

RENT The Miller Center



We have 3 rooms available for rentals with many amenities, including kitchen access and an ice machine.

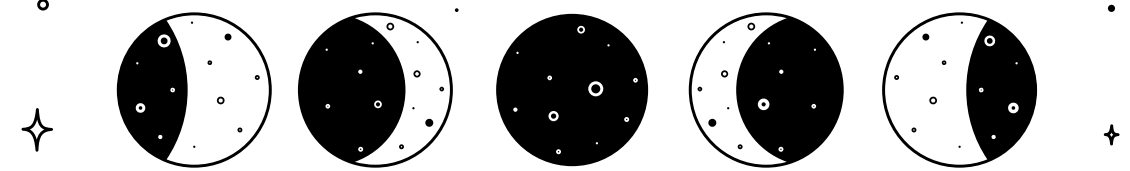
Call or go online for the contract.
www.pekinparkdistrict.org/rentals

- BIRTHDAY PARTIES
- LUNCHEONS
- FAMILY GATHERINGS
- WEDDINGS
- BRIDAL SHOWERS
- MEETINGS



Reflections...

APRIL 2024



Eclipse Party! at Miller Center

MILLER CENTER IS CELEBRATING THE GREAT NORTH AMERICAN ECLIPSE AND WE WANT YOU TO JOIN US!



12:30 - 3:30
OPEN-HOUSE STYLE



PLEASE LET US KNOW IF YOU PLAN TO COME

\$3 PROGRAM FEE

TCRC CAFE OPENS AT 11:00 COME EARLY AND HAVE LUNCH!

Reflections, the Miller Center newsletter is proudly sponsored by:



Liberty Village of Pekin



Miller Center Major Sponsors

- 50+ News & Views
- Bright Star Care
- Busey Bank
- Cedarhurst of Pekin Senior Living
- CEFCU
- Courtyard Estates of Green Valley
- Elmore Financial Services
- Farmington Village
- Golden Tours
- Health Alliance
- Humana
- ICPR
- John 3:16
- Kyles's Care at Home
- Liberty Village of Pekin, Pekin Manor & Pekin Estates
- OSF Healthcare
- Preston-Hanley Funeral Home
- United Way of Pekin
- Villas of Holly Brook Pekin
- Rescued Heart Animal Hospital

Miller Center Senior Transportation Service

Monday - Friday * 8:00 - 4:00 * 309.346.5210

- Doctor Appointments
- Banks
- Hair Appointments
- Grocery Stores
- Miller Center
- and more!



Miller Center Transportation is partially funded by The United Way of Pekin.

Miller Center engages adults 50+ in active life through active living! Drop by the center to meet with friends and make new ones! Feel active and youthful when participating in the various activities and events offered here. There is always a friendly face to greet you as you enter. Once inside, join friends for a class or one of many games; express yourself through woodcarving and crafts; maintain a healthy body, mind and spirit through exercise classes; or hop on the Miller Center bus for an adventurous day trip. At the Miller Center you will ENJOY YOUR AGE!

NEW DAY SENIOR SERVICES

Puzzled by Medicare or in need of community resources? Let the Center for Youth and Family Solutions New Day Seniors Program guide you. CYFS offers an outreach program to help identify available services and resources. Services are free and available to those 60 years and older. Megan will be at Miller Center on the 2nd Monday of each month at noon.



2610 W Richwoods Blvd
Peoria, IL 61604
309/323-6568

2024 Digital Literacy

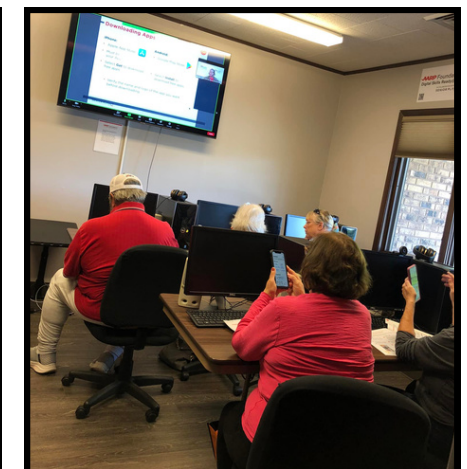


Through a partnership with the Heart of Illinois Adult Literacy Center and a grant from the AARP Foundation Digital Skills Ready@50+ we are excited to announce our 2024 Classes!

