

RENT The Miller Center



We have 3 rooms available for rentals with many amenities, including kitchen access and an ice machine. Check with the front desk or call Miller Center for more information.

BIRTHDAY PARTIES
BRIDAL SHOWERS
FAMILY REUNIONS
WEDDINGS
LUNCHEONS
MEETINGS



Liberty Village of Pekin, Pekin Manor & Pekin Estates

is a proud sponsor of the Miller Center Newsletter

309-353-1099

www.libertyvillageofpekin.com

Not-For-Profit

Liberty Village of Pekin



MILLER CENTER

Pekin Park District

Enjoy Your Age!

551 S. 14th St.
Pekin, Il. 61554
Monday - Friday
8:30AM - 4:00PM

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

facebook.com/pekinmillercenter

pekinparkmillercenter@gmail.com

MILLER CENTER

Reflections...

AUGUST 2022

MILLER CENTER SENIOR TRANSPORTATION



MILLER CENTER

Pekin Park District

Enjoy Your Age!

WALK
RIDE



Annual Senior Transportation Fundraiser



August 4 is Papa Murphy's day! Place your order and mention Miller Center. We'll receive a portion of the day's proceeds for our transportation service!



Bake Sale
September 6 -9

Did you know?
A \$20 donation provides 4 round trip rides in Pekin.



Donate \$25 and receive a commemorative 2022 T-shirt

WALK WITH US!

T-shirt pick up is at the WALK on Tuesday, August 23. We'll be at the Pavilion/ Lagoon at 6:00. Come visit with vendors, win prizes and show your support by walking with us around the lagoon!

Miller Center Major Sponsors

- 50+ News & Views
- Cedarhurst of Pekin
- CEFCU
- Farmington Village
- Hallmark Healthcare of Pekin
- Health Alliance
- Humana
- John 3:16
- Liberty of Pekin, Pekin Manor & Pekin Estates
- OSF Healthcare
- Preston-Hanley Funeral Home
- Saxony Court Senior Living
- Serenity Assisted Living & Memory Care
- United Way of Pekin
- Villas of Holly Brook Pekin

Miller Center engages adults 50+ in active life through active living! Drop by the center to meet with friends and make new ones too! 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!

Miller Center Senior Transportation Service

NEED A RIDE?

Monday - Friday
8:00 - 4:00
309.346.5210

Miller Center offers transportation service to seniors who live in Pekin. We go to doctor appointments, grocery stores, hair appointments, the bank, Miller Center and more! Priority is given to medical appointments.

We suggest a \$5 donation for our in town trips and \$15 for out of town. However, we do not turn anyone away for the inability to pay. Our transportation service also goes to Peoria and surrounding areas.

We now have a wheelchair accessible van with a ramp to accommodate those in need.

We recommend that you call as soon as you know you will need transportation as our schedule can fill up fast!

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



Resources

Miller Center is a resource and referral center for the area. Feel free to contact us for information or assistance concerning education, nutrition, health issues, transportation, recreation, and topics for mature adults.

Helpful Numbers



If someone needs information or referral services but has little or no knowledge or experience, dialing **211** is much simpler than other options. Once the person dials **211**, a professional Information and Referral specialist will then either refer or connect that caller to the correct agency.

Pekin Mobile Diner

The Pekin Mobile Diner is a home-delivered meals program that caters exclusively to disabled citizens of Pekin - individuals who are homebound and unable to prepare meals for themselves.

309-346-7336.

Neighborhood House

Meals on Wheels provides a nutritious meal to those who are unable to prepare their own meal. Delivering to portions of Tazewell County, call to check eligibility.

309-674-1131

Senator Koehler's Pekin Office

located at Miller Center

State Senator Dave Koehler's Pekin office provides constituent services for seniors.



