

Reflections...

AUGUST 2026



A Matter of

Balance

Registration is required for this **FREE** class.

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 because of your concerns about falling?

Have you sustained a fall in the past?

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

Thank you, Methodist College of Nursing for offering this class at Miller Center!

Are you concerned about falls?

Are you interested in improving flexibility, balance and strength?

DATE

Beginning August 11, 2026
(8 weeks)

TIME

9:30 - 11:30 AM

REGISTRATION REQUIRED: 309-346-5210

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
- AETNA
- Busey Bank
- Charter Senior Living
- CEFCU
- Don Sarff Insurance
- Golden Tours
- John Evans Supportive Living
- Liberty Village of Pekin, Pekin Manor & Pekin Estates
- nuEra
- OSF HealthCare
- Preston-Hanley Funeral Home
- Springfield Clinic Pekin
- United Way of Pekin
- Villas of Holly Brook Pekin

COMMUNITY SUPPORTER - CARLE HEALTH

MILLER CENTER SENIOR TRANSPORTATION SERVICE

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

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

- 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**

*cancellation before the Monday of the Expo Week will
be moved to the next month*

\$B
per person

AUG
25TH

**Situational Awareness
Part 2**

Presented by:

Deputy Nathan Hastings, Tazewell County Sheriff Office

**Lunch is
sponsored by:**



SEP
22ND

**“Vaccines & Prescriptions
What You Need to Know”
Vaccine Clinic**

Presented by:

Ryan, Walgreens Pharmacy Operations

OCT
27TH

**“No Tricks, Just Treats! -
Age Central Senior Services**

Presented by:

Sunny Pearson, Age Central

AARP
SMART DRIVER
SAFETY COURSE

September 28th & 29th
8:30 AM - 12:30 PM
2 day course, must attend both days

REGISTER TODAY!



ROAD TRIP!

HERE'S WHAT'S HAPPENING

Walking & Wildlife at



**MILLER PARK
ZOO**

EST. 1891

Join us for a fun morning trip to Miller Park Zoo! We'll take the small bus from Miller Center in Pekin to Bloomington. Grab your coffee and join other seniors for a brisk morning walk through the zoo grounds while learning about the amazing animals. Our tour guide will highlight two different animals and share interesting facts about them. After our walk, we'll enjoy breakfast together. Breakfast is on your own.

Wednesday, September 9th

Bus Leaves: 7:30 AM

~Space is limited~

Register at Miller Center Front Desk

- \$30 per person

- Walking Club Members: \$25

Price includes transportation and zoo admission.

Come walk, learn, and enjoy a morning of fun and friendship!

**Next STOP
Thrift SHOP**



DISCOUNT



**Seats are limited!
\$25 activity fee**

payment due at registration

Bus leaves @ 9:00
unless otherwise noted

Wednesday, August 19th
Springfield

**Bus leaves at 8:45*

Thursday, September 17th
Fairbury / Gridley

**Bus leaves at 8:45*

Wednesday, September 30th
Galesburg

Lunch at Judy's Family Cafe

Wednesday, October 21st
Riders Choice -

Vote for your favorite trip when you sign up

NEW

Thursday, November 5th
Peoria Area

NEW

AT THE MILLER CENTER

NOW SHOWING

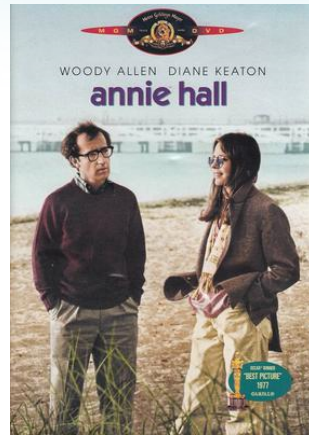
SHOW TIME

1:00 PM

ADMISSION: \$3

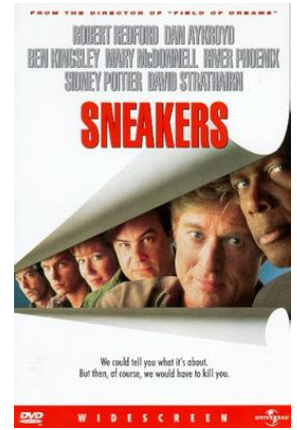
Includes movie & popcorn!

