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FOR IMMEDIATE RELEASE

Senior Chef Showdown returns to support Seniors First as nonprofit celebrates 60th birthday

Central Florida senior living chefs will compete for the Senior Cup while raising funds to support local seniors

ORLANDO, Fla. (Sept. 15, 2026) – Seniors First and Senior Chef Showdown Inc. are teaming up once again for the fourth annual Senior Chef Showdown, presented by Village on the Green, on Wednesday, Oct. 7, from 6 to 8 p.m. at the UCF FAIRWINDS Alumni Center. This year's "Sweet 60" event will celebrate Seniors First's 60th birthday and six decades of serving Central Florida seniors, with a goal of raising $60,000 to support the nonprofit's programs and services.

Senior Chef Showdown brings together chefs from some of Central Florida's top senior living communities to compete for the coveted Senior Cup. This year, participating chefs will incorporate honey into their signature dishes, giving guests the opportunity to taste their creations and vote for the winners. Net proceeds from the event will directly benefit Seniors First and its mission to enhance the quality of life of seniors by helping them maintain their independence and dignity.

"We are incredibly grateful to Senior Chef Showdown for including us in this special event and for their continued support of Seniors First and the seniors we serve throughout Central Florida," said Marsha Lorenz, president and CEO of Seniors First. "As we celebrate our 60th birthday, this partnership is a meaningful reminder of what's possible when our community comes together to help seniors maintain their independence, dignity and quality of life."

Last year, more than 250 guests came together for Senior Chef Showdown, helping raise $35,000 for the nonprofit and making an impact by providing 3,880 meals to seniors in need. This year's

event looks to build on that impact and continue supporting Seniors First and the seniors it serves throughout Central Florida.

“Senior Chef Showdown is about celebrating the creativity and talent within our senior living communities while using that platform to make a meaningful difference,” said Beau Herman, president of Senior Chef Showdown, Inc. “We are proud to welcome Seniors First back as our beneficiary this year and continue supporting an organization that shares our commitment to empowering older adults and helping them live with dignity, independence and care.”

For more information on this year’s event, please visit https://seniorchefshowdown.org/

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 Senior Chef Showdown Inc.

Senior Chef Showdown Inc. is a 501(c)(3) nonprofit organization dedicated to supporting older adults by combining the power of community, culinary arts and philanthropy. Through its signature event, the Senior Chef Showdown, the organization brings together talented chefs from senior living communities to compete in a spirited culinary competition while raising funds to combat food insecurity among seniors.

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