Register for one, or all! Call Miller Center to register- classes are free of charge.

The full class schedule is available in the Miller Center lobby.

Staying Safe Online	Wed April 3	1:30 - 2:45
Learn how to protect yourself online while applying for jobs online, doing research and more. This hands-on workshop reviews important tips for keeping your personal information safe while enjoying the benefits of the internet. Learn how to recognize suspicious emails, tips for safe browsing and best practices for shopping online.		
Mobile Health Apps	Wed. April 10	1:30 - 2:30
Did you know that your smartphone is also a powerful health tool? This lecture introduces common health apps, like the iPhone's built-in app and the Google Fit app. You'll learn about using the app's step counter, as well as integrating information from other popular health and fitness apps. You'll also learn the benefits of saving your medical ID.		
Money Matters	Wed. May 1	1:30 - 2:30
The internet can open a new world for saving money and managing your finances. This lecture introduces online banking and goes over how to keep your financial information safe. You'll also learn about online shopping and explore some digital resources for saving money on entertainment, prescription drugs and everyday items.		
Using Fact-Checking Sites	Wed. May 8	1:30 - 2:45
This interactive workshop will review the ways you can identify misinformation online. You'll get hands-on practice using fact-checking sites to evaluate and debunk false news.		



Get creative at Miller Center!

We have a variety of opportunities to be creative! Drop in and check them out!

Crafts & Conversation

Head to the craft room and create!
This group meets every week on
Wednesdays.
The craft room opens at **9:30!**
Activity fee: \$3



WOODCARVERS

Tuesdays & Thursdays
8:30 * \$3

**Come to the Wood Shop and
check out this talented
group! They'd love to help
you get started!**

Lapidary

This group meets on
Thursday evenings at
6:00pm in the Miller Center
Wood Shop. You will use the
back entrance. Come see
what a lapidarist can do!
Thursdays @ 6:00
Activity fee: \$4

Quilt Group

We have several tables and plenty
of space to spread out and work on
your projects!

Fridays @ 9:00 Activity Fee: \$3



Power of Age

The Power of Age Expo 2024

**HOT TOPICS
LOCAL VENDORS
FREE LUNCH**

CHANGING THE CONVERSATION ON AGING

THE 4TH TUESDAY EACH MONTH 10:30 -12:00

Space is limited, please register in advance

The Power of Age Expo is a program designed to touch on topics that are of interest to our patrons. Each Expo has a scheduled speaker and a lunch sponsor as well as multiple local agencies on site to spotlight their services. The doors open at 10:30am for guests to visit with vendors and find their seats. Lunch is served while you listen to the speaker and there is more time after lunch to check out the vendors and ask questions.

We require advance registration as seating is limited.
Call or stop by to register!

April 23 Mental Health Awareness

*Presentation by: Kayla DeBoer
Heartland Health*


is sponsoring lunch

April 30 A New Year of Self Care

*Presented by: Karen Leeman
Soul Care - a division of Resonate Skincare*


*Liberty Village of Pekin
is sponsoring lunch*

May 28 Funeral Pre-Planning

*Presentation by: Buster Hanley
Preston-Hanley Funeral Home*


is sponsoring lunch

GOLDEN TOURS



Golden Tours and Miller Center have partnered for 5 Ultimate Daytrips this year! Below are the first 2, we have books and flyers in the lobby with all 5 trips listed. These trips leave from Miller Center with a fun 'send-off' each time!

If you have questions regarding the trips or would like to make reservations please call Tracy Ann Drill @ 309-369-3171.

