

RENT The Miller Center



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

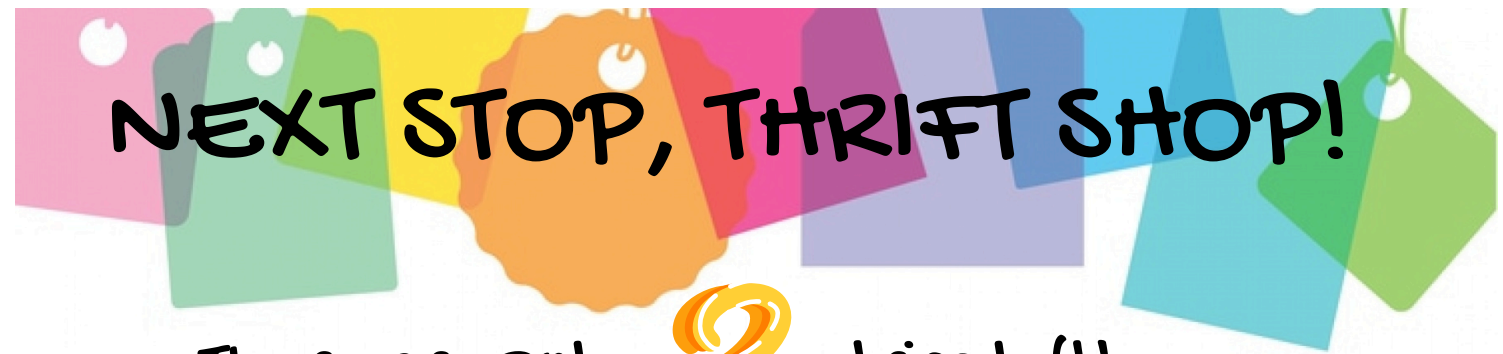
Reflections, the Miller Center newsletter is proudly sponsored by:



Liberty Village of Pekin



Reflections... AUGUST 2024



There are only **3** trips left!

Tuesday, August 20 ~Springfield~	Tuesday, September 17 ~Eureka/ Metamora~
Wednesday, October 16 ~Rider's Choice~ Vote when you register! Galesburg, Springfield, Lewistown, Cuba, Canton, Eureka, Metamora, Bloomington, Clinton, Lincoln	

Thrift Store trips are \$25 paid when you register, seats are limited!



We're planning day trips for 2025! Where do you want to go?
Let us know!



Miller Center Major Sponsors

- 50+ News & Views
- Bright Star Care
- Busey Bank
- Charter Senior Living of Pekin
- CEFCU
- Courtyard Estates of Green Valley
- Elmore Financial Services
- Farmington Village
- Golden Tours
- Health Alliance
- Humana
- John 3:16
- Kyles's Care at Home
- Liberty Village of Pekin, Pekin Manor & Pekin Estates
- OSF Healthcare
- Preston-Hanley Funeral Home
- United Way of Pekin
- Villas of Holly Brook Pekin
- Rescued Heart Animal Hospital

Miller Center Senior Transportation Service

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

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



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

Miller Center engages adults 50+ in 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!

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!**



Megan will be at Miller Center on the 2nd Monday of each month at noon or you can call her at 309-323-6568.

2024 Digital Literacy



Through a partnership with the Heart of Illinois Adult Literacy Center and a grant from the AARP Foundation Digital Skills Ready@50+ we are able to offer computer classes (free of charge) to our 50+ population.

Call Miller Center to register! 309-346-5210

Intro to Translation Tools	Mon. Aug. 5 @ 9:30	Wed. Aug. 7 @ 1:30
With the internet, the whole world is at your fingertips, but what do you do when you need to access sites or information in an unfamiliar language? There are apps for that! This lecture will introduce digital translation tools and apps, such as Google Translate. You'll learn about tools that can automatically translate the websites you visit, apps that can translate live conversations and more. We'll also discuss the pros and cons of these tools and the situations in which they may be the most helpful.		
Intro to Managing Your Privacy	Mon. Aug. 12 @ 9:30	Wed. Aug. 14 @ 1:30
Concerned about privacy? Unsure about accepting cookies? Come learn about some essential privacy tips! In this introductory lecture we'll review how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how information is shared.		
Online Health Resources	Mon. Aug. 19 @ 9:30	Wed. Aug. 21 @ 1:30
The internet is an excellent source for learning more about you or a loved one's health. This presentation will introduce you to the topics and tools offered on two reputable websites, MedlinePlus and Mayo Clinic. You'll also learn how to evaluate health-related information online.		
Online RX Drug Resources	Mon. Aug. 26 @ 9:30	Wed. Aug. 28 @ 1:30
This lecture offers an overview of useful online drug resources. You'll learn about MedlinePlus, a reputable website that provides information about the uses and side effects of prescription medications as well as other health topics. You'll also learn about GoodRX, FamilyWize and SingleCare, helpful tools for understanding drug costs, comparing pharmacy prices and finding discounts and coupons.		



