with water and electricity. Guard-gated ocean access community, Clubhouse and Marina. M20049825 **\$2,360,000**

Cypress Island / Palm Beach Gardens

3 BR, 3.5 BA townhouse in prestigious guard gated Cypress Island, on the ICW. With serene coastal tones & high-end finishes throughout, this home exudes a relaxed elegance. Steps from the pool, clubhouse & 70-slip deep water marina, this home offers easy ocean access. 1-Yr hm warranty for buyer. Own this piece of paradise, offering the perfect blend of design, comfort & lifestyle amenities. M20050469 **\$1,225,000**



Extended 2 Bed, 2 Bath 2nd floor corner condo is a decorator's dream! Italian porcelain tile floors, custom granite kitchen with maple and glass cabinetry, GE appliances, luxurious marble and granite baths, impact glass windows, plantation shutters, and stunning water view will take your breath away. Plus, the option to rent a boat slip makes this waterfront dream complete! M20049464 \$465,000



Perfect boater's paradise on Manatee Pocket with no bridges to St. Lucie Inlet. This beautiful single story waterfront pool home features serene water views from every room, a brand new kitchen with top-of-the-line finishes, new wood-look tile floors, all impact glass, metal roof, and a newly added 15,000-pound boat lift and dock, all designed for effortless coastal living! M20049726 **\$1,500,000**



Beautifully maintained 4BR, 2BA 2-car garage CBS home on large, fenced corner lot in desirable western Port St. Lucie. Featuring impact windows, newer A/C, water heater, dishwasher, micro-wave (brand new) & disposal. Screen enclosed back patio plus open patios on the front and rear exterior of the house. Conveniently located just minutes to I-95, Florida Turnpike, & NY Mets Spring Training Stadium. M20050556 \$450,000



"Coastal Blue" is a 2 Bed, 2 Bath turnkey condo offering a serene retreat on a peaceful canal. Rare all ground-floor location, with high end Sub-Zero and JennAir appliances, perfect for any gourmet chef. Enjoy resort style amenities including pickleball, 2 pools, waterfront clubhouse, and marina with gas dock in this guard gated, ocean access community. Your ideal, carefree lifestyle awaits! M20049590 **\$460.000**



JULIA C. SANSEVERE, P.A. Broker Associate 772-919-1385 julia@juliasansevere.com juliasanseveregroup.com

WHERE THE TREASURE COAST LIGHTS UP THE NIGHT!

SATURDAY, NOVEMBER 8 5-10 PM

OCEAN DRIVE, VERO BEACH



There's something magical about a bonfire by the beach crackling flames, salty breezes, and the rhythmic crash of waves. Now imagine that times five. That's exactly what's in store at this year's Beachside Bonfire Fest, lighting up Vero Beach on Saturday, November 8th from 5 to 9 PM!

A Night of Coastal Charm & Community Spirit

This isn't your average beach hangout. The Beachside Bonfire Fest transforms Ocean Drive into a glowing trail of fire pits, live music, and seaside celebration. Participating hotspots like Costa d'Este Beach Resort & Spa, Mulligan's Beach House, The Driftwood, The Boiler Room, and Kimpton Vero Beach Hotel & Spa will each host their own bonfire bash, complete with food and drink specials, live entertainment, and good vibes only.

Music, Munchies & Memories

Groove to live music by local favorite i95, sip on signature cocktails, and savor beachside bites as you hop from one fire-lit venue to the next. Whether you're dancing in the sand or toasting marshmallows under the stars, this is the kind of night that makes you fall in love with the Treasure Coast all over again.

Grab Your Event Passport

Want to make the most of the night? Pick up an Event Passport at any participating location for a suggested \$20 donation. Visit all five bonfire spots, collect stamps, and you'll be entered to win one of several raffle prizes valued at over \$500! Proceeds benefit the Next Generation Veterans of Indian River County and the WWII Tribute Team—so you're partying for a great cause.

A Few Friendly Reminders

- No coolers allowed—support the local spots!
- · Bring your beachy best: comfy shoes, cozy layers, and your camera for those golden-hour selfies.
- · Parking fills up fast, so arrive early or consider carpooling.

Don't Miss the Glow

Whether you're a local or just visiting, the Beachside Bonfire Fest is your chance to experience the Treasure Coast at its most vibrant. It's a night of firelight, friendship, and Florida magic—and it only happens once a year.

So mark your calendar, rally your crew, and get ready to light up the night!



