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.