**State Senator
Dave Koehler**

- Assistance for seniors obtaining discounted license plates or free CityLink bus passes
- Helping constituents enroll in the Senior Health Insurance Program which provides assistance with Medicare (parts A, B, C and D), Medigap supplement plans and Medicaid
- Helping local residents who have had garnished wages or withholding errors with child support
- Assist with FOID card application issues, and help with any questions regarding hunting and fishing licenses, park locations and the rules and regulations of the Department of Natural Resources.
- Providing assistance for issue with the Social Security Office

For more information about our Pekin office please call 309-369-1648

Upcoming Trips



Golden Tours Midwest and Miller Center have partnered to offer all-inclusive ultimate day trips with convenient pick up and drop off at Miller Center! The full trip booklet is in our lobby. If you have any questions please call Tracy Geisz at 309-369-3171

Come celebrate Oktober Fest in New Glarus, Wi. in August! This town is known as "America's Little Switzerland" and has retained it's Swiss Charm in everything!

Date: Wednesday, August 10, 2022
Time: 7:00am - 7:00pm

Includes: Luxury motor coach, professional driver, tour hosts, Miller Center pick up location, activities on the coach, all tour admissions and a premium lunch!



Let's go see the gorgeous natural colors of the season! We'll travel to Alton, Il. and drive along the Mississippi river on one of the most scenic drives in the United States.

Date: Thursday, October 27, 2022
Time: 8:00am -6:30pm

Includes: Luxury motor coach, professional driver, tour hosts, Miller Center pick up location, activities on the coach, a premium lunch and gorgeous views!



Where do you want to go?

Lunch Museums Parks
Dinner Shopping Movies

Let Us Know!

ANNUAL FUNDRAISER!

Tuesday, August 23
6:00pm
Mineral Springs
Lagoon/ Pavilion



Receive a 2022 Walk for a Ride commemorative t-shirt with your \$25 donation! T-shirt pick up is at the walk!

Ways YOU can help:



Donate \$25 and receive a t-shirt!



Bake Sale
September 6 -9



September 27, 2022
Scam Protection

Lunch sponsored by **CEFCU**
Not a bank. Better.™

October 25, 2022
Medicare 101

Lunch sponsored by **Humana**

November 22, 2022
10 Common Medicare Mistakes

Lunch sponsored by **Health Alliance™**
HealthAlliance.org

December 27, 2022
Roaring with Ruby

Lunch sponsored by **Ally's**

August 23, 2022 is our next Lunch & Learn!
Kim Litwiller is speaking about diabetes prevention.

Lunch is sponsored by



SOLVERA HEALTH
PEORIA

Our Lunch & Learn series are free events however, space is limited so preregistration is required.

Games & Fun

CARDS AT MILLER CENTER

There is a card game at Miller Center almost every day of the week! If these games don't interest you, let us know what does! We have the space to add more games, or you can come to Game Day and play then! We always have coffee and tea available (and popcorn on Fridays). Activity fee is \$2.00.

DOUBLE PINOCHLE

Monday at 5:00 pm



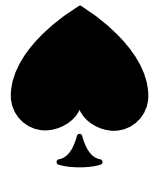
GAME DAY

Thursday at 12:30 pm



PINOCHLE

Tuesday at 12:30 pm



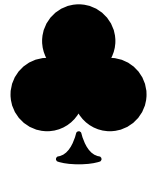
HAND & FOOT

Thursday at 12:30 pm



EUCHRE

Friday at 12:30 pm



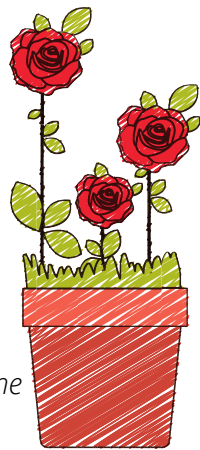
Garden Club

August 1st

6:00pm at Miller Center

August topic is **ROSES**

The Garden Club meets at Miller Center on the 1st Monday of each month.



Socialize with us and...

