

# 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](http://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/](http://www.pekinparkdistrict.org/facilities/miller-center/)

[facebook.com/pekinmillercenter](https://facebook.com/pekinmillercenter)

[pekinparkmillercenter@gmail.com](mailto:pekinparkmillercenter@gmail.com)

# MARCH 2023



CHANGING THE CONVERSATION ON AGING

## THE 4TH TUESDAY EACH MONTH

*Mark YOUR Calendar*

- NEW TOPICS EACH MONTH
- LUNCH AT NO COST TO YOU
- VENDORS FROM LOCAL AGENCIES

**MARCH 28**

**SARAH FENTON**

**TAZEWELL COUNTY HEALTH DEPT**

**'ADULT IMMUNIZATIONS'**

LUNCH IS SPONSORED BY:



**APRIL 25**

**HEATHER CALCARA**

**ILLINOIS ATTORNEY GENERAL'S OFFICE**

**"IDENTITY THEFT, SCAMS & TIPS"**

LUNCH IS SPONSORED BY:



MILLER CENTER  
**Reflections...**

# Miller Center Major Sponsors

- 50+ News & Views
- Busey Bank
- Cedarhurst of Pekin Senior Living
- CEFCU
- Danner Family Dentistry
- Farmington Village
- Health Alliance
- Humana
- ICPR
- John 3:16
- Lange Animal Clinic
- Liberty Village of Pekin, Pekin Manor & Pekin Estates
- OSF Healthcare
- Preston-Hanley Funeral Home
- United Way of Pekin
- Unland Companies
- Villas of Holly Brook Pekin
- Vonderheide Floor Covering

*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**

- Doctor Appointments
- Grocery Stores
- Hair Appointments
- Your Bank
- Miller Center
- Plus More!

Miller Center offers transportation service to seniors who live in Pekin. We transport within Pekin, Peoria and surrounding areas. There is a \$5 donation for in town rides, if you are going out of town we suggest a \$15 donation. We do not turn anyone away for the inability to pay. Medical Appointments have first priority. Miller Center offers wheelchair transportation as well, please call as soon as possible as our slots fill up quick!

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.

## Miller Center Computer Lab



*Preston-Hanley*  
FUNERAL HOMES & CREMATORY, L.L.C.

Our Computer Lab is open to the public during our open hours and when classes are not taking place. Classes are normally Monday mornings and Wednesday afternoons, a full schedule is in our lobby. Come in and check your email, type a document or do some research!

Monday - Friday \* 8:30am - 3:30pm

### 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.

**309-346-7996.**



### 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**



Get Connected. Get Help.™

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.



**"I feel lonely. Can I talk to you?"**

**Friendship Line 1-800-971-0016**

**Institute on Aging's 24-hour toll-free accredited crisis line for persons 60 years and older and adults living with disabilities.**

**The Friendship Line is both a crisis intervention hotline and a warmline for non-urgent calls.**



# Trips



EXCLUSIVELY WITH MILLER CENTER

Date: MARCH 22, 2023

Time: 9:00 - 5:30

COST: \$145.00 per person

Come enjoy this production of Grumpy Old Men the Musical at the beautiful theater Circa 21' in Rock Island, IL. Fasten your seat belt, it's going to be a grumpy ride! Based on the classic 1993 Warner Brother film, this hilarious new show was penned by Dan Remmes, with music by Neil Berg and lyrics by Nick Meglin. Don't miss this laugh-out-loud story of family, friendship, love and romance in a fresh new musical that's guaranteed to delight!

THIS TRIP INCLUDES: LUXURY MOTOR COACH, PROFESSIONAL DRIVER, TOUR HOSTS, MILLER CENTER PICK-UP LOCATION, ACTIVITIES ON THE COACH, PERFORMANCE TICKET & A PREMIUM LUNCH.



TO MAKE RESERVATIONS CALL TRACY AT 309-369-3171

## Next UP

### *The Hill* in St. Louis, MO



Date: Friday, June 16, 2023

Time: 7:00 - 7:30

Cost: \$130.00 per person

Seating is limited, call Tracy to reserve your space today!

309-369-3171

## MILLER CENTER SENIOR TRANSPORTATION



MILLER CENTER  
Pekin Park District

Enjoy Your Age!