Tribute to the Stars: Kenny Rogers & Dolly Parton

Come enjoy a Tribute to the Stars Concert: Kenny & Dolly in Harmony! Dave Karl & Wendy T are together once again at White Pines Dinner Theater to recreate the incredible songs of Kenny Rogers & Dolly Parton's "Real Love" tour.



Thursday, April 4, 2024
9:00am - 5:30pm

Includes: Luxury Motor Coach, professional driver, Tracy & John as your tour hosts, Miller Center pick - up location, activities on the coach, performance ticket and a premium lunch!

Cost: \$155.00 per person - all inclusive

Cruise, Explore & Shop in Hannibal, Mo

Our day in Hannibal will start with visiting several historical locations, we'll have lunch at the Mark Twain Dinette then shop in the historical district. Finally, we'll board the Mark Twain Riverboat for a one hour sightseeing cruise on the mighty Mississippi River!



Wednesday, May 29, 2024
7:00am - 7:30pm

Includes: Luxury Motor Coach, professional driver, Tracy & John as your tour hosts, Miller Center pick - up location, activities on the coach, Museum fee, Riverboat ticket and a premium lunch!

Cost: \$165.00 per person - all inclusive

Call Tracy Ann Drill at 309-369-3171 for questions or reservations

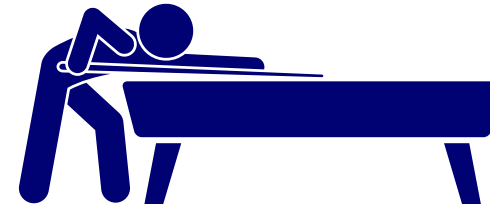
Games & Fun

Drop in for games and fun throughout the week! Dates and times are listed below!

POOL

Tuesdays, Wednesdays & Fridays
8:30 - 10:30

\$1.00 activity fee



CARDS

Game Day
Mondays @ 12:30

Double Pinochle
Mondays @ 4:00

Pinochle
Tuesdays @ 12:30

Hand & Foot
Thursdays @ 12:30

Euchre
Fridays @ 12:30

\$3 activity fee

BINGO

Thursday 9:30 AM

3 cards = \$3
OR
5 cards = \$4

Thank you to our amazing sponsors!

SYNERGY HomeCare, Don Sarff Sales Representative (309) 713-5359, HALLMARK HEALTHCARE OF PEKIN, Cindy Womack Humana Medicare Representative 309.435.9284

Tuesday, April 9
Tuesday, May 14
9:00 AM

\$5 = 4 cards & hot breakfast

Please register in advance

Tuesday Breakfast BINGO is sponsored by: **KYLE'S** Care at Home

Dartball

Dartball is a game similar to baseball, played with darts and a board. Come in to watch or learn to play ~ we're always looking for more people!



Mondays & Wednesdays @ 12:30 * \$3 activity fee

STOP IN FOR A CUP OF COFFEE AND LOOK AROUND!

Popcorn Fridays

Come in for a bag of popcorn on Fridays!

We make it fresh!

Diana Houlihan, Licensed Sales Agent **Humana**



You can find events, activities and programs on our Facebook site.

facebook.com/pekinmillercenter

Get moving at Miller Center!

We have several activities that will get you moving and having fun! All are drop in so you can just show up!

Exercise w/ Ann

This is a low impact, chair exercise class led by Ann. Ann plans different activities for each class to get you moving- sometimes she has games or a guest. She's even gone on Exercise Field Trips! Not only will you exercise, you'll make friends and have fun too!

Mon, Wed & Fri
9:00 & 10:15
\$3



Rocking with Ruby

Ruby leads a chair DANCING class once a month at Miller Center. She has great music and it's always a good time!
Friday, April 26
activity fee is \$3

Annie's Exercise is only at 9:00 today



Square Dances

The Heart of Illinois Bachelor & Bachelorettes Club hold a square dance at Miller Center on the 2nd & 4th Thursdays of the month.