Get creative at Miller Center!

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

Quilting at Miller Center

Fridays at 9:00 * \$3

We have lots of space available for you to work on large projects, bring your equipment and spend the morning quilting! Our friends also make Linus Blankets (fleece blankets for children in the hospital) and you are welcome to come make those too!

LAPIDARY

Thursdays at 6:00 * \$4

Lapidary is the art of polishing and cutting stones. We have very talented leaders and the necessary equipment to make some beautiful items. We meet in the Woodshop, enter through the west doors. Your supplies are included.

Crafts & Conversation

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

The Craft Room opens at 9:30 on Wednesdays. Come in and craft for the day! Janet has some crafts planned but you can also do your own thing!

NEW The last Wednesday of each month is a scrapbooking & card making day! We have all the supplies, you just bring your pictures, etc.

WOODCARVERS

Tues & Thurs @ 8:30 * \$3

Miller Center Wood Carvers meet on Tuesday & Thursday mornings at 8:30. Come on in and meet a very talented group of carvers. They are always willing to help out with your designs or give a little tutorial!

Garden Club

AUG 5 @6:00pm
Smith House Farm tour & dinner

SEPT 2 @6:00pm
Our meeting is at Miller Center

Contact Rene for more information about Garden Club: espresso4you2@yahoo.com

The Power of Age Expo 2024

CHANGING THE CONVERSATION ON AGING
HOT TOPICS • LOCAL VENDORS • FREE LUNCH

THE 4TH TUESDAY OF EACH MONTH

Each Expo has a scheduled speaker and a lunch sponsor as well as multiple local agencies on site to spotlight their services. 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.

We require advance registration as seating is limited.
Call or stop by to register!

Aug 27

"Investment Presentation"

Presented by: CEFCU

Lunch is sponsored by:

CEFCU

2025

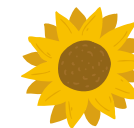
It'll be here before you know it! We're planning our Power of Age series and would love to have your suggestions!

Are there any topics you want to learn about or something you're interested in?

Let us know!



Keeping Connected with Jackie is on August 22 at 10:00. This is a free event however, space is limited so please call to register. This month you'll be making this cute fall gnome.



sponsored by:



THE CENTER FOR
YOUTH & FAMILY
SOLUTIONS
cyfsolutions.org



GOLDEN TOURS DAY TRIPS



Golden Tours and Miller Center have partnered for 5 Ultimate Daytrips this year! Below are the next 2, we have books and flyers in the lobby with all the trips listed. 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.

Oktoberfest at Starved Rock Lodge

Monday, October 21, 2024 * 8:30am - 6:00pm

A celebration of Germany! Food, beer, wine, and music. Join the fun! Sample German wine and beer in your souvenir stein. Enjoy a buffet of German food and listen to authentic German music by the Duseldorfers German Band. You can even dance the polka if you want! We'll see the beautiful fall colors as we drive to Starved Rock State Park. You'll also have time to visit the wonderful gift shop at The Lodge. You won't want to miss this great celebration!

Includes: Luxury Motor Coach, Professional Driver, Tracy as your Tour Host, Miller Center Pick-Up Location, Activities On The Coach, Souvenir Stein, Entertainment & A Premium Lunch!
This all inclusive trip is \$160 per person



Christkindlmarket in Aurora, IL

Thursday, December 5, 2024 * 8:30am - 6:00pm

The Christkindlmarket unites cherished German and European traditions with international flair and local charm! The Christkindlmarket is well-known for its vendors' high quality gifts and food, holiday cheer, and for being the ideal place for friends and families to make unique memories. Come join us in Aurora as we shop for those one-of-a-kind gifts. Relax in the Timber Tent and enjoy a Stuffed Gourmet Pretzel, German soup, Pierogies, Crepes, Baked Cheese, Belgian fries, Belgian Hot Chocolate and so much more!

Includes: Luxury Motor Coach, Professional Driver, Tracy as your Tour Host, Miller Center Pick-Up Location, Activities On The Coach, Souvenir Stein, Entertainment & A Premium Lunch!
This all inclusive trip is \$145 per person



Games & Fun

Drop in for games and fun throughout the week! Dates and times are listed below!

