

Reflections...

MARCH 2025



A Matter of

Balance

Are you
concerned
about falls?

A Matter of Balance, an award winning program produced by Boston University, 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 at Miller Center!

Do you restrict
your activities be-
cause of your
concerns about
falling?

Have you
sustained a
fall in the
past?

Are you
interested in
improving
flexibility,
balance and
strength?

As a participant in this class you will learn to:

- ⇒ View falls and fear of falling as controllable
- ⇒ Set realistic goals for increasing activity
- ⇒ Change your environment to reduce fall risk factors
- ⇒ Promote exercise to increase strength and balance

First Class • April 1st • 9:00 AM

Tuesdays through May 13th / Registered at the front desk

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 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!



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



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!



UNITED WAY
Pekin

*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.*



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 **2nd Monday of the month at noon.***

SPECIAL EVENTS

Power of Age Expo 2025 monthly lunch and learn series.



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*

MAR

25TH

Presented by:

Ally Danner, TAZCOM

**Stay Calm - Call 911
Effective Communication
during Emergencies**

**Lunch is
sponsored by:**



John M. Evans
Supportive Living Community
An Affordable Assisted Lifestyle
Community for the Older Adult

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. ®

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



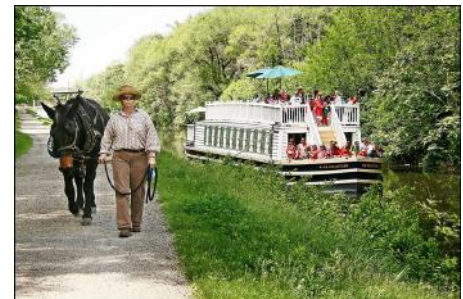
Mules, Mansion & Mimosas Tour

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:



It's time to start up our Thrift Store trips!

Friday, March 14th
~Clinton / Lincoln~

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

Tuesday, May 13th
~Bloomington~

Bus leaves @ 9:00 unless otherwise noted

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



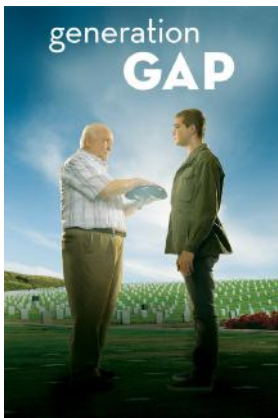
Seats are limited!
\$25 activity fee
payment due at registration

MOVIES MATINEES

SHOWTIME: 1:00 PM

ADMISSION: \$3

Includes movie & popcorn!



GENERATION GAP

PG

March 7th

A World War II veteran is content with his simple disciplined routine in rural Maine, until his troubled grandson spends the summer with him.

IT ENDS WITH US

March 28th

PG-13



Lily Bloom moves to Boston to chase her lifelong dream of opening her own business. A chance meeting with charming neurosurgeon Ryle Kincaid soon sparks an intense connection, but as the two fall deeply in love, she begins to see sides of Ryle that remind her of her parents' relationship. When Lily's first love, Atlas Corrigan, suddenly reenters her life, her relationship with Ryle gets upended, leaving her with an impossible choice.



THE IRISHMAN

R

March 21st

In the 1950s, truck driver Frank Sheeran gets involved with Russell Bufalino and his Pennsylvania crime family. As Sheeran climbs the ranks to become a top hit man, he also goes to work for Jimmy Hoffa -- a powerful Teamster tied to organized crime.

Monday

Tuesday


Wednesday

March 2025



3


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



4

Mardi Gras

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



5

8:30 Pool / Billiards
9:00 Exercise w/ Ann
9:30 Crafts & Conversation
10:15 Exercise w/ Ann
12:30 Dartball
1:30 Miller Melodies

10

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

11

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


12

8:30 Pool / Billiards
9:00 Exercise w/ Ann
9:30 Crafts & Conversation
10:15 Exercise w/ Ann
10:30 Digital Literacy
12:30 Dartball
1:30 Digital Literacy
1:30 Miller Melodies
2:00 Alzheimer Support Group

17

ST. PATRICK'S DAY

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



18

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

#AwkwardMomentsDay



19

8:30 Pool / Billiards
9:00 Exercise w/ Ann
9:30 Crafts & Conversation
10:15 Exercise w/ Ann
12:30 Dartball
1:30 Book Club
1:30 Miller Melodies
7:00 Bottle Collectors

