

Volume 5 Issue 6

SOLON SENIOR NEWS

Newsletter Editor/ Senior Advocates & Food Pantry President – Sandy Hanson Solon Senior Support – Jill Weetman Solon Senior Dining - Marcy Olson

To receive a paper copy of the newsletter in the mail, call Sandy 319-430-8655



TECH THURSDAYS ARE BACK!

Have a question about your phone, iPad or laptop? Bring them in to coffee on Thursdays from 9-11am and one of our adult or student volunteers will take a look! And enjoy a cup of coffee and treat while you're there!



Senior Transport is looking to expand service to local, non-medical rides. If you would like to volunteer to give rides to the grocery store, library, church, etc. to a Solon-area older adult, please contact Cindy Jensen at 319-360-3279.

Solon Senior Support has created a Directory for Older Adults with local services and activities- click <u>HERE</u> to view the directory or click <u>HERE</u> to view the NEW brochure.



Solon Senior Advocates Solon Senior Dining Solon Senior Support Solon Senior Transport

Physical Activities
Social Activities



Need assistance in the garden or flower bed? Our High School volunteer group can earn Silver Cord hours by helping! Give Jill a call at 319-624-2773 and we will set up a time to lend a hand.

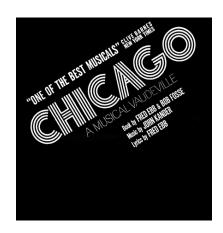
Solon Advocate Trips 2025

Wednesday, June 18 Circa 21/Rock Island "Chicago" The Músical \$100

This musical is inspired by real-life events that took place in 1920s Chicago, where two women were accused of murder. Roxy Hart was a version of the auburn beauty who shot her secret boyfriend while her husband was at work. Velma Kelly was inspired by a former showgirl turned gunwoman. Two rival Vaudevillian Murderesses were locked up in Cook County Jail. Set in Chicago in the Jazz Age, the musical is based on a 1926 play.

Fee covers the bus, lunch, lunch with 3 entrees served by the Bootleggers who perform and dance prior to the performance. Windstar Bus leaves from Solon Recreation Park at 9:45 a.m. – stopping at Casey's @ 10:00 a.m. for North Liberty and Iowa City riders.

Reservations: 319-430-8655 or <u>sandrahanson@southslope.net</u>







EUCHRE AND BINGO Fridays at 12:30pm We'll break for coffee and a snack around 2pm



INTERESTED? Need a ride? Email Jill at <u>solonseniors@gmail.com</u> or call 319-624-2773. Feel free to leave a message!

Everyone is welcome to join! See you on Fridays!



SENIOR COFFEE - THURSDAYS 9-11am

Stop by for FREE coffee/tea/hot chocolate and treats, meet new people, and enjoy great conversation!

Thursdays from 9am-11am at the Solon United Methodist Church. **Need a ride?** Call Jill @ 319-624-2773

Are you interested in learning more about Genealogy- your family tree and its history? Email Luanne Link at lulink@hotmail.com. Lu would like to meet with people and share ideas and information!





Solon Senior Support volunteers meet on the first Monday of each month from 7-8pm at the Solon Public Library. Come learn more about us! Next meeting is Monday, May 5th.

SOLON SENIOR TRANSPORT-

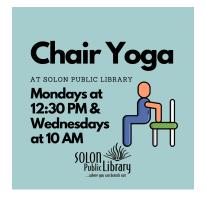
Let our volunteer drivers transport you to and from medically related appointments! An enrollment form and a detailed brochure will be sent upon request. Once enrolled the senior may call for a ride to a specific appointment. Requests for rides should be scheduled several days prior to the appointment date. All volunteer drivers are self-insured. Call Cindy Jensen 319-360-3279.





Did you know...that Solon Senior Support volunteers will deliver books/materials to your home and pick them up when you are done using them? Call the Library at 319-624-2678 for more information or to set up a delivery.

Click here for link to the Library's website.



CHAIR YOGA: Come join the FREE class and feel stronger, more balanced and flexible! Don't forget to come early for coffee on Wednesdays!

Everyone can benefit from chair yoga, come try it out!

Zumba meets Tuesdays and Fridays from 830-930am at the Solon Community Center gymnasium. The class is taught by the fantastic Rebecca Donovan and is only \$1! Bring a water bottle and be ready to have some fun!





Johnson County Livable Community posts a terrific newsletter each month! Check their website for more valuable information.

https://johnsoncountyjowa.gov > department-of-livable community



Click <u>here</u> for link to community center website.



DID YOU KNOW WE HAVE INDOOR PICKLEBALL IN SOLON?
Want to join Johnson County Pickleball Club (JCPC)? Or just come try it out and see if you like it?

The Solon United Methodist Church- Family Life Center 131 N. West Street has 3 indoor courts used by the JCPC from 8-1130am on

Mon/Wed/Fri, 9-11am on Tues/Thurs, and 930-11am on Sunday. Walk-in fee is \$5, JCPC membership is \$15/year and yearly court fee is \$100. The courts may also be rented for private groups- call the church at 319-624-2288 for rates and scheduling.

