

# Reflections...

## APRIL 2025



# APRIL SHOWERS

## Bring



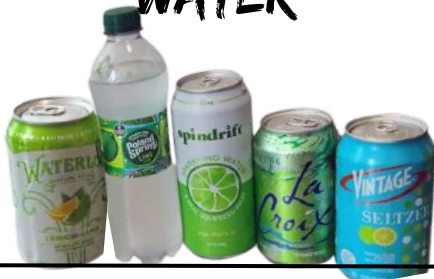
april  
15  
1pm

\$5

# WATER TASTING EVENT!

Are you properly HYDRATING? What's really in the flavored WATER you are drinking?  
Have you always wanted to try different flavored WATERS, but never ventured out?  
Come learn more about the importance of HYDRATION and new ways to stay WELL-HYDRATED!

### FLAVORED SELTZER WATER



### FLAVORED WATER



### FRUIT INFUSED WATER



[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)

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

# MILLER CENTER ENGAGES 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!***

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## MILLER CENTER MAJOR SPONSORS

- 50 + News & View
- Busey Bank
- Carle Health Volunteer Services
- Charter Senior Living
- CEFCU
- Don Sarff Insurance
- Golden Tours
- Health Alliance
- ICPR
- John 3:16
- Liberty Village of Pekin, Pekin Manor & Pekin Estates
- NuEra
- OSF HealthCare
- Preston-Hanley Funeral Home
- Springfield Clinic
- Spoon River Home Health Services
- United Way of Pekin
- Villas of Holly Brook Pekin

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## MILLER CENTER SENIOR TRANSPORTATION SERVICE

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

IN TOWN (PEKIN)	OUT OF TOWN
\$4 per trip	\$11 per trip
Wheelchair transport \$15 per trip	Wheelchair transport \$25 per trip

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

*These are suggested donations. No one is turned away for inability to pay. Miller Center Transportation is partially funded by The United Way of Pekin.*



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## NEW DAY SENIOR SERVICES

Center for Youth & Family Solutions offers an outreach program called **New Day Senior Services** to help identify available services and resources for you. Services are free and available to those 60 years and older.

Some information they can provide is: **Benefit Access Applications, Home Delivered Meals, Legal Services, In-Home Counseling & MORE!**

*Call Megan at 309-323-6568 to schedule an appointment.  
She will be at Miller Center on the **2nd Monday of the month at noon.***



# SPECIAL EVENTS

*Power of Age Expo 2025 monthly lunch and learn series.*

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## The Power of Age Expo 2025

CHANGING THE CONVERSATION ON AGING  
HOT TOPICS • LOCAL VENDORS • FREE LUNCH  
**MONTHLY LUNCH AND LEARN EXPO**

The doors open at 10:30am. Lunch is served while you listen to the speaker and there is time to check out the vendors and ask questions.



**REGISTER NOW**

**309.346.5210**

*\*\*\*Registration limited*

**APR**

**22ND**

**Presented by:**

Jackie Bowers, Center for Youth and Family Solutions

**Reduce Loneliness through Engagement**

**Lunch is sponsored by:**



**MAY**

**27TH**

**Presented by:**

Charla Buchanan and Lance Jones, CEFCU

**Don't Let the Bad Actors Win**

**Lunch is sponsored by:**



Not a bank. Better. ®

**JUN**

**24TH**

**Presented by:**

Alex Chiou, Beltone

**Dementia and the Dangers of an untreated Hearing Loss**

**Lunch is sponsored by:**



# HERE'S WHAT'S HAPPENING



Golden Tours and Miller Center have partnered for 5 Ultimate Daytrips! 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.**

## **A Day with the Amish in Arthur, IL**

**Tuesday, April 29, 2025 \* 7:30am - 7:00pm**

It's back! Our most popular DayTrip and most repeated! Come learn more about the history and culture of the Amish way of life in Arthur, IL. We will have an Amish Guide give us the Ultimate Amish Experience! We'll tour the new Premiere Design Showroom showcasing beautiful woodwork, take a ride in an Amish buggy and enjoy the most delicious Amish style homemade meal in an Amish home! Don't forget to wear your stretchy pants! We will also shop at Beachy's Bulk Food store filled with spices, preserves, pastas, candies and many other items. We will get a city tour before we visit downtown Arthur. Don't forget to stop and see Arthur's famous Jerry Winter's Gallery! You won't want to miss this one-of-a-kind Amish DayTrip Experience!

