

Reflections...

JANUARY 2026



2026



IS THE YEAR TO TRY SOMETHING NEW...

- **Learn a new skill:** Try lapidary, woodcarving, or playing a new card game (pinochle, euchre, hand and foot, game day 1500)
- **Get crafty:** Wednesdays at the Miller Center - Craft & Conversation & Live Art Studio - paint day
- **Start a journal:** Write about your goals, dreams, or just your daily thoughts - check out the Creative Writing Class
- **Get moving:** Annie's Exercise Classes, Walking Club+, Line Dances & Lessons and Square Dance
- **Explore locally:** Be a tourist in your own city by visiting local landmarks or parks - try your putt putt at the 11th annual A "Hole" Lot of Fun Mini Golf Tournament in May
- **Declutter:** Organize your home and digital life to clear out what no longer serves you - donate books and puzzles to the Miller Center to share with friends
- **Unplug:** Intentionally reduce screen time and spend more time in nature or offline
- **Practice gratitude:** Make a list of things you are thankful for
- **Give back:** Volunteer for a cause you care about
- **Try new cuisines:** Explore local restaurants or cook new recipes at home
- **Attend a themed party:** dress up for the annual Halloween Party, or gather your friends for Friendsgiving
- **Take a trip:** Go on a road trip to thrift stores or an amazing day trip with Golden Tours
- **Do something solo:** Go to a movie, a concert, or a nice dinner by yourself. Miller Center offers movies every Friday
- **Experience something new:** Ride in a hot air balloon, go to a music festival, or even dance and sing with friends at Rockin' with Ruby one Friday a month

As many of you know, I participated in the Head of the Charles Regatta (largest rowing race in the world) last October. I would love to share my adventure with you on Tuesday January 20th at 11AM.

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
- ICPR
- John 3:16
- John Evans Supportive Living
- Liberty Village of Pekin, Pekin Manor & Pekin Estates
- nuEra
- OSF HealthCare
- Preston-Hanley Funeral Home
- 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!



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



SPECIAL EVENTS

Power of Age Expo 2026 monthly lunch and learn series.



The Power of Age Expo 2026

CHANGING THE CONVERSATION ON AGING
HOT TOPICS • LOCAL VENDORS • 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*

JAN

27TH

Suicide Prevention and services offered at the VA

Presented by:

Jason Fechter, VA Suicide Prevention Coordinator

Lunch is sponsored by:



Liberty Village of Pekin

FEB

24TH

Multiple Sclerosis and the National MS Society

Presented by:

Brian Gorsich, National MS Society

Lunch is sponsored by:



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

2026 EXPO CHANGES

Beginning in January, there will be a \$3 fee to expo participants. This will need to be paid at the time you sign up. Thank you for your understanding.

Cancellation Policy: 1. Within 24 hours of the event = you lose the \$3

2. More than 24 hours = may roll your \$3 to the next expo.

HERE'S WHAT'S HAPPENING



Golden Tours and Miller Center have partnered for 4 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.

March 6th Launch Party

Come find out the 2026 Golden Tours Ultimate Day Trips including the 4 trips that leave from Miller Center. Join us for a fun afternoon with prizes!

~Please RSVP at Miller Center~



January - *The Buffalo Hunter Hunter*
by Stephen Graham Jones

March - *The Guernsey Literary and Potato Peel Pie*
by Mary Ann Shaffer

May - *Midnight in the Garden of Good and Evil*
by John Berendt

July - *Burial Rites*
by Hannah Kent

September - *Finlay Donovan Is Killing It*
by Elle Cosimano

November - *Frankenstein*
by Mary Wollstonecraft Shelley



WRITING

WORKSHOP

MONDAYS
FEBRUARY 2ND -
MARCH 16TH
10 AM - 11:30 AM

RSVP to Miller Center
309-346-5210



AT THE MILLER CENTER

NOW SHOWING

SHOW TIME 1:00 PM

ADMISSION: \$3 *Includes movie & popcorn!*



January 9th - Snow Dogs

When Miami dentist Ted Brooks finds out that he's been named in a will, he travels to Alaska to claim his inheritance. Once he gets there, however, his dreams turn to mush: he discovers he's been left a mischievous team of sled dogs — who have got it in for him. Making matters even worse is the crusty mountain man Thunder Jack, who's also got it in for the city slicker. Wanting to claim the dogs for himself, Jack urges Ted to hotfoot it back to warmer climates.