24

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

25

Power of Age Expo

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

26








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

31

Thursday

Friday

Sat/Sun

<div></div> <div>May love and laughter light your days, and warm your heart and home. May good and faithful friends be yours wherever you may roam. <small>- Irish Blessing</small></div>		<div>1</div> <div>LINE DANCE & EUCHRE</div> <div><div>PARTY!!!</div></div> <div>7:00 PM</div> <div>2:00 Square Dance Lessons</div> <div>2</div>
<div>6</div> <div>8:30 Wood Carvers</div> <div>9:00 Fit & Strong</div> <div>9:30 BINGO</div> <div>10:00 Walking Club</div> <div>12:30 Hand & Foot</div> <div>12:30 Beginning Steps</div> <div>1:00 Line Dance Lessons</div> <div>6:00 Lapidary</div>	<div>7</div> <div>8:30 Pool / Billiards</div> <div>9:00 Exercise w/ Ann</div> <div>9:00 Quilting Group</div> <div>10:15 Exercise w/ Ann</div> <div>12:30 Euchre</div> <div>1:00 Movie</div> <div>POPCORN FRIDAY</div>	<div>8</div> <div>2:00 Square Dance Lessons</div> <div>9</div>
<div>13</div> <div>8:30 Wood Carvers</div> <div>9:00 Fit & Strong</div> <div>9:30 BINGO</div> <div>10:00 Walking Club</div> <div>12:30 Hand & Foot</div> <div>12:30 Beginning Steps</div> <div>1:00 Line Dance Lessons</div> <div>6:00 Lapidary</div> <div>7:00 Square Dance</div>	<div>14</div> <div>SHOPPING DAY</div> <div>8:30 AM Thrift Shopping Trip</div> <div>8:30 Pool / Billiards</div> <div>9:00 Exercise w/ Ann</div> <div>9:00 Quilting Group</div> <div>10:15 Exercise w/ Ann</div> <div>12:30 Euchre</div> <div>POPCORN FRIDAY</div>	<div>15</div> <div>2:00 Square Dance Lessons</div> <div>16</div>
<div>20</div> <div>8:30 Wood Carvers</div> <div>9:00 Fit & Strong</div> <div>9:30 UNO w/ PCHS</div> <div>9:30 BINGO</div> <div>10:00 Walking Club</div> <div>12:30 Hand & Foot</div> <div>12:30 Beginning Steps</div> <div>1:00 Line Dance Lessons</div> <div>6:00 Lapidary</div> <div><div>INTERNATIONAL DAY OF HAPPINESS 20 MARCH</div></div>	<div>21</div> <div>8:30 Pool / Billiards</div> <div>9:00 Exercise w/ Ann</div> <div>9:00 Quilting Group</div> <div>10:15 Exercise w/ Ann</div> <div>12:30 Euchre</div> <div>1:00 Movie</div> <div>POPCORN FRIDAY</div>	<div>22</div> <div>National Goof Off Day</div> <div></div> <div>Let's Get Silly!</div> <div>2:00 Square Dance Lessons</div> <div>23</div>
<div>27</div> <div>8:30 Wood Carvers</div> <div>9:00 Fit & Strong</div> <div>9:30 BINGO</div> <div>10:00 Walking Club</div> <div>12:30 Hand & Foot</div> <div>12:30 Beginning Steps</div> <div>1:00 Line Dance Lessons</div> <div>6:00 Lapidary</div> <div>7:00 Square Dance</div>	<div>28</div> <div>8:30 Pool / Billiards</div> <div>9:00 Exercise w/ Ann</div> <div>9:00 Quilting Group</div> <div>10:00 Rockin' with Ruby</div> <div>12:30 Euchre</div> <div>1:00 Movie</div> <div>POPCORN FRIDAY</div>	<div>29</div> <div>2:00 Square Dance Lessons</div> <div>30</div>

GAMES & FUN



Thursday Bingo

Every Thursday
9:30 AM

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

Feeling
LUCKY

Sponsored By



Don Sarff
Sales Representative
(309) 713-5359



HALLMARK
HEALTHCARE OF PEKIN



SOLVERA
HEALTH™

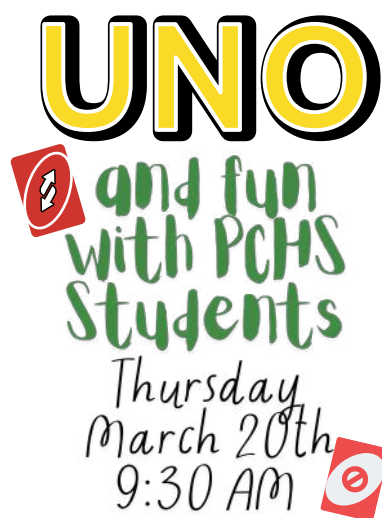
BREAKFAST BINGO

Tuesday, March 11

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

GAME DAY

Join us in an EASY
card game of 1500!