# WALK FOR A RIDE 2023

Walk for a Ride is our annual fundraiser that supports our senior transportation program. This year we are offering more opportunities to show your support throughout the year!

## March Restaurant Fundraiser



Come to: 3610 W Kelly Ave. Pekin, IL

On: March 20th, 2022

10:30AM-9:00PM

Present this **PRINTED** flyer to the cashier upon payment for tracking purposes and **15%** of proceeds will go to support: **Miller Center**

On Dine-In/ Delivery or Carry Out orders

Tax, gratuity and alcohol sales are not included in donation

More flyers available at Miller Center

## SAVE THE DATE

The 2023 Walk for a Ride is

**September 12th**

Pekin Park Lagoon



Our **February** restaurant fundraiser was with Monical's Pizza. Monical's donated 20% of each order on February 13 to our transportation program! Thank you **Monical's of Pekin** for your support!

# Games & Fun

**BINGO**  
**BINGO**  
**BINGO**

EVERY THURSDAY AT 9:30  
\$2 FOR 2 OR \$3 FOR 4 CARDS

Thank you  
to our  
awesome  
sponsors!



Cindy Wamack  
Humana Medicare Representative  
309.435.9284

## MARCH BREAKFAST BINGO

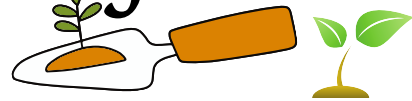
TUESDAY, MARCH 14 @ 9:00 \*REGISTER IN ADVANCE\*  
\$5 ACTIVITY FEE INCLUDES HOT BREAKFAST AND 4 CARDS

## SPECIAL BREAKFAST BINGO

THURSDAY, MARCH 30 @ 9:00 (REGISTER IN ADVANCE)  
\$5 ACTIVITY FEE INCLUDES HOT BREAKFAST AND 4 CARDS

Our 5th Thursday Breakfast BINGO is sponsored by:  cedarhurst  
ASSISTED LIVING and MEMORY CARE

## Pekin Garden Club



March 6 @ 6pm  
Everyone is welcome, this is a general meeting to discuss plans for the year!

## CARDS

Game Day: Mondays @ 12:30  
Double Pinochle: Mondays @ 5:00  
Pinochle: Tuesdays @ 12:30  
Mah Jongg: Tuesdays @ 1:00  
Hand & Foot: Thursdays @ 12:30  
Euchre: Fridays @ 12:30

**\$2 ACTIVITY FEE**

## Miller Melodies

Miller Melodies is a choral group that performs throughout the area. They are looking for experienced vocalists to join. Come check them out!  
Practice is on **Thursday afternoons from 1:00 - 2:00!**  
Activity fee is \$2.00

# Creative

*"Creativity is seeing what others see and thinking what no one else ever thought." - Albert Einstein*



## Tuesday

Miller Center Wood Shop opens at 8:30! We have some very talented wood workers that meet here. Our Wood Shop has all you need to get started!  
Come in and take a look!

## Wednesday



Spend some time with a great group of ladies in our craft room! Wednesday mornings starting at 9:30 we have "Crafts & Conversation" with Janet.  
Grab a cup of coffee and enjoy crafting! This month is all about St. Patrick's day!

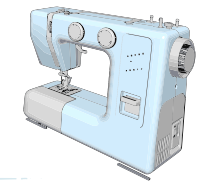


## Thursday

The Wood Shop is open again on Thursdays at 8:30. Come by in the morning for some wood working and then in the evening for Lapidary! Lapidary is carving and polishing stones.

The Lapidarians meet from 6-9pm.

## Friday



On Fridays we quilt! We have long tables set up, an extra large ironing board and friendly faces! Come start or work on your own project or sew up some blankets for the Linus Project!

Our Quilt group gets started around 9:00.

\*WOOD CARVERS, CRAFTING & QUILTING ARE \$2, LAPIDARY IS \$3



# Health & Wellness

## SHINGLES vaccine CLINIC

Tuesday, March 28

9:00am - 12:00pm

Please bring all insurance cards with you.

Consent forms will be available to fill out on-site.

*This is a 2 shot series, the second clinic will be held in June*



SHINGRIX (SHINGLES vaccine) WILL BE a covered vaccine WITH NO COST FOR MEDICARE PART D HOLDERS STARTING IN January 2023.

PEKIN PARK DISTRICT MILLER CENTER

*Walking Club*



Miller Center Walking Club is here for you!