January 16th - Mr. Poppers Penguins

Mr. Popper is a successful real estate developer in Manhattan. He lives in a posh apartment on Park Avenue, and is on the fast track to a partnership in a prestigious company. However, his life changes radically when he receives a final gift from his late father — a live penguin, which is soon joined by five more penguins. The birds' antics soon win over Mr. Popper, and as he bonds with the penguins, his chilly relationship with his ex-wife and kids begins to thaw.

January 23rd - Harvey

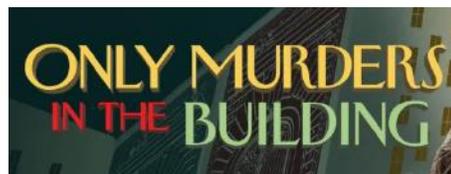
Elwood P. Dowd is a wealthy drunk who starts having visions of a giant rabbit named Harvey. Elwood lives with his sister Veta and her daughter, and Veta worries that Elwood has gone insane. In the process of trying to have him committed, Veta admits that she occasionally sees Harvey herself. The director of the mental home, Dr. Chumley, tries to reconcile his duty to help Elwood with his own growing experiences with Harvey.

January 30th - Murder Mystery

While holidaying in a yacht, Nick and his wife, Audrey, get implicated in a billionaire's murder. However, the couple use their sleuthing skills to find the real killer and prove their innocence.

Tuesday Watch Party

January 6th, 13th, 20th, 27th
(2-3 episodes a day)



Fleece & Thank You Event

Join us on February 3rd at 10 AM!

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

Sign up at the front desk.



Monday

Tuesday

Wednesday

January 2026



<p>5</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>6</p> <p>8:30 Wood Carvers 9:00 Fit & Strong 10:00 Walking Club+ 12:30 Pinochle 1:00 Watch Party - Only Murders in the Building</p>	<p>7</p> <p>9:00 Exercise w/ Ann 9:30 Crafts & Conversation 9:30 Live Art / Open Studio 10:15 Exercise w/ Ann 12:30 Dartball 1:00 Miller Metodies 6:30 OPEN LINE DANCE / LESSONS</p>
<p>12</p> <p>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 12:30 Double Pinochle</p>	<p>13</p> <p>8:30 Wood Carvers 9:00 Fit & Strong 10:00 Walking Club+ 12:30 Pinochle 1:00 Watch Party - Only Murders in the Building</p>	<p>14</p> <p>9:00 Exercise w/ Ann 9:30 Crafts & Conversation 9:30 Live Art / Open Studio 10:15 Exercise w/ Ann 12:30 Dartball 1:00 Miller Metodies 2:00 Alzheimer Support Group 6:30 OPEN LINE DANCE / LESSONS</p>
<p>19</p>  <p>MILLER CENTER CLOSED</p>	<p>20</p> <p>8:30 Wood Carvers 9:00 Fit & Strong 10:00 Walking Club+ 11:00 Alisha's Boston Trip 12:30 Pinochle 1:00 Watch Party - Only Murders in the Building</p>	<p>21</p> <p>9:00 Exercise w/ Ann 9:30 Crafts & Conversation 9:30 Live Art / Open Studio 10:15 Exercise w/ Ann 12:30 Dartball 1:00 Miller Metodies 1:30 Book Club 6:30 OPEN LINE DANCE / LESSONS 7:00 Bottle Collectors</p>
<p>26</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>27 POWER OF AGE EXPO</p> <p>8:30 Wood Carvers 9:00 Fit & Strong at City Church 10:00 Walking Club+ 12:30 Pinochle 1:00 Watch Party - Only Murders in the Building</p>	<p>28</p> <p>9:00 Exercise w/ Ann 9:30 Crafts & Conversation 9:30 Live Art / Open Studio 10:15 Exercise w/ Ann 12:30 Dartball 1:00 Miller Metodies 6:30 OPEN LINE DANCE / LESSONS</p>

Thursday

Friday

Sat/Sun

1

HAPPY
New Year

MILLER CENTER CLOSED

2

"I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter."



3 6:30 Euchre Party

LINE DANCE PARTY!!!

