

RENT The Miller Center



McNaughton Lounge

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



Rooms A & B

Reflections, the Miller Center newsletter is proudly sponsored by:



Liberty Village of Pekin

BrightStarCare
A HIGHER STANDARD



551 S. 14th St. Pekin

www.facebook.com/pekinmillercenter

309-346-5210

Reflections...



MARCH 2024

Barn Quilt Cross Class with Canvas Connections



Wednesday, March 27

1:00pm

Register by March 13

12 inch cross = \$30

18 inch cross = \$45



You MUST Sign up and pre-pay at the Miller Center no later than March 13. (Canvas Connections needs time to have the wood crosses cut before the actual painting date of March 27). Choose your own colors!! 12" size is \$30, which includes wood cross, paints, class instruction and a portion to The Miller Center.
(You can also request 18" size at \$45).



LIVE DANCE PARTY



Saturday, March 9
7pm * \$7 per person

coffee * tea * popcorn * FUN



www.pekinparkdistrict.org/facilities/miller-center/

facebook.com/pekinmillercenter

pekinparkmillercenter@gmail.com

MILLER CENTER - 309-346-5210 - 551 S. 14TH ST - PEKIN, IL. 61554

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
 - Grocery Stores
- Banks
 - Miller Center
- Hair Appointments
 - 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 the 2024 Class Schedule!

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.

Cloud Storage	Wed. March 13	1:30 - 2:30
In this lecture, you'll learn the basics of cloud storage - a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers.		
Exploring & Downloading Apps	Wed. March 20	1:30 - 2:45
During this hands-on workshop, you'll learn how to search for and download apps to your smartphone. Whether you have an iPhone or an Android phone, we'll explore both app stores and cover some helpful considerations for choosing apps. You'll also learn how to uninstall apps and how to adjust some important app settings.		
Google Maps	Wed. March 27	1:30 - 2:30
Visit sites around the world from the comfort of your home, get a bird's-eye-view of your childhood neighborhood, or simply get directions to your friend's house! Google Maps is a mapping application that offers satellite imagery, street maps, and street-view perspectives. It also has a route planner for your preferred transportation method, be it foot, car, bicycle or public transportation. During this lecture, you'll get an introduction to the platform and a demonstration of how to use it.		
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.		



Get creative at Miller Center!

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

Crafts
& Conversation

Wednesdays @ 9:30

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 'lapidarian' can do!

Thursdays @ 6:00
activity fee: \$4

Barn Quilt Cross Class
with Canva Connections

You MUST sign up and pre-pay no later than March 13. (We need time to have the wood crosses cut before the actual painting date of March 27). Choose your own colors!! 12" size is \$30, which includes wood cross, paints, class instruction and a portion to The Miller Center.



(You can also request 18" size at \$45).



Wednesday, March 27
1:00 pm
Register by March 13

CREATIVITY

Quilt Group

The quilters meet on Friday mornings at 9:00. We have several tables and plenty of space to spread out and work on your projects!

Fridays @ 9:00
Activity Fee: \$3

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

Popcorn Fridays

Come in for a bag of popcorn on Fridays!
We make it fresh!

Diana Houlihan, Licensed Sales Agent Humana

BINGO

Thursday
9:30 AM

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



Thank you to our amazing sponsors!



Tuesday, March 12
9:00 AM

\$5 = 4 cards & hot breakfast

Please register in advance

Tuesday Breakfast BINGO is sponsored by:

Dartball

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



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!

facebook.com/pekinmillercenter

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

GOLDEN TOURS

We're Back!
2024



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

WHAT'S HAPPENING?

Garden Club

The Pekin Garden Club meets on the 1st Monday of each month (March - December) at 6pm. Most of our meetings are at Miller Center but we do occasionally meet other places. We usually have a speaker at our meetings, we always have fun! We always welcome new members - stop in and see what we're about!



Our 1st meeting of 2024 is March 4 @ 6:00pm!