\*Tuesday & Thursday mornings

\*Meet at Miller Center at 10:00

Annual Membership of \$25 has been reduced to **\$10** until the new season kick off in June!

*Thank you Farmington Village Nursing and Rehabilitation for sponsoring our Walking Club!*

## EXERCISE with Ann

Ann's exercise class is a low impact, chair exercise class where you can do as little or as much as you'd like.

*The activity fee is \$2 but your first class is FREE!*

Monday, Wednesday, Friday

9:00 & 10:15

sponsored by



**LIVE LIFE IN FULL BLOOM**

## Square Dance Lessons

The last Square Dance Lesson is March 5 at 2:00.

## Square Dances

Dances are on the 2nd & 4th Thursdays each month at 7PM.

## Line Dancing

THURSDAYS

1:00 Beginner Lessons

2:00 Intermediate Lessons

**\$4** Your first time is free and if you stay for the 2nd class it's free.

## DIGITAL LITERACY COURSES

**March courses are listed below, full course descriptions are available in the Miller Center Lobby**

### Single Session Lectures and Workshops

Protecting Your Personal Info March 8 @ 1:30	Connecting to the Internet March 22 @ 1:30
Staying Safe Online March 15 @ 1:30	Finding Information Online March 27 @ 9:30
Intro to Managing Your Privacy March 20 @ 9:30	Using GovTrack.us March 29 @ 1:30

### Multi-Session Lectures and Workshops

April 4- May 4 (T/Th at 2:00pm) Online Basics: <i>Get foundational digital skills so that you can thrive online</i>
May 15- June 1 (T/Th 2:00pm) Using Google Workspace Tools <i>Learn the basics of Google Workspace, Google Slides &amp; Google Sheets</i>

THERE IS NO COST FOR THE DIGITAL LITERACY CLASSES, HOWEVER REGISTRATION IS REQUIRED



## birthday club



Do you LOVE celebrating birthdays? Help us celebrate YOURS! **Richardson Counseling and Wellness Center** is sponsoring a Birthday Club at Miller Center! The idea is to provide a birthday surprise to seniors who may not otherwise get one. This is a free program, we just need your name and birthday and a special fact about you (likes, dislikes, hobbies, etc). Then you will receive a birthday surprise the month of your birthday! Contact Miller Center to sign up!

Monday

Tuesday

Wednesday

Thursday

Friday

Sat/Sun

# March

**1**  
 9:00AM Exercise w/ Ann  
 9:30AM Crafts & Conversation  
 10:15AM Exercise w/ Ann  
 12:30PM Dartball

**8**  
 9:00AM Exercise w/ Ann  
 9:30AM Crafts & Conversation  
**10:00AM Diabetes Prevention**  
 10:15AM Exercise w/ Ann  
 12:30PM Dartball  
**1:30PM Digital Literacy Class**

**15**  
 9:00AM Exercise w/ Ann  
 9:30AM Crafts & Conversation  
 10:15AM Exercise w/ Ann  
 12:30PM Dartball  
**1:30PM Book Club**  
**1:30PM Digital Literacy Class**  
 7:00PM Bottle Collector Group

**22**  
 9:00AM Exercise w/ Ann  
 9:30AM Crafts & Conversation  
**10:00AM Diabetes Prevention**  
 10:15AM Exercise w/ Ann  
 12:30PM Dartball  
**1:30PM Digital Literacy Class**  
 Golden Tours Day Trip

**29**  
 9:00AM Exercise w/ Ann  
 9:30AM Crafts & Conversation  
**10:00AM Diabetes Prevention**  
 10:15AM Exercise w/ Ann  
 12:30PM Dartball  
**1:30PM Digital Literacy Class**

**6**  
 9:00AM Exercise w/ Ann  
**9:30AM Digital Literacy Class**  
 10:15AM Exercise w/ Ann  
 12:30PM Game Day  
 12:30PM Dartball  
 5:00PM Double Pinochle  
**6:00PM Pekin Garden Club**

**13**  
 9:00AM Exercise w/ Ann  
**9:30AM Digital Literacy Class**  
 10:15AM Exercise w/ Ann  
 12:30PM Game Day  
 12:30PM Dartball  
 5:00PM Double Pinochle