**Includes:** Luxury Motor Coach, Professional Driver, Tracy as your Tour Host, Miller Center Pick-Up Location, Activities on the Coach, Entertainment & a Premium Lunch!

**This all inclusive trip is \$185 per person**



## **Mules, Mansion & Mimosas Tour**

**Wednesday, May 21, 2025 \* 7:00am - 7:00pm**

You won't want to miss the amazing day experiencing a relaxing and educational ride on the I&M Canal pulled by a mule. Then we'll kick back with mimosas while enjoying the Boat Captain's lunch in the I&M Canal Visitor Center Vintage Room. You'll also get to shop in their beautiful gift shop. Next, we'll venture to the Reddick Mansion and explore the 22-room Italianate mansion along with the estate's specialty gardens. Then we'll end the day stopping at the August Hill Winery for wine tasting and shopping in Utica, IL.

**Includes:** Luxury Motor Coach, Professional Driver, Tracy as your Tour Host, Miller Center Pick-Up Location, Activities on the Coach, Entertainment & a Premium Lunch!

**This all inclusive trip is \$199 per person**





# AT THE MILLER CENTER

## Next STOP Thrift SHOP

Happy SHOPPING

Sponsored by:



Join us at 8:30 AM as Spoon River Home Health sponsors a light breakfast to begin our day!



Seats are limited!

\$25 activity fee

\*payment due at registration\*

Wednesday, April 16th  
~Springfield~ \*leaves at 8:45\*

Tuesday, May 13th  
~Bloomington~

It's time to start up our Thrift Store trips!  
Bus leaves @ 9:00 unless otherwise noted



## SHOWTIME: 1:00 PM

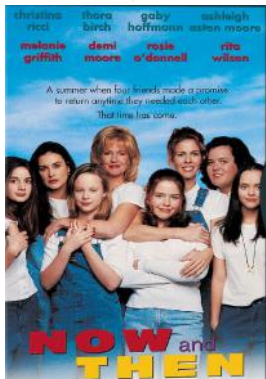
## ADMISSION: \$3

Includes movie & popcorn!

ALL AGES  
WELCOME!

## PETER RABBIT

April 18th



## NOW & THEN

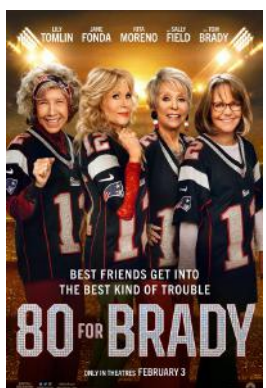
**PG-13** April 4th

Four childhood friends, who are now in their thirties, are having a reunion. Their lives have gone separate and very different ways. Together again, they reminisce about their younger years, especially the eventful period when they were 12.



Based on the books by Beatrix Potter: Peter Rabbit; his three sisters: Flopsy, Mopsy, and Cotton Tail and their cousin Benjamin enjoy their days harassing Mr. McGregor in his vegetable garden. Until one day he dies and no one can stop them roaming across his house and lands for a full day or so. However, when one of Mr McGregor's relatives inherits the house and goes to check it out, he finds much more than he bargained for. What ensues, is a battle of wills between the new Mr McGregor and the rabbits. But when he starts to fall in love with Bea, a real lover of all nature, his feelings towards them begin to change. But is it too late?