August 7th
Project Hail Mary



August 14th
Annie Hall

August 21st
The Life of Chuck



August 28th
Sneakers

Technology Classes

At the Miller Center

*You can register at Miller Center
OR SCAN QR code:*



SENIOR PLANET

FROM AARP

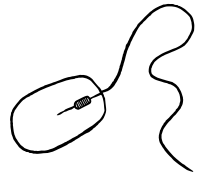
AARP
Illinois

August - Saving Money with Tech

Summary: The internet can open a new world for saving money and managing your finances. This lecture introduces online banking and goes over how to keep your financial information safe. You'll also learn about online shopping and explore some digital resources for saving money on entertainment, prescription drugs, and everyday items. Registration is required, and light snacks will be provided.

Date/Time: Wednesday, August 26, 2026, at 12:00 pm – 1:00 pm

Online Registration: <https://events.aarp.org/SavingMoneyPekin>



September - Navigating Medicare Resources Online

Summary: Medicare is a complex topic, but there are online resources to help! In this lecture, we'll discuss ways to find information about Medicare online. We'll explore medicare.gov and an example private insurance website to learn about the tools and resources they offer. You'll learn how to navigate these websites confidently to find what you need, including using the search bar and Chat features. We'll also introduce the State Health Insurance Assistance Program, or shiphelp.org, which is a great resource for getting trusted 1:1 guidance on Medicare. Please note that this lecture focuses on how to find reliable information on Medicare and does not provide advice on Medicare enrollment or plans. Registration is required, and light snacks will be provided.

Date/Time: Wednesday, September 30, 2026, at 12:00 pm – 1:00 pm

Online Registration: <https://events.aarp.org/kdOExK>

Monday

Tuesday

Wednesday

AUGUST 2026

3 9:00 Exercise w/ Ann 9:30 Craft & Conversation 10:15 Exercise w/ Ann 12:30 Game Day 12:30 Dartball 12:30 Mah Jongg 12:30 Double Pinochle	4 8:30 Wood Carvers 9:00 Cards w/ Kids 9:30 BINGO 10:00 Walking Club+ 12:30 Pinochle 12:30 Dominoes 	5 9:00 Exercise w/ Ann 9:30 Crafts & Conversation 9:30 Live Art / Open Studio 10:15 Exercise w/ Ann 12:30 Dartball
10 9:00 Exercise w/ Ann 9:30 Craft & Conversation 10:15 Exercise w/ Ann 12:30 Game Day 12:30 Dartball 12:30 Mah Jongg 12:30 Double Pinochle 	11 8:30 Wood Carvers 9:00 Mini Golf w/ Kids 9:30 Matter of Balance 9:30 BINGO 10:00 Walking Club+ 12:30 Pinochle 12:30 Dominoes 7:00 Square Dance	12 9:00 Exercise w/ Ann 9:30 Crafts & Conversation 9:30 Live Art / Open Studio 9:45 Exercise Trip to Graceland 10:15 Exercise w/ Ann 12:30 Dartball 2:00 Alzheimer Support Group
17 9:00 Exercise w/ Ann 9:30 Craft & Conversation 10:15 Exercise w/ Ann 12:30 Game Day 12:30 Dartball 12:30 Mah Jongg 12:30 Double Pinochle 	18 8:30 Wood Carvers 9:30 Matter of Balance 9:30 BINGO 10:00 Walking Club+ 12:30 Pinochle 12:30 Dominoes 1:00 PAINT DAY Dine Out! 	19 GOLDEN TOURS DAY TRIP 9:00 Exercise w/ Ann 9:30 Crafts & Conversation 9:30 Live Art / Open Studio 10:15 Exercise w/ Ann 12:30 Dartball 7:00 Bottle Collectors THRIFT TRIP 
24/31  9:00 Exercise w/ Ann 9:30 Craft & Conversation 10:15 Exercise w/ Ann 12:30 Game Day 12:30 Dartball 12:30 Mah Jongg 12:30 Double Pinochle	25  POWER OF AGE EXPO 8:30 Wood Carvers 9:00 Matter of Balance 10:00 Walking Club+ 12:30 Pinochle 12:30 Dominoes 7:00 Square Dance	26 9:00 Exercise w/ Ann 9:30 Crafts & Conversation 9:30 Live Art / Open Studio 10:15 Exercise w/ Ann 12:00 Digital Literacy Class 12:30 Dartball 2:00 Northlight Writing Class

