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FOR IMMEDIATE RELEASE

Seniors First celebrates 36th annual Turkey Trot 5k

ORLANDO, Fla. (Oct. 14, 2025) — Seniors First, the largest social services organization serving seniors in metro Orlando, is proud to host its 36th annual Turkey Trot 5K. This beloved Thanksgiving tradition raises funds to support programs such as Meals on Wheels in this “Race to End Senior Hunger” and provide older adults with the nutrition they need to live independently. The event kicks off at 7:00 with the race beginning at 8 a.m. on Thanksgiving morning, November 27, 2025, at Orlando’s iconic Lake Eola Park. Each year, more than 4,500 runners, joggers and walkers, many in full costumes and Thanksgiving hats, join in the event, making it the largest Turkey Trot 5K in Central Florida.

“Over the past 36 years, the Turkey Trot has become a tradition for many here in Orlando” said Marsha Lorenz, president and CEO of Seniors First. “When the community gathers at Lake Eola on Thanksgiving morning, they’re not just running; they’re participating in a “Race to End Senior Hunger” and every step they take, brings us closer to that goal.”

All funds raised during the Turkey Trot directly benefit resources and services that support older adults in Central Florida through Seniors First. The Turkey Trot will also feature a best costume contest and a best turkey call contest, among other additional activities. The entry fee for the Turkey Trot ranges from \$40 to \$50 until race day.

Last year, Seniors First served over 450,000 nutritious meals to nearly 1,800 older adults through its Neighborhood Lunch and Meals on Wheels programs. This year, the organization expanded its impact with the launch of Garden Patch Delivery, bringing fresh produce directly to their Meals on Wheels clients and advancing the ‘Food is Medicine’ initiative to improve seniors’ health and enhance their quality of life. What began with 40 clients has already grown to 100,

and with the support of the Turkey Trot, Seniors First is projected to expand this vital program even further.

For more information and to register online, visit <https://www.turkeytrotorlando.com>.

About Seniors First, Inc.

Driven by the mission of enhancing the quality of life of seniors, Seniors First, Inc., a 501(c)(3) nonprofit, is dedicated to providing services and resources for seniors that maintain their independence and dignity. Since 1966 the nonprofit has served Central Florida seniors through programs that promote nutrition, community engagement and independence. These programs include Meals on Wheels, Emergency Meals on Wheels, Neighborhood Lunch Program, Community Food Pantry, In-Home Care, Guardianship and Stepping Stone Medical Equipment Bank. Seniors First connects seniors across Orange, Seminole, Polk, Osceola and Brevard Counties with various programs that benefit their mental, emotional and physical wellbeing to offset social isolation and hunger. To learn which programs are available in your area, visit seniorsfirstinc.org.

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