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You Deserve a Massage

With the holidays ahead, we all get to feeling a little stressed. Yet, many of us do not take the time that is needed to care for our bodies and muscles as the pressure mounts. Though, if we did, the power of massage therapy offers numerous benefits for both physical and mental health. Some of the key physical benefits include:

- · Relieves muscle tension and pain: Massage helps to break down muscle knots and adhesions, reducing pain and stiffness.
- · Improves circulation: Massage stimulates blood flow, which can help to reduce inflammation, improve oxygen delivery to tissues, and promote healing.
- · Enhances flexibility and range of motion: By loosening tight muscles and connective tissues, massage can improve flexibility and range of motion.
- · Boosts the immune system: Massage can help to stimulate the lymphatic system, which is important for fighting off infections.
- · Reduces stress and anxiety: Massage promotes relaxation and can help to lower levels of stress hormones, such as cortisol.

Then, there are mental health benefits such as:

- · Improves sleep quality: Massage can help to calm the mind and body, leading to better sleep.
- · Reduces depression and anxiety: Massage therapy can release endorphins, which have mood-boosting effects.
- · Improves mood and overall well-being: Massage can provide a sense of relaxation and rejuvenation, which can contribute to overall well-being.
- · Reduces chronic pain: Massage can help to manage chronic pain conditions, such as fibromyalgia and arthritis.
- · Improves skin health: Massage can stimulate blood flow to the skin, which can improve its tone and elasticity.

With all these benefits in mind, it is worth highlighting some of the incredible massage venues throughout the Treasure Coast and their specials they are running for the holidays whether you get it for a loved one, encourage someone to get it for you, or if you decide to treat yourself; these are all professional operations that will have you limber and loving the chaos.

True Colors Salon & Spa in Vero Beach offers monthly specials with features such as peppermint scrubs and other aromatherapy that coincides with the holiday. They offer several types of massage including:

Swedish Massage - This light pressure massage focuses on full body relaxation targeting superficial muscles.

Therapeutic Massage - This medium pressure massage focuses on stress and pain reduction and is commonly used for specific

Deep Tissue Massage - This full pressure massage is aimed to release chronic muscle tension by penetrating the fascia/connec-

How about a Couples Massage? Or consider, the Trio - a full body salt scrub, 60-minute Swedish massage, and use of a deep hydrating masque with lots of add-on options to be had. Visit them truecolorssalon.com

In Jensen Beach at the Balanced Body Wellness Studio, you can purchase a gift card right from their website. With a variety of massage styles to choose from such as: Swedish, Deep Tissue, Sports, Myofascial, Geriatric, Cupping, Hot Stone, and Prenatal. Find out more about them at balancedbodywellnessstudio.com

In Port St. Lucie there are many worthwhile options yet there are two that go beyond an ordinary massage. Therapeutic Massage By Stefanie Gambino specializes in neck and back pain, sciatic pain, shoulder issues, headaches and is certified in manual lymphatic drainage, and trained in prenatal massage. Whether you want to come in and relax or get specific areas worked on, she is here for you. Book online at www.massagebystef.com.

Tracy Reitbauer LMT, CMLDT with **Advanced Massage** has been healing injured and post op patients and athletes since 2010. She specializes in medical massage, injury rehab, and pre and post-surgical therapy. Through the years Tracy has helped many patients avoid surgery, correct postural imbalances, and dramatically reduce pain levels and swelling. Tracy now has combined this knowledge to focus on post plastic surgery care reducing edema and scar tissue so patients can heal with minimal complications and scaring. She has completed many advanced educational therapy courses including manual lymphatic drainage advanced level, neuromuscular massage, myofascial release, scar release, trigger point therapy, and MPS (microcurrent point stimulation) therapy. Call Tracy at 772-301-2107 for more information.

With so many trained massage therapists in the Treasure Coast, we hope you take the time to ensure your body can operate at its best this holiday season. Wishing you a massage or two!





Aqua Lean

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What is it?

It's a daily supplement designed to boost energy, support fat burning, and improve digestive balance. Featuring Carnipure® L-Carnitine, prebiotics, and essential vitamins, Aqua Lean is your go-to for all-day vitality and overall wellness.*

How to use



Mix one stick with 8fl.oz of water



Shake or stir well



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Key Ingredients

Carnipure® L-Carnitine: A high-quality form of L-Carnitine that plays a key role in converting fat into usable energy, helping to fuel your body and enhance endurance.*



Carnipure® is a Lonza trademark.

Prebiotics: Beneficial fibers that feed good bacteria in your gut, helping to maintain digestive balance and support overall gut health.*

Essential Vitamins: Contains a blend of key vitamins that support metabolic health, energy production, and overall wellness.*

Contact Jenna Schepers at jaschepers@bellsouth.net



See testimonials at LIVEPURE.COM

*These statements have not been evaluated by the Food and Drug Administration This product is not intended to diagnose, treat, cure, or prevent any disease.