Next
STOP
Thrift
SHOP

You loved it- we loved it- we're doing it again!
This year we have 7 trips planned. Destinations include Springfield, Bloomington, Canton, Cuba, Lewistown, Havana, Galesburg, Eureka, Metamora, Chillicothe, and Lacon. 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 * May 15 * June 18 * July 17
Aug 20 * Sept 17 * Oct 16



AARP Smart Driver Course

When you take the AARP Smart Driver™ online 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.



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

each class is 2 days, you must attend both days

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!

A Matter of Balance

New class March 19
register at the front desk or call us at 309-346-5210

A Matter of Balance is an award winning program produced by Boston University. The class is designed to reduce the fear of falling and increase activity levels of older adults who have concerns about falls. This is an 8 week program taught by the Methodist College of Nursing students, right here in Miller Center.

The class meets every Tuesday from March 19 - April 9, it is an 8 week commitment. Registration is required and space is limited. Please register at Miller Center or call 309-346-5210.



LINE DANCE AT MILLER CENTER

LESSONS ON THURSDAYS

Lessons are \$4.
Pay for one class- stay for both!
12:30 Learn the Steps
1:00 Beginner Lessons

DANCES ARE ON THE 2ND SATURDAY

March 3	June 8	7:00 -10:00pm \$7/ per person
April 13	July 13	
May 11	Aug 10	

coffee * popcorn * tea provided

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, March 15
activity fee is \$3


Annie's Exercise is only at 9:00 today



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



sponsors
Exercise w/ Ann

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

March 14
"Wearing of the Green"


March 28




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

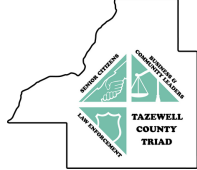
The Power of Age Expo is a program designed to touch on topics that are of interest to our patrons. Each Expo has a scheduled speaker and a lunch sponsor as well as multiple local agencies on site to spotlight their services. The doors open at 10:30am for guests to visit with vendors and find their seats. 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!

March 26

Safe at Home

Presented by: Deputy Nathan Hastings




is sponsoring lunch

April 23

Mental Health Awareness

*Presentation by: Kayla DeBoer
Heartland Health*




is sponsoring lunch

May 28

Funeral Pre-Planning

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



is sponsoring lunch

Monday

Tuesday

Wednesday

MARCH 2024

4

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

5

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

6

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

11

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

12

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


13

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

18

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

19

8:30 Wood Carvers
8:30 Pool
9:00 Fit & Strong
9:30 Matter of Balance
10:30 Walking Club
12:30 Pinochle
 2024 Primary Elections

20

8:30 Pool
9:00 Exercise w/ Ann
9:30 Crafts & Conversation
10:15 Exercise w/ Ann
12:30 Dartball
1:30 Book Club
1:30 Digital Literacy Class
7:00 Bottle Collectors

25

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

26

8:30 Wood Carvers
8:30 Pool
9:00 Matter of Balance
~~10:00 Walking Club~~
10:30 Power of Age Expo
12:30 Pinochle

27

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
1:00 Barn Quilt Cross Class

Thursday

Friday

Sat/Sun

May your blessings
outnumber the shamrocks
that grow, and trouble
avoid you wherever you
go...



1

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

2

3

7

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
100 Line Dance
1:00 Miller Melodies
6:00 Lapidary


8

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

9

 **LINE DANCE PARTY!**
7:00 - 10:00PM

10

 **Daylight Savings**

14

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
100 Line Dance
1:00 Miller Melodies
6:00 Lapidary
7:00 Square Dance

15

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

16

17

 **HAPPY ST. PATRICK'S DAY**

21

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
100 Line Dance
1:00 Miller Melodies
6:00 Lapidary

22

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

23

24

28

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
100 Line Dance
1:00 Miller Melodies
6:00 Lapidary
7:00 Square Dance

29

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

30

31

 **HAPPY EASTER**