**20**  
 9:00AM Exercise w/ Ann  
**9:30AM Matter of Balance**  
**9:30AM Digital Literacy Class**  
 10:15AM Exercise w/ Ann  
 12:30PM Game Day  
 12:30PM Dartball  
 5:00PM Double Pinochle  
 Avanti's Fundraising Day

**27**  
 9:00AM Exercise w/ Ann  
**9:30AM Matter of Balance**  
**9:30AM Digital Literacy Class**  
 10:15AM Exercise w/ Ann  
 12:30PM Game Day  
 12:30PM Dartball  
 5:00PM Double Pinochle

**7**  
 8:30AM Wood Carver Group  
 10:00AM Walking Club  
 12:30PM Pinochle  
**1:00PM Mah Jongg**

**14**  
 8:30AM Wood Carver Group  
**9:00AM Breakfast BINGO**  
 10:00AM Walking Club  
 12:30PM Pinochle  
**1:00PM Mah Jongg**

**21**  
 8:30AM Wood Carver Group  
 10:00AM Walking Club  
 12:30PM Pinochle  
**1:00PM Mah Jongg**

**28**  
 8:30AM Wood Carver Group  
**10:00AM Walking Club Cancelled**  
**10:30 AM Power of Age Expo**  
 12:30PM Pinochle  
**1:00PM Mah Jongg**  
**SHINGLES VACCINE CLINIC**  
**9:00 -12:00**

**2**  
 8:30AM Wood Carver Group  
 9:30AM BINGO  
 10:00AM Walking Club  
 12:30PM Hand & Foot  
 1:00PM Line Dance Lessons  
 1:00PM Miller Melodies  
 6:00PM Lapidary

**9**  
 8:30AM Wood Carver Group  
 9:30AM BINGO  
 10:00AM Walking Club  
 12:30PM Hand & Foot  
 1:00PM Line Dance Lessons  
 1:00PM Miller Melodies  
 6:00PM Lapidary  
 7:00PM Square Dance

**16**  
 8:30AM Wood Carver Group  
 9:30AM BINGO  
 10:00AM Walking Club  
 12:30PM Hand & Foot  
~~1:00PM Line Dance Lessons~~  
 1:00PM Miller Melodies  
 6:00PM Lapidary  
 CANCELLED TODAY ONLY

**23**  
 8:30AM Wood Carver Group  
 9:30AM BINGO  
 10:00AM Walking Club  
 12:30PM Hand & Foot  
 1:00 PM Line Dance Lessons  
 1:00PM Miller Melodies  
 6:00PM Lapidary  
 7:00PM Square Dance

**30**  
 8:30AM Wood Carver Group  
**9:00AM Breakfast BINGO**  
 10:00AM Walking Club  
 12:30PM Hand & Foot  
 1:00 PM Line Dance Lessons  
 1:00PM Miller Melodies  
 6:00PM Lapidary

**3**  
 9:00AM Exercise w/ Ann  
 9:00AM Quilting Group  
 10:15AM Exercise w/ Ann  
 12:30PM Euchre  
 Popcorn Friday sponsored by Humana

**10**  
 9:00AM Exercise w/ Ann  
 9:00AM Quilting Group  
 10:15AM Exercise w/ Ann  
 12:30PM Euchre  
 Popcorn Friday sponsored by Humana

**17**  
 9:00AM Exercise w/ Ann  
 9:00AM Quilting Group  
 10:15AM Exercise w/ Ann  
 12:30PM Euchre  
 St. Patrick's Day  
 Popcorn Friday sponsored by Humana

**24**  
 9:00AM Exercise w/ Ann  
 9:00AM Quilting Group  
 10:15AM Exercise w/ Ann  
 12:30PM Euchre  
 Popcorn Friday sponsored by Humana

**4**  
 Last Square Dance Lesson  
 2:00-4:00pm  
**5**

**11**  
 1H+  
**12**

**18**  
 9:00AM Exercise w/ Ann  
 9:00AM Quilting Group  
 10:15AM Exercise w/ Ann  
 12:30PM Euchre  
**19**

**25**  
 9:00AM Exercise w/ Ann  
 9:00AM Quilting Group  
 10:15AM Exercise w/ Ann  
 12:30PM Euchre  
**26**

May your blessings outnumber  
 The Shamrocks that grow.  
 And may trouble avoid you  
 Wherever you go