7 PM

4

8

8:30 Wood Carvers
9:00 Fit & Strong
 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
 7:00 Square Dance

9

9:00 Exercise w/ Ann
 9:00 Quilting Group
 9:30 China Painting Group
10:00 Rockin' with Ruby
 12:30 Euchre
1:00 Movie - Snow Dogs

POPCORN FRIDAY



10



10 JANUARY
 NATIONAL
HOUSEPLANT APPRECIATION DAY

11

15

8:30 Wood Carvers
9:00 Fit & Strong
 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

16

9:00 Exercise w/ Ann
 9:00 Quilting Group
 9:30 China Painting Group
 10:15 Exercise w/ Ann
 12:30 Euchre
1:00 Movie - Mr. Poppers Penguins

POPCORN FRIDAY



17



Popeye
 the Sailor
 Man Day

18

22

8:30 Wood Carvers
9:00 Fit & Strong
 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
 7:00 Square Dance

23

9:00 Exercise w/ Ann
 9:00 Quilting Group
 9:30 China Painting Group
 10:15 Exercise w/ Ann
 12:30 Euchre
1:00 Movie - Harvey

POPCORN FRIDAY



24

— happy national —
COMPLIMENT DAY!



You'RE AMAZING

25

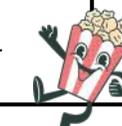
29

8:30 Wood Carvers
9:00 Fit & Strong
 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

30

9:00 Exercise w/ Ann
 9:00 Quilting Group
 9:30 China Painting Group
 10:15 Exercise w/ Ann
 12:30 Euchre
1:00 Movie - Murder Mystery

POPCORN FRIDAY



31



Inspire your
Heart
 with ART

GAMES & FUN



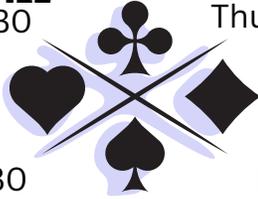
CARD GROUPS

Weekly Activity Fee: \$3

DOUBLE PINOCHLE
Mondays @ 12:30

HAND & FOOT
Thursdays @ 12:30

PINOCHLE
Tuesdays @ 12:30



EUCHRE
Fridays @ 12:30

EUCHRE PARTY

January 3rd
February 7th



\$3 per person
6:30 PM

Popcorn, coffee & tea provided

THURSDAY BINGO

Every Thursday
9:30 AM

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

Sponsored By



SOLVERA
HEALTH™

Don Sarff
Sales Representative
(309) 713-5359



HALLMARK
HEALTHCARE OF PEKIN

ATTENTION

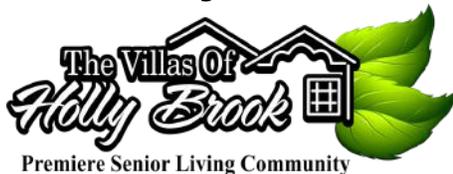
Breakfast Bingo has been cancelled due to lack of sponsorship. I am working the logistics out for adding an additional weekly regular bingo. Stay tuned...

LIFE IS MORE
FUN IF YOU
PLAY GAMES

GAME DAY

Join us in an EASY
card game of 1500!

Mondays @ 12:30
Activity Fee: \$3



MAH JONGG

Mondays @ 12:30 Activity Fee is \$3

Mah Jongg is a Chinese Tile game that is full of strategy! This fun group can always use more players! They'll even teach you to play!



MOVE!



MILLER CENTER **WALKING CLUB⁺**



**Tuesdays &
Thursdays**

The Walking Club+ has been reinvented to include not only physical health, but brain and mind health as well. We will meet on Tuesdays & Thursdays and focus on walking outdoors weather permitting. When the weather is unpleasant we will walk to a video inside. After walking on Thursdays, we are incorporating brain games, discussion topics and conversation!

**Tuesdays 10 AM Walk
Thursdays 10 AM Walk 10:30 Meeting**

The Walking Club has an annual membership of \$30 OR \$3/drop in fee.

LINE DANCE

Come dance with us!