**PG**



## 80 FOR BRADY

April 11th

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

**PG-13**



## BOOK CLUB

April 25th








Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

**PG-13**

# Monday

# Tuesday




# Wednesday

	<p><b>1</b></p>  <p>8:30 Wood Carvers  <b>9:00 Matter of Balance</b>  <b>9:00 Fit &amp; Strong - field trip</b>  10:00 Walking Club  <b>10:00 Pinochle Tournament with Lincoln Oasis</b></p>	<p><b>2</b></p> <p>9:00 Exercise w/ Ann  9:30 Crafts &amp; Conversation  10:15 Exercise w/ Ann  12:30 Dartball  1:30 Miller Melodies</p> 
<p><b>7</b></p> <p>9:00 Exercise w/ Ann  10:15 Exercise w/ Ann  <b>12:00 New Day Senior Services</b>  12:30 Game Day  12:30 Dartball  12:30 Mah Jongg  12:30 Double Pinochle  <b>6:00 Garden Club</b></p>	<p><b>8</b></p> <p>8:30 Wood Carvers  <b>9:00 Breakfast BINGO</b>  <b>9:00 Fit &amp; Strong</b>  <b>9:30 Matter of Balance</b>  10:00 Walking Club  12:30 Pinochle  <b>1:00 Paint Day</b></p> 	<p><b>9</b></p> <p><b>Dine Out!</b></p> <p>9:00 Exercise w/ Ann  9:30 Crafts &amp; Conversation  10:15 Exercise w/ Ann  <b>9:30 Digital Literacy</b>  12:30 Dartball  <b>1:30 Digital Literacy</b>  1:30 Miller Melodies  <b>2:00 Alzheimer Support Group</b></p>
<p><b>14</b></p> <p>9:00 Exercise w/ Ann  10:15 Exercise w/ Ann  12:30 Game Day  12:30 Dartball  12:30 Mah Jongg  12:30 Double Pinochle</p> 	<p><b>15</b></p> <p>8:30 Wood Carvers  <b>9:30 Matter of Balance</b>  10:00 Walking Club  12:30 Pinochle  <b>1:00 Water Tasting Event</b></p> 	<p><b>16</b></p> <p><b>8:30 AM Thrift Shopping Trip</b></p> <p>9:00 Exercise w/ Ann  9:30 Crafts &amp; Conversation  10:15 Exercise w/ Ann  <b>10:30 Digital Literacy</b>  12:30 Dartball  <b>1:30 Digital Literacy</b>  1:30 Miller Melodies  <b>7:00 Bottle Collectors</b></p> 
<p><b>21</b></p> <p>9:00 Exercise w/ Ann  10:15 Exercise w/ Ann  12:30 Game Day  12:30 Dartball  12:30 Mah Jongg  12:30 Double Pinochle</p>	<p><b>22</b></p> <p><b>Power of Age Expo</b></p> <p>8:30 Wood Carvers  <b>9:30 Matter of Balance</b>  <del>10:00 Walking Club</del>  12:30 Pinochle</p>	<p><b>23</b></p> <p>9:00 Exercise w/ Ann  9:30 Crafts &amp; Conversation  10:15 Exercise w/ Ann  12:30 Dartball  1:30 Miller Melodies</p>
<p><b>28</b></p> <p>9:00 Exercise w/ Ann  10:15 Exercise w/ Ann  12:30 Game Day  12:30 Dartball  12:30 Mah Jongg  12:30 Double Pinochle</p>	<p><b>29</b></p> <p><b>Golden Tours Trip</b></p> <p>8:30 Wood Carvers  <b>9:30 Matter of Balance</b>  <b>10:00 Fleece &amp; Thank You</b>  10:00 Walking Club  12:30 Pinochle</p>	<p><b>30</b></p> <p>9:00 Exercise w/ Ann  9:30 Crafts &amp; Conversation  10:15 Exercise w/ Ann  <b>10:30 Digital Literacy</b>  12:30 Dartball  <b>1:30 Digital Literacy</b>  1:30 Miller Melodies</p>