Contact Doug Tuetken at 563-608-4483 for more information. Newcomers and walk-ins are always welcome and lessons are on Sunday mornings!

SOLON SENIOR ADVOCATES JUNE 2025 NEWSLETTER

Advocate 2025 Trips

Wednesday, June 18 Circa 21/Rock Island "Chicago" The Músical \$100 This musical is inspired by real-life events that took place in 1920s Chicago, where two women were accused of murder. Two rival Vaudevillian Murderesses were locked up in Cook County Jail. Set in Chicago in the Jazz Age, the musical is based on a 1926 play.

Thursday, July 10 Newton Art Tour/ Neal Smith's Wildlife Buffalo Refuge. \$70

Meal extra



Restaurant Runs

Thursday, June 26 Shuey's/Shueyville 12:00 Noon Personal Cars
Sign up sheet Wednesday's Senior Dining or call 319-430-8655

Solon Senior Transport provides volunteer transportation for seniors to medical appointments – for information and to enroll please call Cindy Jensen, 319-360-3279

Senior Advocates Board

Art Tellin 319-626-2816 Mark Hollinrake 319-551-2811 Joyce Cook 319-541-6527 Barry Byrne 319-354-8757 Cindy Jensen 319-360-3279 Sandy Hanson 319-430-8655 Larry Brecht 319-624-2925 Phyllis Fiala 319-331-744

Solon Senior Dining

Newsletter June 2025



Signs to watch for

- 1. You're directed to buy one or more gift cards often referred to as "electronic vouchers" as a quick means of making payment.
- 2. You're told to share the numbers on the back of the gift cards, by reading them off or sending a picture.
- 3. The request comes from someone you wouldn't expect to ask for money this way:
 - A Social Security warning of a problem with your account
 - A <u>utility company</u> warning of an imminent shutoff
 - A <u>lottery company</u> promising a big prize once you pay some fees upfront
 - A grandchild needing bail or facing another financial emergency.

Report Fraud and Help Others

Call the <u>AARP Fraud Watch Network™ Helpline</u> and tell us about fraud attempts that have happened to you or someone you know. Your call can help prevent others from being victimized.

Call us:

877-908-3360 / Monday-Friday, 8 a.m. to 8 p.m. ET

Or File a complaint Iowa Attorney General (888) 777-4590

In – House Dining
Wednesdays only
11:30

Home Deliveries

M W F

Meals \$5.00

Call for reservations

319-624-2251

Mondays

10 am – 11am

June 4, 2025

Events for June

Birthday

Sponsored Meals

Bridge Bank
June 11th, 2025

Solon
Optical
June 18th, 2025

June 25, 2025 City Rep.

			A 12	
	June 2025 Senior Dining Menu			
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Turkey Medallions in Gravy	In House Dining	Chicken Pesto Alfredo	Meal Deliveries	Fish Sandwich
Baked Yam	Wednesdays ONLY	California Blend	MWF	w/ Pickle
Seasonal Vegetable	11:30	Vegetables	Info. Call 319-624-2251	Ranch Creamy Coleslaw
Strawberry Shortcake	Reservations required	Berry Pineapple	Meals \$5.00	Hashbrown Patty
Poke Cake	2 days in advance of meal	Pretzel Dessert	Reservations	Pineapple Dream Bar
	10:00 am - 11:00 am	110120120010	Required	
	Call 319-624-2251	Birthday	2 days in advance of meal	
9	10	11	12	13
Brown Sugar Glazed Ham	No Meals		Bingo Wednesdays AM/PM	Summer Herb
Steak	Tuesdays & Thursdays	Mini Baker Potatoes	Cards Wednesdays PM	Crusted Fish
Macaroni & Cheese		Cream Gravy Country	, , , , , , , , , , , , , , , , , , ,	Rice Pilaf
Buttered Peas		Country Trio Vegetables		Carrots
Seasonal Frest Fruit		Flamingo Cake		Watermelon w/ Honey Lime
		Sponsored Meal		
		Bridge Bank		
16	17	18	19	20
Chicken Biscuit Casserole		Chicken Stir Fry		Seafood Pasta Alfredo Bake
Corn]	With Vegetables	-	Broccoli
Seasonal Fresh Fruit		Steamed Rice		Garlic Toast
Chocolate Texas Cake		Banana Split Dessert	•	Gelatin Crunch
		Sponsored Meal		
	-	Solon Optical		
23	24	25	26	27
Chicken Spaghetti		Homemade Salisbury Steak		Cheddar Wurst on a Bun
Green Beans		Mashed Potatoes	-	w/ Peppers & Onions
Garlic Toast		Beef Gravy		Hashbrown Patty
Seasonal Fresh Fruit		Candied carrots		Tossed Salad
		Banana Bread Blondie		Brownie Sundae
		City Rep.		
30				
BBQ Pork on Cornbread				
Southern Green Beans				
Seasonal Fresh Fruit				
Seasonai Flesh Fluit				
			7	
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