



TOWN OF AMHERST



The Town of Amherst recognized National Senior Center Month during the annual Senior Picnic at Amherst Veterans Canal Park. Pictured from left, Mary Migliore, Zee Edwards, Deputy Supervisor Shawn Lavin, Bob Peluso, Joanne Peluso and Amherst Center for Services Executive Director Melissa Abel.

NATIONAL SENIOR CENTER MONTH PUTS SPOTLIGHT ON IMPORTANCE OF SENIOR PROGRAMMING, SERVICES

Amherst Town Board Honors Seniors During Annual Picnic

(Amherst, NY) – In recognition of National Senior Center Month, the Amherst Town Board presented a proclamation to Amherst Center for Senior Services Director Melissa Abel to bring awareness to the importance of Senior Centers and their positive impact on communities. The presentation was held on September 18, 2025 during the annual Senior Picnic at Veterans Canal Park and also honored active members and volunteers Mary Migliore, Zetterline (Zee) Edwards, Bob Peluso and Joanne Peluso.

“The Town of Amherst is the gold standard for senior programming. With an incredible 14,000 members, and growing, the center is a hub of activity from the moment the doors open until the end of the day. The center has something for everyone, providing congregate dining, exercise options, music and art programs, critical thinking classes and so much more. The value of the Amherst Senior Center can’t be fully measured, but we know it improves members’ lives daily and is truly a driving force for happy and healthy living,” said Deputy Supervisor Lavin. “I want to thank our Executive Director Melissa Abel, her entire staff, all the volunteers and every member because they are reason that the center and its members thrive.”

This year’s theme for National Senior Center Month is “Powering Possibilities: Flip the Script,” which

invites the community to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life.

“Every day, I see the incredible value our senior center brings to the lives of older adults,” said Executive Director Abel. “The meaningful connections our members form here directly support their physical and mental well-being. Successful, healthy aging depends on both, and our center is uniquely positioned to meet those needs. By celebrating National Senior Center Month, we not only highlight the vital role senior centers play, but also honor the many contributions of older adults in our community.”

Founded in 1962, the Amherst Center for Senior Services has more than 52 clubs and 4,440 activities. It has grown and evolved over the years to meet to reflect what members want most out of their center. Anyone interested in learning more should visit www.amherstcenterforseniorservices.com or call (716) 636-3050.

The Center will host a Senior Expo from 4-6 PM Thursday, Oct. 23 for anyone interested in meeting with vendors offering products and services designed for older adults. There will also be special presentations offered by health and wellness experts and a Wegmans Flu Shot Clinic.

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