# Thursday

# Friday

# Sat/Sun

<b>3</b> 8:30 Wood Carvers <b>9:00 Fit &amp; Strong</b> 9:30 BINGO 10:00 Walking Club 12:30 Hand & Foot 1:00 Beginner Line Dance Lessons 2:00 High Beginner Line Dance Lessons 6:00 Lapidary	<b>4</b> 9:00 Exercise w/ Ann 9:00 Quilting Group 10:15 Exercise w/ Ann 12:30 Euchre <b>1:00 Movie</b>  <b>POPCORN FRIDAY</b>	<b>5 LINE DANCE &amp; EUCBRE</b>  <b>7:00 PM</b>  2:00 Square Dance Lessons <b>6</b>
<b>10</b> 8:30 Wood Carvers <b>9:00 Fit &amp; Strong</b> 9:30 BINGO 10:00 Walking Club 12:30 Hand & Foot 1:00 Beginner Line Dance Lessons 2:00 High Beginner Line Dance Lessons 6:00 Lapidary <b>7:00 Square Dance</b>	<b>11</b> 9:00 Exercise w/ Ann 9:00 Quilting Group 10:15 Exercise w/ Ann 12:30 Euchre <b>1:00 Movie</b>  <b>POPCORN FRIDAY</b>	<b>12</b>  2:00 Square Dance Lessons <b>13</b>
<b>17</b> 8:30 Wood Carvers 9:30 BINGO 10:00 Walking Club 12:30 Hand & Foot 1:00 Beginner Line Dance Lessons 2:00 High Beginner Line Dance Lessons 6:00 Lapidary	<b>18</b> 9:00 Exercise w/ Ann 9:00 Quilting Group 10:15 Exercise w/ Ann 12:30 Euchre <b>1:00 Movie</b>  <b>POPCORN FRIDAY</b>	<b>19</b> 
<b>24</b> 8:30 Wood Carvers 9:30 BINGO 10:00 Walking Club 12:30 Hand & Foot 1:00 Beginner Line Dance Lessons 2:00 High Beginner Line Dance Lessons 6:00 Lapidary <b>7:00 Square Dance</b>	<b>25</b> 9:00 Exercise w/ Ann 9:00 Quilting Group <b>10:00 Rockin' with Ruby</b> 12:30 Euchre <b>1:00 Movie</b>  <b>POPCORN FRIDAY</b>	<b>26</b>  Tazewell County Sheriff's Office 10AM - 2PM  2:00 Square Dance Lessons <b>27</b>

"No rain, no flowers."

- Haruki Murakami

# APRIL 2025



# GAMES, FUN & MOVE!

## Thursday



Every Thursday  
9:30 AM

3 cards for \$3  
5 cards for \$4

Sponsored By



Don Sarff  
Sales Representative  
(309) 713-5359



## BREAKFAST BINGO

Tuesday, April 8th

9:00 Breakfast 9:30 BINGO  
\$5 includes breakfast and 5 cards

Please register in advance at Miller Center



## Dartball

Mondays & Wednesdays  
12:30 PM  
Activity fee: \$3.00

## CARD GROUPS

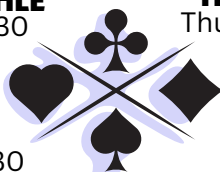
Weekly Activity Fee: \$3

**DOUBLE PINOCHLE**  
Mondays @ 12:30

**HAND & FOOT**  
Thursdays @ 12:30

**PINOCHLE**  
Tuesdays @ 12:30

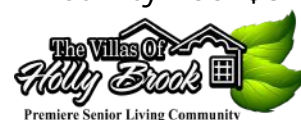
**EUCHRE**  
Fridays @ 12:30



## GAME DAY

Join us in an EASY  
card game of 1500!

