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FOR IMMEDIATE RELEASE

Seniors First and Doc Lucky's Golden Mile make a splash during older Americans month to support Central Florida seniors

ORLANDO, Fla. (May 15, 2026)—Seniors First, the largest social services organization serving seniors in the greater Orlando area, and Doc Lucky's Golden Mile are coming together on Saturday, May 23 in recognition of Older Americans Month. The partnership highlights the importance of celebrating and supporting older adults while bringing the Central Florida community together through a friendly swim competition benefiting the Lake Cane Restoration Society.

"At any age, there is nothing in life quite as exhilarating as swimming without walls," said Doc "Lucky" Meisenheimer.

As Seniors First celebrates its 60th birthday this year, its participation in the event reflects the organization's ongoing commitment to strengthening community connections and supporting initiatives that uplift and serve neighbors in need.

"Doc Lucky's Golden Mile is a cherished community tradition, and we are honored to partner in this event during Older Americans Month," said Marsha Lorenz, president and CEO of Seniors First. "As we celebrate 60 years of service, we are grateful for the support that continues to move our mission forward. Opportunities like this show the power of uplifting one another, and we remain committed to expanding our impact and strengthening our community."

Each year, the Lake Cane Restoration Society hosts the one-mile open water race that brings athletes and the Central Florida community together. The race gives participants an opportunity to make connections, participate in a friendly competition and support a greater cause in keeping

Lake Cane swimmable, fishable and lovable. The top three overall swimmers win cash prizes, while making a meaningful impact on the Central Florida community.

The race includes all age groups through 99, with seniors competing across multiple divisions each year. This highlights how Seniors First's partnership with Doc Lucky's Golden Mile brings organizations and individuals together to support one another and drive positive change across the region.

To register for this year's race please 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.

About Lake Cane Restoration Society

The Lake Cane Restoration Society (LCRS), a 501(c)(3) science-based educational organization nonprofit corporation, is centered on science, education and community engagement. The clean water of Lake Cane is the very provision required for swimmers to maintain the 35+ year swimming tradition recognized by the Central Florida Historical Society. The organization hosts Doc Lucky's Golden Mile®, an annual one-mile open water swim that unites Central Florida residents and athletes in friendly competition while raising funds to keep Lake Cane swimmable, fishable, and lovable.

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