Mondays @ 12:30
Activity Fee: \$3

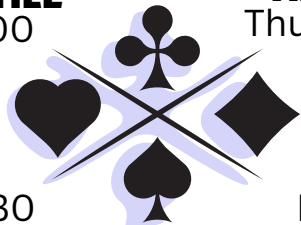


CARD GROUPS

Weekly Activity Fee: \$3

DOUBLE PINOCHLE
Mondays @ 4:00

HAND & FOOT
Thursdays @ 12:30



PINOCHLE
Tuesdays @ 12:30

EUCHRE
Fridays @ 12:30

Monthly Euchre Party

March 1st
April 5th

Admission is \$3 per person
7:00 PM - 10:00 PM
Popcorn, coffee & tea provided

MOVE! *Get fit on any level!*

**SPECIAL
OFFER**

~~\$30~~

**Now only \$15 for
the next 6 months**



Walking Club

**TUESDAYS &
THURSDAYS
10:00 AM**



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!



*Hosted by: Heart of Illinois
Bachelor & Bachelorettes Club*

Square Dances

2nd & 4th Thursdays of the month
February 13th & 27th 7:00 PM

Square Dance Lessons

begins Sunday March 2nd for 12 weeks*
from 2:00 - 4:00 PM
\$5/person per class

**must attend consistently as each class builds on the last*

Line Dance

LESSONS

THURSDAYS

12:30 Learn the Steps
1:00 Beginner Lessons
2:00 High Beginners Lessons

Activity Fee: \$4



MONTHLY PARTIES

**March 1st
April 5th**

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

***Admission is \$7 per person**

***7:00 PM - 10:00 PM**

***Popcorn, coffee & tea provided**

Digital Literacy

At the Miller Center

To register call 309.346.5210



<i>Using GovTrack.us</i>	<i>Wednesday, March 12</i>	<i>10:30 - 11:45</i>
<p>Wondering what Congress has been up to? GovTrack.us simplifies the lawmaking process and helps you understand what your lawmakers are doing. In the hands-on workshop, we'll explore GovTrack.us and its main features: identifying your reps, seeing how they vote, and learning about bills. We'll also walk through the sign-up process for a free account so you can set up email alerts on legislative activity you care about.</p>		
<i>Introduction to AI</i>	<i>Wednesday, March 12</i>	<i>1:30 - 2:30</i>
<p>Curious about AI? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future!</p>		
<i>Is that AI?</i>	<i>Wednesday, March 26</i>	<i>10:30 - 11:30</i>
<p>With the advances in artificial intelligence technology, AI programs can now create ultra-realistic images and videos. At first sight, it may be hard to tell if what you see was created or altered by AI. In this session, we'll teach you tips and tools to help you determine if an image was generated by AI. We'll show you how to do a reverse image search to find out the Internet history of any image you find online. While we can't definitively tell whether an image is AI, these tools will make you a tech savvy Internet user.</p>		
<i>Google Workspace</i>	<i>Wednesday, April 9</i>	<i>10:30 - 11:30</i>
<p>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.</p>		
<i>Gmail Tips & Tricks</i>	<i>Wednesday, April 9</i>	<i>1:30 - 2:45</i>
<p>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.</p>		
<i>Using Google Docs Template</i>	<i>Wednesday, April 16</i>	<i>10:30 - 11:30</i>
<p>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.</p>		

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!

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.

Looking for Donations

1. Fleece Material
2. Sharp Scissors
3. Fleece Blanket Kits



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

WOODCARVERS

Tues & Thurs @ 8:30 * \$3

Crafts & Conversation

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

LAPIDARY

Thursdays at 6:00 * \$4

Quilting at Miller Center

Fridays at 9:00 * \$3

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

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*

PEKIN GARDEN CLUB

Monday, March 3rd

6:00 PM Miller Center

Speaker, treats, door prize and special take home gift!



551 S. 14th St. Pekin

www.facebook.com/pekinmillercenter

309-346-5210