LINE DANCE LESSONS

THURSDAYS ACTIVITY FEE: \$4
1:00 Beginner Lessons 2:00 High Beginners Lessons

MONTHLY DANCE PARTIES

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

**January 3rd
February 7th**

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

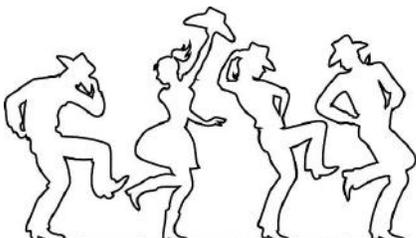
ALL ages welcome!

OPEN LINE DANCE & LESSONS

Boot Up It's Line Dance Time

Every Wednesday will be open line dance plus some lessons.

WEDNESDAYS 6:30PM - 9PM ACTIVITY FEE \$5





Do you have **PAIN** or **STIFFNESS** in your lower body?

JOIN Fit & Strong!™

STARTS JANUARY 6TH

BENEFITS TO YOU

FIT & STRONG! will help you:

- Manage arthritis
- Exercise safely
- Decrease joint pain & stiffness
- Improve daily function
- Reduce anxiety & depression
- Develop & maintain an active lifestyle

The Miller Center

551 S. 14th St., Pekin, IL 61554

Tuesdays & Thursdays

9:00a - 10:30a

To Register Call (309) 346-5210

QUESTIONS CALL:

Amanda @ 309.929.0254



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.

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

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

Rockin'

WITH RUBY

This class is so much fun!
Ruby leads chair dancing!

Requests taken - Singing Encouraged!

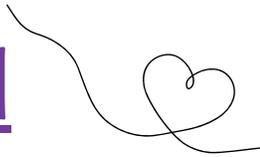


January 9th 10:00 AM
No Exercise with Ann at 10:15
Activity fee: \$3

GET CREATIVE AT THE MILLER CENTER

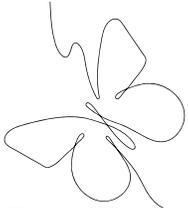
We have a variety of opportunities to be creative! Drop in and check them out!

CRAFTS & CONVERSATION



Did you know you can spend almost all day crafting at Miller Center? Wednesdays is “Crafts & Conversation” starting at 9:30 and ending late afternoon. Our craft room is stocked FULL of supplies & you are welcome to use whatever you need! Stop in and enjoy some crafts and conversation.

Wednesdays @ 9:30am ~ \$3 activity fee



WOODCARVER GROUP



The wood carvers meet at 8:30 on Tuesdays & Thursdays. They work on projects like carving and wood burning. There is a lot of equipment in our woodshop and some helpful woodworkers! Come in and check it out!

Tuesdays and Thursdays @ 8:30am ~ \$3 activity fee

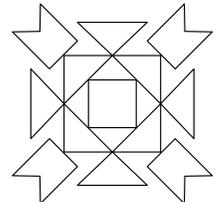


LAPIDARY

The lapidary group meets at 6:00pm on Thursdays in the woodshop. The back entrance is open, come on in. This group polishes and cuts stones for creative projects. You'd be amazed at the beautiful treasures they create!

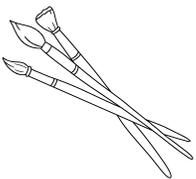
Thursdays @ 6pm ~ \$4 activity fee

QUILT GROUP

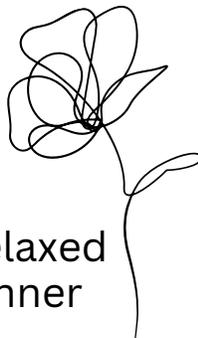


Our Quilt group meets on Friday morning at 9:00. There is plenty of space available for spreading out your equipment and working on projects. We also have fabric available to make Linus Blankets for children in the hospital. Come on in and see what they do!

Fridays @ 9:00 ~ \$3 activity fee



LIVE ART OPEN STUDIO



No experience needed – just come paint, draw, and create in a relaxed space. Mid-tempo beats, good vibes, and room to explore your inner artist. Free & open to all

Donations for supplies appreciated

Wednesdays @ 9:30am ~ Donations appreciated

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

Reminder

Miller Center is closed for weather when Pekin District 108 closes. Check WMBD, WEEK, WHOI and MC Facebook Page for information on closing.

Reflections, the Miller Center Newsletter is proudly sponsored by:



551 S. 14th Street, Pekin

309-346-5210

@pekinmillercenter