Mondays @ 12:30  
Activity Fee: \$3



Premiere Senior Living Community

## Line Dance

LESSONS

THURSDAYS

Activity Fee: \$4

1:00 Beginner Lessons  
2:00 High Beginners Lessons

MONTHLY PARTIES

**April 5th**  
**May 3rd**

\*Admission is \$7 per person  
\*7:00 PM - 10:00 PM  
\*Popcorn, coffee & tea provided

Come practice the dances you learned in class, or put in  
a request on the first Saturdays of the month!

## Monthly Euchre Party

**April 5th**  
**May 3rd**

Admission is \$3 per person  
7:00 PM - 10:00 PM

Popcorn, coffee & tea provided

## Exercise w/ Ann

Mon · Wed · Fri 9:00 & 10:15  
Activity Fee: \$3

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.

Not only will you exercise, you'll make friends and have  
fun too!

## Walking Club



**TUESDAYS &  
THURSDAYS  
10:00 AM**







## VOLUNTEERS ARE THE HEART OF CARLE HEALTH PEKIN HOSPITAL



Whether transporting patients to their cars after recovering from surgery, helping people find their way in the hospital or keeping waiting rooms stocked with essential supplies, volunteers at Carle Health Pekin Hospital put their hearts into everything they do.

There are plenty of opportunities to share your time and talents at Carle Health Pekin, and more volunteers are needed who want to serve in active roles.

Clyde Laier, a retired Tazewell County engineer, is just one member of the volunteer team who shares his time every week. He spends his time escorting patients in wheelchairs and also makes various deliveries to the lab.

"I work with a bunch of great people. It's very rewarding. You meet all types of people. They are asking for help and I am there to help," Clyde said. "I always start out the day and ask the Lord to let me be an encouragement to someone else today."

In addition to patient escorts, like Clyde, volunteers help at the hospital front entrance and waiting areas in surgery and radiology. There are also certified pet therapy teams who bring smiles to patients and care teams. Others help with special projects and in hospitality roles.

A new hospitality volunteer opportunity being launched at Carle Health Pekin is Patient Comfort Rounds. Comfort Rounds involves volunteers visiting hospital inpatients with items aimed at improving the patient experience. Suggested items for the cart came directly from caregivers and patients on the frontlines, including activities, lip balm, cheer cards, magazines, books and more. Patients are never charged for items on the comfort rounds cart, and the visits are even more special with smiles and friendly conversation from caring volunteers who have the gift of unhurried time.

Vivacious volunteer, Wendy Barnes, retired after 30 years of being a high school science and health teacher. She is a dedicated comfort rounds volunteer at another Carle Health location where the program has existed for a couple of years. Wendy says she looks forward to meeting patients and sharing something from the Comfort Cart when she volunteers every other week.

"Maybe I can bring comfort and a smile to someone," she said.

Volunteering isn't only in the form of patient service roles at Carle Health Pekin. The Pekin Hospital League operates completely by volunteers and supports projects for Carle Health in the Pekin and greater Peoria communities through their gift boutique inside the hospital and the Nearly Nu thrift shop on Derby Street in Pekin, as well as various fundraisers. Most recently their proceeds benefited Trillium Place Young Minds in West Peoria, which offers a safe, supportive place for adolescents to receive help for behavioral health concerns.

If interested in learning more about the various volunteer opportunities at Carle Health Pekin Hospital, please reach out to the volunteer services coordinator, Ruth Arms, at 309-353-0445 or [Ruth.Arms@carle.com](mailto:Ruth.Arms@carle.com).