Thursday

Friday

Sat/Sun

FREE Senior Savings Shuttle    Tuesday, September 1st Bus Leaves at 9AM Staff on hand to answer questions and offer demonstrations. Space is limited - Sign up at the front desk - Must bring picture ID		1 6:00 Euchre Party LINE DANCE PARTY!!! 7 PM Pekin Park Concert Band Performing Arts Venue 6:30 PM 2
6 8:30 Wood Carvers 9:30 BINGO 10:00 Walking Club+ 12:00 - 3PM Line Dance Lessons Levels 1, 2, 3 <i>see page 10</i> 12:30 Hand & Foot 6:00 Lapidary FRESH LOCAL HARVEST PEKIN Farmers Market 3:30-6:30	7 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 - Project Hail Mary  POPCORN FRIDAY	8 Keep the Spirit of '45 Alive  9
13 8:30 Wood Carvers 9:30 BINGO 10:00 Walking Club+ 12:00 - 3PM Line Dance Lessons Levels 1, 2, 3 <i>see page 10</i> 12:30 Hand & Foot 6:00 Lapidary FRESH LOCAL HARVEST PEKIN Farmers Market 3:30-6:30	14 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 - Annie Hall  POPCORN FRIDAY	15   16
20 8:30 Wood Carvers 9:30 BINGO 10:00 Walking Club+ 12:00 - 3PM Line Dance Lessons Levels 1, 2, 3 <i>see page 10</i> 12:30 Hand & Foot 6:00 Lapidary FRESH LOCAL HARVEST PEKIN Farmers Market 3:30-6:30	21 9:00 Exercise w/ Ann 9:00 Quilting Group 9:30 China Painting Group 10:00 ROCKING WITH RUBY 12:30 Euchre 1:00 Movie - The Life of Chuck  POPCORN FRIDAY	22 23
27 8:30 Wood Carvers 9:30 BINGO 10:00 Walking Club+ 12:00 - 3PM Line Dance Lessons Levels 1, 2, 3 <i>see page 10</i> 12:30 Hand & Foot 6:00 Lapidary FRESH LOCAL HARVEST PEKIN Farmers Market 3:30-6:30 LAST CHANCE	28 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 - Sneakers  POPCORN FRIDAY	29  30

GAMES & FUN



CARD GROUPS

Activity Fee: \$3

DOUBLE PINOCHLE

Mondays @ 12:30

HAND & FOOT

Thursdays @ 12:30



PINOCHLE

Tuesdays @ 12:30

EUCHRE

Fridays @ 12:30

Euchre Party

**August 1st
September 12th**

**\$3 per person
6:00 PM**

Popcorn, coffee & tea provided



Join the fun while we play card games with I.R.V.S.R.A. Campers

Tuesday August 4th 9AM FREE!



Mini Golf with I.R.V.S.R.A. Campers at Magic Dragon Mini Golf & Games

Tuesday August 11th

9:00 AM • FREE!



Dartball

Mondays & Wednesdays
12:30 PM

Activity fee: \$3.00

MORE CHANCES TO PLAY



TUESDAY BINGO

1st, 2nd & 3rd Tuesdays

and 5th if applicable

9:30 AM

THURSDAY BINGO

Every Thursday

9:30 AM

Sponsored By



Help at Home.



Don Sarff
Sales Representative
(309) 713-5359



HALLMARK
HEALTHCARE OF PEKIN
SOLVERA
HEALTH™



LINE DANCE

LINE DANCE LESSONS

THURSDAYS ACTIVITY FEE: \$4

12:00 Level 1 - Newbie

1:00 Level 2 - Beginner

2:00 Level 3 - High Beginner / Improver

MONTHLY DANCE PARTIES

Come practice the dances you learn in class, or put in a request of your own!

August 1st September 12th

7:00 PM - 10:00 PM ACTIVITY FEE: \$7

Popcorn, coffee & tea provided

WHICH CLASS IS RIGHT FOR YOU?

Level 1 - Newbie

- New to line dancing
- Learning the steps
- Walk through step combinations

Level 2 - Beginner

- Step by step instruction
- Clear direction change
- Simple turns

Level 3 - High Beginner / Improver

- Faster paced instructions
- More complex combinations
- Full run throughs and less repetition

SCAN the QR code to sign up for LINE DANCE UPDATES



EXERCISE Field TRIP to



Graceland™
CENTER FOR PURPOSEFUL AGING

Let's bring our two senior centers together for a fun day of exercise, movement, and fellowship!