***Dances are \$7 per person**
no partner needed

April 11 Easter Bonnets Night
April 25 Square Dance BINGO



WHAT'S HAPPENING?

Next STOP Thrift SHOP

You loved it- we loved it- we're doing it again! This year we have 7 trips planned. Dates are below, towns will be announced prior to the trip.

Seats are limited to 13.

Activity fee is \$25 and must be paid at registration.

April 12
Galesburg

May 15
Lewistown, Cuba & Canton

June 18
Bloomington

July 17
Clinton & Lincoln

Aug 20
Springfield

Sept 17
Eureka & Metamora

Oct 16
Riders Choice

MILLER CENTER SENIOR TRANSPORTATION RESTAURANT FUNDRAISERS

April 8
Monical's Pizza

May 22
Avanti's

June 4
Panda Express

Help support our **Senior Transportation Service!** Dine out at the restaurants listed on these dates and we will receive a portion of the sales! Our service is partially funded by United Way of Pekin and rider donations.

**flyers are required and are available at Miller Center or on our Facebook page*

AARP Smart Driver Course

When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

each class is 2 days, you must attend both days

REGISTER AT THE FRONT DESK OR CALL US 309-346-5210



\$20 AARP members / \$25 non-members
Pay the instructor



LINE DANCE AT MILLER CENTER

LESSONS ON THURSDAYS

Lessons are \$4.
Pay for one class- stay for both!
1:00 Beginner Lessons
2:00 High Beginner Lessons

**come at 12:30 and learn the steps*

MONTHLY DANCES

7:00 -10:00pm * \$7/ per person

April 13	July 13	Oct 12
May 4	Aug 10	Nov 9
June 8	Sept 14	Dec 14

*coffee * popcorn * tea provided*



The Walking Club meets on Tuesday & Thursdays. We walk around the park when the weather is nice. When the weather is unpleasant we walk to a video inside. **There is an annual membership fee but until June you can join at a discounted rate!** Come to Miller Center for a form (and your free gift).

The 2024 season kick-off is in June!

Monday

1
 9:00 Exercise w/ Ann
 10:15 Exercise w/ Ann
 12:30 Game Day
 12:30 Dartball
 12:30 Mah Jongg
 4:00 Double Pinochle
 6:00 Garden Club



8 Eclipse Party
 9:00 Exercise w/ Ann
 10:15 Exercise w/ Ann
 12:30 Game Day
 12:30 Dartball
 12:30 Mah Jongg
 4:00 Double Pinochle



15
 9:00 Exercise w/ Ann
 10:15 Exercise w/ Ann
 12:30 Game Day
 12:30 Dartball
 12:30 Mah Jongg
 4:00 Double Pinochle

22
 9:00 Exercise w/ Ann
 10:15 Exercise w/ Ann
 12:30 Game Day
 12:30 Dartball
 12:30 Mah Jongg
 4:00 Double Pinochle



29
 9:00 Exercise w/ Ann
 10:15 Exercise w/ Ann
 12:30 Game Day
 12:30 Dartball
 12:30 Mah Jongg
 4:00 Double Pinochle

Tuesday

2
 8:30 Pool
 8:30 Wood Carvers
9:00 Fit & Strong
9:30 Matter of Balance
 10:30 Walking Club
 12:30 Pinochle

9
 8:30 Pool
 8:30 Wood Carvers
9:00 Fit & Strong
9:30 Matter of Balance
9:30 Breakfast BINGO
 10:30 Walking Club
 12:30 Pinochle


16
 8:30 Pool
 8:30 Wood Carvers
9:00 Fit & Strong
9:30 Matter of Balance
 10:30 Walking Club
 12:30 Pinochle

23
 8:30 Pool
 8:30 Wood Carvers
9:30 Matter of Balance
~~10:30 Walking Club~~
 12:30 Pinochle
10:30 Power of Age Expo


