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FOR IMMEDIATE RELEASE

Seniors First continues Thanksgiving tradition with 37th annual Turkey Trot 5k

ORLANDO, Fla. (Oct. 13, 2026) — Seniors First, the largest social services organization serving seniors in metro Orlando, is proud to host its 37th 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 provides older adults with the nutrition they need to live independently. The event kicks off at 7 a.m. with the race beginning at 8 a.m. on Thanksgiving morning, Nov. 26, 2026, at Orlando's iconic Lake Eola Park. Each year, more than 5,000 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.

"One morning at Lake Eola can make a difference for seniors throughout the year," said Marsha Lorenz, president and CEO of Seniors First. "As we celebrate Seniors First's 60th birthday, the Turkey Trot is a meaningful reminder of the community support that has sustained our mission for six decades. As the needs of older adults continue to grow, so does our commitment to expanding our reach and ensuring we can be there for Central Florida's seniors for generations to come."

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 activities. The entry fee for the Turkey Trot ranges from $40 to $50 until race day.

In 2025 alone, Seniors First served over 4,100 older adults through Central Florida, providing more than 427,000 meals, 83,492 pounds of food through its Community Food Pantry and 1,730 bags of fresh produce through Garden Patch Delivery, which launched last year to expand access to nutritious food for local seniors.

Beyond providing essential services, Seniors First continues to create opportunities that promote connection and well-being among older adults, including partnerships with the Orlando Philharmonic Orchestra and Orlando Ballet that bring music, movement and engaging experiences directly to seniors. Through these programs and other activities, Seniors First is

working to combat senior loneliness and support their mental, emotional and physical well-being.

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

To view high-resolution photos from last year's Turkey Trot, click here.

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, Garden Patch Delivery, Neighborhood Lunch Program, Community Food Pantry, In-Home Care, Project Connect, Guardianship and Stepping Stone Medical Equipment Bank. Seniors First connects seniors across Orange, Seminole, Polk and Osceola counties with various programs that benefit their mental, emotional and physical well-being to offset social isolation and hunger. To learn which programs are available in your area, visit seniorsfirstinc.org.

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