Transportation: We will take the bus, but seating is limited!

Carpooling: You are also welcome to carpool.

August 12th Bus Leaves at 9:45 AM

**COME EXERCISE, CONNECT, AND HAVE FUN!
RESERVE YOUR SPACE TODAY!**



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.

Happy 100th Birthday Route 66

August 19, 2026 * 8:00 am - 6:30 pm

Four Old Broads on The High Seas Show - The Beef House

September 24, 2026 * 8:30 am - 6:00 pm

Holiday Mystery Tour

November 19, 2026 * 8:00 am - 6:00 pm

MOVE!

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

COMMUNITY SUPPORTER

CarleHealth

Rockin'
WITH RUBY

August 21st 10:00 AM

No Exercise with Ann at 10:15

Activity fee: \$3



Ruby leads chair dancing!
Requests taken - Singing Encouraged!

Square Dancing

Hosted by: Heart of Illinois
Bachelor & Bachelorettes Club

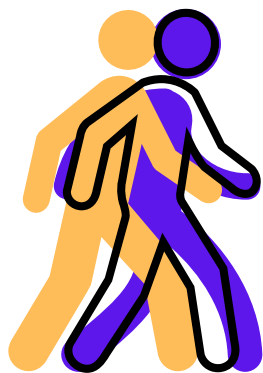
Square Dances

2nd & 4th Tuesdays of the month

August 10th & 25th 7:00 PM



Jerry Seinfeld: "To me, if life boils down to one thing, it's movement. To live is to keep moving."



MILLER CENTER

WALKING CLUB⁺

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



WC+ Annual Members check out the trip discount on page 4!

Tuesdays & Thursdays

10:00 AM Walk

10:00 AM Walk · 10:30 Meeting

GET CREATIVE AT THE MILLER CENTER

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

WOODCARVER \$3 GROUP

Tuesdays & Thursdays 8:30AM

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!

QUILT GROUP \$3

Fridays 9:00AM

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!

CRAFTS & \$3 CONVERSATION

Mondays & Wednesdays 9:30AM

Did you know you can spend almost all day crafting at Miller Center? Our craft room is stocked FULL of supplies & you are welcome to use whatever you need! Stop in and enjoy some crafts and conversation.

LAPIDARY \$4

Thursdays 6:00PM

This group polishes and cuts stones for creative projects. You'd be amazed at the beautiful treasures they create!

LIVE ART OPEN STUDIO



Wednesdays - 9:30AM - Donations Appreciated

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

PAINT DAYS

with

Canvas
Connections
Painting Parties

1:00 PM
\$25

Sunshine
Tuesday, August 18th

Pre-sketched Floral
Tuesday, September 8th

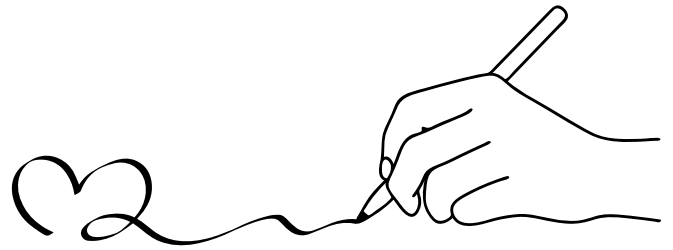


WRITING

WORKSHOP

Free

RSVP to Miller Center
309-346-5210



WEDNESDAYS
AUGUST 26TH - SEPTEMBER 30TH
2 PM - 3:30 PM



MARIGOLDEN Line Dance **AND** Euchre Parties

at the Miller Center (cross from the Lagoon)

Saturday · September 12th
7:00 - 10:00 PM

Admission: \$7.00 (Line Dance)
\$3.00 (Euchre)

Fun for all ages, dance levels or for those who want to come just to watch!

DINE IN OR CARRY OUT

Marigolden Breakfast

Pancakes, Sausage & Coffee or Juice

SUNDAY, SEPTEMBER 13, 2026
8AM-10AM
MILLER CENTER

551 S. 14th Street, Pekin
(across from the lagoon)

COST: \$7.00



Fundraiser to support TCRC and Miller Center programs



**Reflections, the Miller Center Newsletter is
proudly sponsored by:**



*Liberty Village
of Pekin*



551 S. 14th Street, Pekin



309-346-5210



@pekinmillercenter