- increase your sense of purpose & belonging
- increase your self-confidence
- improve your mental health



BINGO

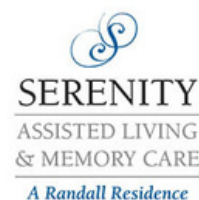
Thursdays at 9:30AM

Activity fee: \$2 (you will receive 2 cards)

\$1 additional will get you 2 more cards

Coffee and tea are always available

THANK YOU!



To our sponsors who provide prizes and the BINGO caller!

Guess who's turning 40?!

and we're ready to celebrate!



We want your help!

What brought you to Miller Center?

When did you first start coming to Miller Center?

Did you work or volunteer at Miller Center?

What are some of your Miller Center memories?

What is your favorite activity or program at Miller Center?

Do you have any pictures?

We'd love to hear from you! You can email, Facebook message or write down things about Miller Center and we'll use them in our celebration!

pekinparkmillercenter@gmail.com,
www.facebook.com/pekinparkmillercenter

Health & Wellness

WALKING CLUB

Walking just 30 minutes a day will improve your mental and physical health. The Miller Center Walking Club meets on Tuesday and Thursday mornings at 10:00. The Walking Club walks outside when weather permits. Our annual membership is \$25 and you will receive an Epic Hydration Holder and free or discounted Walking Club trips.

Tuesdays & Thursdays at 10:00
Meet at Miller Center

\$25 Annual
Membership



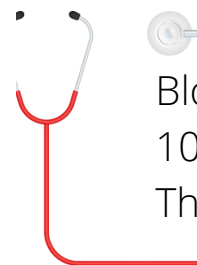
EXERCISE CLASS

Annie's Exercise class meets on Mondays, Wednesdays and Fridays. Her first class starts at 9:00 and the second one starts at 10:15. Annie leads a chair exercise class where you can do as little or as much as you want. Come on in and see what it's like!

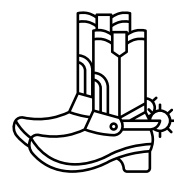
Monday, Wednesday and Friday
Classes are at 9:00 & 10:15
Activity fee: \$2 (your first class is free)



**BE STRONGER
THAN YOUR
EXCUSES**



Blood pressure checks are the first Thursday of each month at 10:45 and the second Monday at noon. This service is provided by Saxony Court Senior Living.



We are looking for line dance instructors. If you are one, or if you know one, PLEASE reach out!



Creative

KEEPING Connected W/JACKIE



Jackie will be here August 12th to 'keep you connected' with others, share some information and guide you in a fall craft!

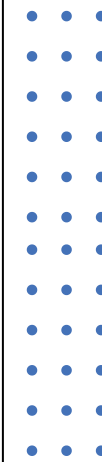
August 12, 2022
10:00 AM

Please register in advance as space is limited



Crafts and Conversation

Janet is here every Wednesday to craft with you! She plans different crafts each month, but you can also use your own ideas! Come on in and enjoy some conversations with friends and do some crafting.
Wednesdays from 9:30 -3:00
Activity fee: \$2



Miller Center Wood Shop



The Miller Center wood shop offers opportunities to express your creative side by carving wood, wood burning and making cabochons with stones. Come on in, grab a cup of coffee and check out the wood shop

Wood Carving

Tuesdays
Thursdays
8:30 AM
Activity fee: \$2



Explore Card Making with Dora



Exciting New Class!
On the 2nd Friday of each month Dora will be leading a card making class! This month the topic is **BIRTHDAY CARDS.**
August 12 @ 1:00
Activity fee: \$2

Q U I L T

Are you working on a quilt or other large project? We have space for you to spread out and work!
Join our Quilters on Friday mornings for some sewing and conversation!