Holiday Events at Treasure Coast Wine Bars & Breweries Raise a glass to festive fun—these local spots are pouring holiday cheer with special events you won't want to miss.

As the holidays approach, the Treasure Coast's wine bars and breweries are transforming into hubs of seasonal celebration. From festive tastings to themed parties, these venues are uncorking joy in creative ways that blend local flavor with holiday spirit. Whether you're a craft beer enthusiast or a wine lover looking to toast the season, here are the standout events to mark on your calendar.

Wine Bars Bringing Holiday Elegance

Cuvee Wine Bar – Vero Beach A chic and intimate wine bar just off Ocean Drive, Cuvee is hosting a Holiday Wine & Jazz Soirée featuring sparkling flights, mulled wine, and live jazz. Their cozy lounge and curated wine list make it the perfect spot to sip and celebrate in style.

The Kilted Mermaid – Vero Beach Known for its eclectic charm and bohemian vibe. The Kilted Mermaid is bringing back its Holiday Fondue & Wine Pairing Night. Expect bubbling pots of cheese, curated wine pairings, and a festive atmosphere complete with twinkling lights and live music.

Breweries Brewing Up Holiday Cheer

Sailfish Brewing Company - Fort Pierce &

Vero Beach With locations in both Fort Pierce and Vero Beach, Sailfish is going all out with its Holiday Beer Bash. Seasonal releases like cranberry wheat ales and peppermint stouts headline the event, along with live music, food trucks, and a "Sailfish Santa" photo booth. The Vero location offers a more intimate setting, perfect for a cozy holiday pint.

Walking Tree Brewery - Vero Beach A local favorite for bold, creative brews, Walking Tree is hosting its annual "A Very Hoppy Holiday" celebration. Seasonal releases, artisan vendors, and live music fill the taproom, along with a holiday market perfect for lastminute gifts.



- Port St. Lucie Hop Life's Ugly Sweater Party & Beer Release is a must-attend. Guests are encouraged to wear their tackiest holiday gear while enjoying limited-edition brews, festive games, and live entertainment.

Islamorada Beer Company -

Fort Pierce This tropical-themed brewery is bringing the island vibes to the holidays with its Holiday Luau & Brew Bash. Think coconut stouts, pineapple ales, and a pig roast—plus palm trees wrapped in lights.

Ocean Republic Brewing - Stuart Ocean Republic is hosting a Cookies & Craft Beer Pairing Night, featuring local baked goods matched with their seasonal brews. It's a sweet and savory way to celebrate, with a portion of proceeds going to local charities.

Frazier Creek Brewing - Stuart Downtown Stuart's Frazier Creek Brewing is planning a Holiday Tap Takeover & Toy Drive. Expect festive brews, live acoustic sets, and a community-focused vibe. Bring a toy, grab a pint, and support local families in need.

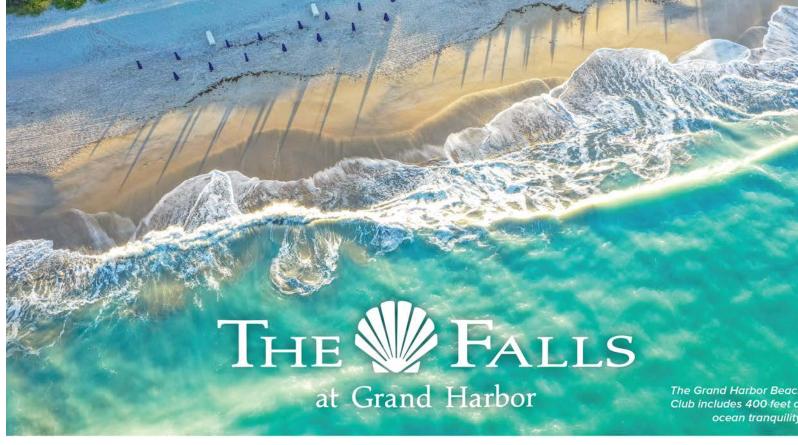
Don't Miss: Jensen Beach Holiday Stroll & Sip

Downtown Jensen Beach comes alive with its annual Holiday Stroll, where local wine bars and breweries offer tasting stations along the decorated

streets. Live music, artisan vendors, and festive lights make this a magical evening for all ages.

Whether you're sipping a spiced wine or sampling a seasonal IPA, the Treasure Coast's wine bars and breweries are making spirits bright. These events offer more than just great drinks—they're a chance to connect with the community, support local businesses, and celebrate the season in style.

So grab your friends, don your coziest sweater, and toast to the holidays—Treasure Coast style.



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