# Digital Literacy

At the Miller Center

To register call 309.346.5210



**AARP** Foundation  
Digital Skills Ready@50+  
IN COLLABORATION WITH  
SENIOR PLANET



<b><i>Google Workspace</i></b>	<b><i>Wednesday, April 9</i></b>	<b><i>9:30 - 10:30</i></b>
Curious about the free tools from Google? Learn about some of Google's most popular productivity tools that are for personal use, as well as work-related ones. This lecture will introduce Docs, Sheets, Slides, Photos, and Drive. We'll explore some practical and creative uses and demonstrate how to make the most out of Google's many free templates.		
<b><i>Gmail Tips &amp; Tricks</i></b>	<b><i>Wednesday, April 9</i></b>	<b><i>1:30 - 2:45</i></b>
Go beyond sending and receiving with this hands-on workshop about Gmail features! This workshop will cover important features like spellcheck, formatting emails, searching your inbox, adding a signature, and attaching files. The session will combine demonstration and hands-on practice, so that you'll have plenty of opportunities to ask questions and try out these features. Please note that this session will not go over how to sign up for a Gmail address.		
<b><i>Using Google Docs Template</i></b>	<b><i>Wednesday, April 16</i></b>	<b><i>10:30 - 11:30</i></b>
In this lecture, we'll demonstrate how to make the most of Google Docs templates for resumes. Templates are a great option for resumes because they take the guesswork out of formatting! We'll review some of the helpful features of Google Docs, like sharing, reviewing, and commenting privileges, as well as how to save and share your doc as a PDF. Finally, we'll go over some dos and don'ts for resume content.		
<b><i>Google Maps</i></b>	<b><i>Wednesday, April 16</i></b>	<b><i>1:30 - 2:30</i></b>
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.		
<b><i>Cloud Storage</i></b>	<b><i>Wednesday, April 30</i></b>	<b><i>10:30 - 11:30</i></b>
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.		
<b><i>P2P Services</i></b>	<b><i>Wednesday, April 30</i></b>	<b><i>1:30 - 2:30</i></b>
Since PayPal debuted over twenty years ago, person-to-person payments have become commonplace. In this lecture, you'll learn about some of today's most popular P2P payment services, including PayPal, Venmo, and Cash App. We'll cover some of the basic functions of these services, how they compare, and tips for using them safely.		

*You can find the full list of classes at Miller Center.*

# GET CREATIVE AT THE MILLER CENTER

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

## Crafts & Conversation

Wednesdays 9:30 - 2:00 \* \$3

## WOODCARVERS

Tues & Thurs @ 8:30 \* \$3

Quilting at Miller Center  
Fridays at 9:00 \* \$3

LAPIDARY  
Thursdays at 6:00 \* \$4

## Paint Day

Wooden Stand Up Bunny  
Tuesday, April 8th 1PM



Must register by March 20th.

YOU PICK YOUR BUNNY SIZE

16" - \$25

20" - \$35

24" - \$45

## Fleece & Thank You Event



Join us on April 29th at 10 AM!

We will be making No Sew Fleece Blankets to donate to patients at the Pekin Illinois Cancer Care.

Feel free to drop off donations  
Monday - Friday 8:30 - 4:00

### Looking for Donations

1. Fleece Material
2. Fleece Blanket Kits



## PEKIN GARDEN CLUB



Monday. April 7th 6:00 PM Miller Center

### Lifestyle of Bees

Speaker: Trudy Yazuijan, Master Gardener

Treats · Door Prize · Special Take Home Gift





# RENT The Miller Center



McNaughton Lounge

We have 3 rooms available for rentals with many amenities, including kitchen access. Miller Center has ample parking and is wheelchair accessible. Call or go online for the contract. [www.pekinparkdistrict.org/rentals](http://www.pekinparkdistrict.org/rentals)

BIRTHDAY PARTIES

LUNCHEONS

FAMILY GATHERINGS

WEDDINGS

BRIDAL SHOWERS

MEETINGS



Rooms A & B

Order  
Today

## Miller Center Merchandise

- Zip Hoodie
- V-Neck Short Sleeve



Reflections, the Miller Center Newsletter is proudly sponsored by:



*Liberty Village  
of Pekin*



551 S. 14th Street, Pekin



309-346-5210



@pekinmillercenter