Fridays at 9:00
Activity fee: \$2
coffee & tea are always available



LAPIDARY
Thursdays
6:00 PM
Activity fee: \$3

**Being creative isn't
Just a hobby it's a
way of life!**

Monday

Tuesday










Wednesday

Thursday

Friday

Sat/Sun

<p>1 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Dartball 12:30PM Game Day <i>sponsored by Saxony Court</i> 5:00PM Double Pinochle 6:00PM Garden Club</p>	<p>2 8:30AM Wood Carver Group 10:00AM Walking Club <i>sponsored by Farmington Village</i> 12:30PM Pinochle</p>	<p>3 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 9:30AM Crafts & Conversation 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Dartball</p>
<p>8 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:00PM Blood Pressure Check 12:30PM Game Day <i>sponsored by Saxony Court</i> 12:30PM Dartball 5:00PM Double Pinochle</p>	<p>9 8:30AM Wood Carver Group 10:00AM Walking Club <i>sponsored by Farmington Village</i> 12:30PM Pinochle</p>	<p>10 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 9:30AM Crafts & Conversation 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Dartball</p> 
<p>15 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Dartball 12:30PM Game Day <i>sponsored by Saxony Court</i> 5:00PM Double Pinochle</p>	<p>16 8:30AM Wood Carver Group 10:00AM Walking Club <i>sponsored by Farmington Village</i> 12:30PM Pinochle</p>	<p>17 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 9:30AM Crafts & Conversation 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Dartball 7:00PM Bottle Collector Group</p>
<p>22 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Game Day <i>sponsored by Saxony Court</i> 12:30PM Dartball 5:00PM Double Pinochle</p>	<p>23 8:30AM Wood Carver Group 10:00AM Walking Club <i>sponsored by Farmington Village</i> 10:30AM Power of Age Expo 12:30PM Pinochle</p> 	<p>24 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 9:30AM Crafts & Conversation 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Dartball</p>
<p>29 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Game Day <i>sponsored by Saxony Court</i> 12:30PM Dartball 5:00PM Double Pinochle</p>	<p>30 8:30AM Wood Carver Group 10:00AM Walking Club <i>sponsored by Farmington Village</i> 12:30PM Pinochle</p>	<p>31 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 9:30AM Crafts & Conversation 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Dartball</p>

<p>4 8:30AM Wood Carver Group 9:30AM BINGO <i>sponsored by Saxony Court</i> 10:00AM Walking Club <i>sponsored by Farmington Village</i> 10:45AM Blood Pressure check 12:30PM Hand & Foot 6:00PM Lapidary</p> 	<p>5 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 9:00AM Quilting Group 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Euchre</p>  <p>Popcorn Friday sponsored by Humana</p>	<p>6</p>
<p>11 8:30AM Wood Carver Group 9:30AM BINGO <i>sponsored by Hallmark</i> 10:00AM Walking Club <i>sponsored by Farmington Village</i> 12:00PM Showtime 12:30PM Hand & Foot 6:00PM Lapidary</p> 	<p>12 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 9:00AM Quilting Group 10:00AM Keeping Connected 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Euchre 1:00PM Card Making</p>  <p>Popcorn Friday sponsored by Humana</p>	<p>13 NATIONAL Garage Sale Day</p>
<p>18 8:30AM Wood Carver Group 9:30AM BINGO <i>sponsored by Serenity</i> 10:00AM Walking Club <i>sponsored by Farmington Village</i> 12:30PM Hand & Foot 6:00PM Lapidary</p> 	<p>19 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 9:00AM Quilting Group 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Euchre</p>  <p>Popcorn Friday sponsored by Humana</p>	<p>20</p> 
<p>25 8:30AM Wood Carver Group 9:30AM BINGO <i>sponsored by Hallmark</i> 10:00AM Walking Club <i>sponsored by Farmington Village</i> 12:30PM Hand & Foot 6:00PM Lapidary</p> 	<p>26 9:00AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 9:00AM Quilting Group 10:15AM Exercise w/ Ann <i>sponsored by OSF Health Care</i> 12:30PM Euchre</p>  <p>Popcorn Friday sponsored by Humana</p>	<p>21</p>
<p>28</p>	<p>27</p>	<p>28</p>