30
 8:30 Pool
 8:30 Wood Carvers
9:30 Matter of Balance
~~10:30 Walking Club~~
 12:30 Pinochle
10:30 Power of Age Expo

Wednesday

3
 8:30 Pool
 9:00 Exercise w/ Ann
 9:30 Crafts & Conversation
 10:15 Exercise w/ Ann
 12:30 Dartball
1:30 Digital Literacy Class



10
 8:30 Pool
 9:00 Exercise w/ Ann
 9:30 Crafts & Conversation
 10:15 Exercise w/ Ann
 12:30 Dartball
1:30 Digital Literacy Class



17
 8:30 Pool
 9:00 Exercise w/ Ann
 9:30 Crafts & Conversation
 10:15 Exercise w/ Ann
 12:30 Dartball
 7:00 Bottle Collectors

24
 8:30 Pool
 9:00 Exercise w/ Ann
 9:30 Crafts & Conversation
 10:15 Exercise w/ Ann
 12:30 Dartball

NATURE
 DOES NOT HURRY,
 YET EVERYTHING
 GETS ACCOMPLISHED.

 LAO TZU

Thursday

4 Golden Tours
 8:30 Wood Carvers
9:00 Fit & Strong
 9:30 BINGO
 10:30 Walking Club
 12:30 Hand & Foot
 12:30 Line Dance Learn the Steps
 1:00 Beginner Line Dance Lessons
 1:00 Miller Melodies
 2:00 High Beginner Line Dance
 6:00 Lapidary

11
 8:30 Wood Carvers
9:00 Fit & Strong
 9:30 BINGO
 10:30 Walking Club
 12:30 Hand & Foot
 12:30 Line Dance Learn the Steps
 1:00 Beginner Line Dance Lessons
 1:00 Miller Melodies
 2:00 High Beginner Line Dance
 6:00 Lapidary
 7:00 Square Dance

18
 8:30 Wood Carvers
9:00 Fit & Strong
 9:30 BINGO
 10:30 Walking Club
 12:30 Hand & Foot
 12:30 Line Dance Learn the Steps
 1:00 Beginner Line Dance Lessons
 1:00 Miller Melodies
 2:00 High Beginner Line Dance
 6:00 Lapidary

25
 8:30 Wood Carvers
9:00 Fit & Strong
 9:30 BINGO
 10:30 Walking Club
 12:30 Hand & Foot
 12:30 Line Dance Learn the Steps
 1:00 Beginner Line Dance Lessons
 1:00 Miller Melodies
 2:00 High Beginner Line Dance
 6:00 Lapidary
 7:00 Square Dance

Friday

5
 8:30 Pool
 9:00 Exercise w/ Ann
 9:00 Quilting Group
 10:15 Exercise w/ Ann
 12:30 Euchre

Popcorn Friday
 Sponsored by: Humana
 Diane Houlihan, Licensed Sales Agent

12 Let's Go Thrifting!
 8:30 Pool
 9:00 Exercise w/ Ann
 9:00 Quilting Group
 10:15 Exercise w/ Ann
 12:30 Euchre

Popcorn Friday
 Sponsored by: Humana
 Diane Houlihan, Licensed Sales Agent

19
 8:30 Pool
 9:00 Exercise w/ Ann
 9:00 Quilting Group
 12:30 Euchre

Popcorn Friday
 Sponsored by: Humana
 Diane Houlihan, Licensed Sales Agent


26
 8:30 Pool
 9:00 Exercise w/ Ann
 9:00 Quilting Group
10:00 Rocking with Ruby
 12:30 Euchre

Popcorn Friday
 Sponsored by: Humana
 Diane Houlihan, Licensed Sales Agent


Sat/Sun

6

7



13
 Line Dance Party
 7:00pm




14
 Happy
 INTERNATIONAL
 moment of
 Laughter Day



20

21



27

28
APRIL SHOWERS
 Bring
MAY FLOWERS

APRIL