B*I*N*G*O

9:30 every Thursday

3 cards = \$3
5 cards = \$4

BINGO is sponsored by:



Don Sarff
Sales Representative
(309) 713-5359



Cindy Womack
Medicare Representative
309.435.9284

Breakfast BINGO

9:00 breakfast & 9:30 BINGO

\$5 5 cards & a light breakfast
*Please register in advance

Tuesday, August 13

Sponsored by:



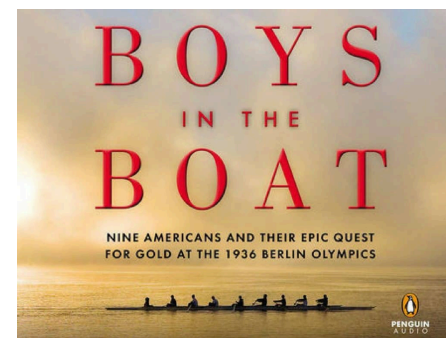
Thursday, August 29

Sponsored by:



Game Day is sponsored by *The Villas Of Holly Brook*

On Mondays at 12:30 it's GAME DAY! There are a few tables who play 1500, a card game similar to rummy. You can come play with that group or bring friends and play your own game!
Activity fee for Game Day is \$3



Tuesday, August 6 @1:00pm
\$3 activity fee



DOUBLE PINOCHLE PINOCHLE

Mondays @ 4:00 Tuesdays @ 12:30

HAND & FOOT EUCHRE

Thursdays @ 12:30 Fridays @ 12:30



Popcorn Fridays

All day, every Friday! Come in for a free bag of fresh popcorn!

MOVE! GET FIT AN ANY LEVEL!



Line Dancing at Miller Center

LESSONS ON THURSDAYS

1:00 Beginner Lessons
2:00 High Beginner Lessons
*come at 12:30 for Learn the Steps
Lessons are \$4.
Pay for one class- stay for both!

MONTHLY DANCES PARTIES

7:00 -10:00pm * \$7/ per person
Aug 10 Sept 14 Oct 12
Nov 9 Dec 14
coffee * popcorn * tea provided

Square Dances

The Heart of Illinois Bachelor & Bachelorettes Club hold a square dance at Miller Center on the 2nd & 4th Tuesdays of the month.

***please note, dances are on Tuesdays from June to September**

Aug 13 Aug 27
Favorite Joke Night Pie Night

**Dances are \$7 per person / no partner needed*

Rockin
with Ruby!

This class is so much fun! Ruby leads chair dancing - or you can get up and dance- with some great music. Ruby will be here August 30 at 10:15, there is *no Exercise with Ann at 10:15*.
Activity fee: \$3

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. She's even gone on Exercise Field Trips! Not only will you exercise, you'll make friends and have fun too!

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



The Walking Club meets at Miller Center on Tuesday and Thursday mornings at 10:00. Our members walk at different speeds so you don't have to worry about your pace. There is an annual membership fee of \$30 (and you'll receive a free gift with your registration) but you can check us out at no charge! **Come walk with us!**

HERE'S WHAT'S HAPPENING

We're gearing up for our annual Walk for a Ride fundraiser supporting Miller Center Senior Transportation! The Walk is September 10, registration begins August 27.

August 7

Thank you **Jimbo's Jumbo in Pekin** for hosting our fundraiser this month! It's not necessary to bring a flyer but we do have them at the front desk. Jimbo's Jumbo is donating 15% of their sales that day to Miller Center Senior Transportation!



Our fundraising extends to the Pekin Farmers Market!

FRESH LOCAL HARVEST

PEKIN
Farmers Market

This year we brought **Young's Popcorn Heaven** to the Pekin Farmers Market! Miller Center has a variety of flavors cash & carry. All proceeds go to our Senior Transportation Program.
Come get a bag!

Thursdays
June 6 - Aug 29
3:30 - 6:30

When we have vegetables at the Miller Center table they are available for a donation which also helps the Miller Center Senior Transportation Program.

Thank you to all who help support our Senior Transportation Program!

A Matter of Balance

New Session starts August 27

Tuesdays 9:30 - 11:30
8/27 - 10/15

A Matter of Balance is an award winning program produced by Boston University. The class 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 in Miller Center.

The class meets every Tuesday from Aug 27 - Oct 15, it is an 8 week commitment. Registration is required and space is limited.
Please register at Miller Center or call 309-346-5210.

