

For Immediate Release – September 3rd, 2025

New Lifestyle Survey Details How American Seniors Live, Eat, and Connect

Today, TSCL published its 2025 Lifestyle Survey. This research surveyed 1,248 American seniors, unlocking new insights on what sets the most satisfied retirees apart. It examines what’s different about their living situations and neighborhoods, diets and habits, relationships, and community engagement. The report is free to download [here](#).

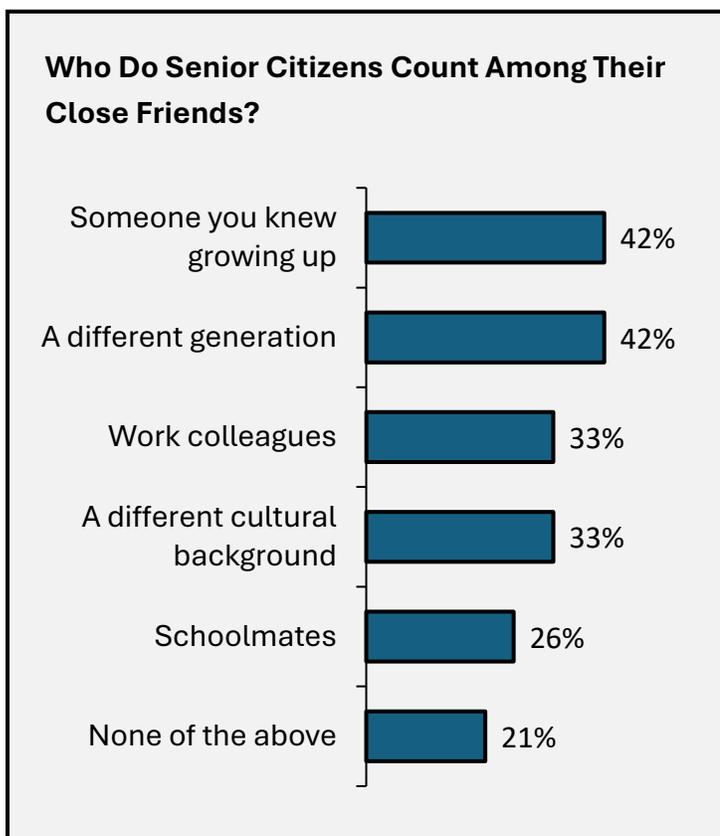
TSCL estimates that 42 percent of American seniors live alone, and it finds that these seniors are less likely to report high life satisfaction. Among the 58 percent of seniors who live with one or more other people, the most common person to live with is a spouse (66 percent), followed by children (22 percent) and grandchildren (11 percent).

The median senior has three to five close friends, and half get together with a close friend at least once a week. Additionally, about 42 percent of seniors are friends with someone from a different generation, and 33 percent are friends with someone from a different cultural background, both of which are linked to higher life satisfaction.

About one in three seniors regularly volunteer, which is linked to higher life satisfaction. Among seniors who volunteer, the most common types of organizations to work with are charities and nonprofits (56 percent), followed by religious organizations (34 percent).

Key Insights:

- **Just 14 percent of seniors report very high satisfaction with their current lives.** That’s the percentage of study participants who, when asked to rate their overall life on a scale of one to 10, rated their



lives a nine or higher. These seniors experience higher rates of positive emotions, like social connection and laughter, than their peers. They also experience lower rates of negative emotions, such as anger, sadness, and worry.

- **Seniors who report high life satisfaction tend to live very different lives than those that don't.** They tend to live in safer, more accessible communities, with strong access to basic amenities like healthcare and entertainment services, as well as public transportation. They eat better, exercise more, and consume fewer substances (outside of an occasional drink). They tend to be more engaged in lifelong learning and are more active in their communities, through both volunteering and participating in all kinds of elections.
- **Most seniors are very engaged with current events.** Nearly four in five seniors (78 percent) follow national news every day, and 95 percent do so at least weekly. Seniors' top sources of news are television and digital media. About 58 percent regularly watch network news, 57 percent regularly watch cable news, and 56 percent regularly consume digital media, such as online-only news websites and blogs. Only 36 percent regularly get their news from social media platforms.

TSCL Executive Director Shannon Benton says...

- “The secrets to life satisfaction and happiness for seniors are refreshingly simple: It’s having someone to share time with, living in a place where you can get where you need to go and have worthwhile things to do. It’s eating right, exercising, and continuing to learn. It’s getting involved through volunteering and making your voice heard in elections.”
- “This research suggests that one particularly difficult challenge for seniors is isolation. In addition to showing that seniors who live alone tend to report lower satisfaction with their lives, it finds that about one in five seniors doesn’t even have someone to call in case of an emergency. One in three doesn’t have someone they can openly talk about their problems with.”

About TSCL:

The Senior Citizen’s League (TSCL) is one of the nation’s largest nonpartisan seniors’ groups. Established in 1992 as a special project of The Retired Enlisted Association, our mission is to promote and assist our members and supporters, educate and alert senior citizens about their rights and freedoms as U.S. citizens, and protect and defend the benefits seniors have earned and paid for. TSCL consists of vocally active senior citizens concerned about the protection of their Social Security, Medicare, and veteran or military retiree benefits. To learn more, visit <https://seniorsleague.org/about-us/>.

About the 2025 Lifestyle Survey:

TSCL surveyed American seniors over the age of 65 who were fully or partially retired. Overall, 1,248 respondents provided complete enough data to use in this study. TSCL distributed the

survey from January to March 2025, then analyzed the results from April to May 2025. The findings are weighted to Census demographics to ensure the sample is nationally represented. The full findings of the study are available for free [here](#).

Contact Information:

- **Shannon Benton**, Executive Director: sbenton@tsclhq.org; 703-548-5568
- **Alex Moore**, Statistician: amoore@tsclhq.org; 571-374-2658