Monday

Tuesday

Wednesday












Thursday

Friday

Sat/Sun



<p>5</p> <p>9:00 Exercise w/ Ann 9:30 Digital Literacy 10:15 Exercise w/ Ann 12:30 Game Day 12:30 Dartball 12:30 Mah Jongg 4:00 Double Pinochle</p>	<p>6</p> <p>8:30 Pool 8:30 Wood Carvers 10:00 Walking Club 12:30 Pinochle 1:00 Movie!</p>	<p>7</p>  <p>8:30 Pool 9:00 Exercise w/ Ann 9:30 Crafts & Conversation 10:15 Exercise w/ Ann 12:30 Dartball 1:30 Digital Literacy</p>
<p>12</p> <p>9:00 Exercise w/ Ann 9:30 Digital Literacy 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</p>	<p>13</p> <p>8:30 Pool 8:30 Wood Carvers 9:00 Breakfast BINGO 10:00 Walking Club 12:30 Pinochle 7:00 Square Dance</p>	<p>14</p> <p>8:30 Pool 9:00 Exercise w/ Ann 9:30 Crafts & Conversation 10:15 Exercise w/ Ann 12:30 Dartball 1:30 Digital Literacy</p>
<p>19</p> <p>9:00 Exercise w/ Ann 9:30 Digital Literacy 10:15 Exercise w/ Ann 12:30 Game Day 12:30 Dartball 12:30 Mah Jongg 4:00 Double Pinochle</p>	<p>20</p> <p><i>Thriff Store Trip</i></p> <p>8:30 Pool 8:30 Wood Carvers 10:00 Walking Club 12:30 Pinochle</p>	<p>21</p> <p>8:30 Pool 9:00 Exercise w/ Ann 9:30 Crafts & Conversation 10:15 Exercise w/ Ann 12:30 Dartball 1:30 Digital Literacy</p>
<p>26</p> <p>9:00 Exercise w/ Ann 9:30 Digital Literacy 10:15 Exercise w/ Ann 12:30 Game Day 12:30 Dartball 12:30 Mah Jongg 4:00 Double Pinochle</p>	<p>27</p> <p><i>Power of Age Expo</i></p> <p>8:30 Pool 8:30 Wood Carvers 10:00 Walking Club 12:30 Pinochle 7:00 Square Dance</p>	<p>28</p> <p>8:30 Pool 9:00 Exercise w/ Ann 9:30 Crafts & Conversation 10:15 Exercise w/ Ann 12:30 Dartball 1:30 Digital Literacy</p>

<p>1</p> <p>8:30 Wood Carvers 9:30 BINGO 10:00 Walking Club 12:30 Hand & Foot 12:30 Line Dance Learn the Steps 1:00 Beginner Line Dance Lessons 1:00 Miller Melodies 2:00 High Beginner Line Dance 6:00 Lapidary</p>	<p>2</p> <p>8:30 Pool 9:00 Exercise w/ Ann 9:00 Quilting Group 10:15 Exercise w/ Ann 12:30 Euchre</p>  <p>POPCORN FRIDAY</p>	<p>3</p> <p>4</p>
<p>8</p>  <p>8:30 Wood Carvers 9:30 BINGO 10:00 Walking Club 12:30 Hand & Foot 12:30 Line Dance Learn the Steps 1:00 Beginner Line Dance Lessons 1:00 Miller Melodies 2:00 High Beginner Line Dance 6:00 Lapidary</p>	<p>9</p> <p>8:30 Pool 9:00 Exercise w/ Ann 9:00 Quilting Group 10:15 Exercise w/ Ann 12:30 Euchre</p>  <p>POPCORN FRIDAY</p>	<p>10</p> <p><i>Line Dance Party!</i></p>  <p>11</p>
<p>15</p>  <p>8:30 Wood Carvers 9:30 BINGO 10:00 Walking Club 12:30 Hand & Foot 12:30 Line Dance Learn the Steps 1:00 Beginner Line Dance Lessons 1:00 Miller Melodies 2:00 High Beginner Line Dance 6:00 Lapidary</p>	<p>16</p> <p>8:30 Pool 9:00 Exercise w/ Ann 9:00 Quilting Group 10:15 Exercise w/ Ann 12:30 Euchre</p>  <p>POPCORN FRIDAY</p>	<p>17</p> <p>18</p>
<p>22</p> <p><i>Keeping Connected with Jackie</i></p>  <p>8:30 Wood Carvers 9:30 BINGO 10:00 Walking Club 12:30 Hand & Foot 12:30 Line Dance Learn the Steps 1:00 Beginner Line Dance Lessons 1:00 Miller Melodies 2:00 High Beginner Line Dance 6:00 Lapidary</p>	<p>23</p> <p>8:30 Pool 9:00 Exercise w/ Ann 9:00 Quilting Group 10:15 Exercise w/ Ann 12:30 Euchre</p>  <p>POPCORN FRIDAY</p>	<p>24</p> <p>National Waffle Day</p>  <p>25</p>
<p>29</p>  <p>8:30 Wood Carvers 9:30 Breakfast BINGO 10:00 Walking Club 12:30 Hand & Foot 12:30 Line Dance Learn the Steps 1:00 Beginner Line Dance Lessons 1:00 Miller Melodies 2:00 High Beginner Line Dance 6:00 Lapidary</p>	<p>30</p> <p>8:30 Pool 9:00 Exercise w/ Ann 9:00 Quilting Group 10:15 Rockin w/ Ruby 12:30 Euchre</p>  <p>POPCORN FRIDAY</p>	<p>31</p>