

SOLON SENIOR NEWS

March 2026, Volume 6, Issue 3



Solon Senior Advocates 319-430-8655 : Bus trips/restaurant trips– Sandy Hanson sandrahanson@southslope.net
Solon Senior Support 319-624-2773: Sponsors Chair Yoga, Free Friday Lunch, Senior Fitness class; also provides house and yard help- Jill Weetman solonseniors@gmail.com
Solon Senior Dining 319-624-2251: In-house dining and deliveries- Marcy Olson
Solon Food Pantry 319-321-5232: Elaine Claude luv2runiowa@yahoo.com
Solon Senior Transportation 319-360-3279: Free local rides and to medical appts, PT, & pharmacy- Cindy Jensen

To receive a paper copy of the newsletter in the mail, call Jill at 319-624-2773



SOLON SENIOR SUPPORT SPONSORED PROGRAMS:

Mondays- Chair Yoga at the Solon Public Library 1230pm-130pm

Tuesdays - (NEW) Senior Social Time at the Solon Community Center 1030am-1230pm,

then Senior Fitness 1230pm-115pm.

Wednesdays- Coffee and Chair Yoga at the Solon Public Library: Coffee 9-10am, Chair Yoga 10-11am

Thursdays- (NEW TIME!) Senior Social Time at the Solon Community Center 1030am-1230pm: Walking, Coffee, Crafts

AND NEW Senior Fitness 1230-115pm

Fridays- Euchre at the Solon Methodist Church 1230-3pm, snack/coffee at 2pm



FREE SENIOR FITNESS CLASS

TUESDAYS AND THURSDAYS!

You asked for it, you got it!

Thursday class is starting in March: 1230-115pm

COMBINE FUN WITH FITNESS AS YOU INCREASE MUSCLE STRENGTH, STAMINA, AND BALANCE. YOU'LL DO LOW-IMPACT EXERCISES USING HAND WEIGHTS. CHAIRS ARE AVAILABLE FOR SEATED EXERCISES AND STANDING SUPPORT.

ALL FITNESS LEVELS ARE WELCOME!



WHEN: TUESDAY AND THURSDAY AFTERNOONS 1230-115PM (starting March 5th)

WHERE: SOLON COMMUNITY CENTER - 313 S.IOWA ST

WHAT TO BRING: HAND WEIGHTS (IF YOU HAVE THEM) AND A WATER BOTTLE

INSTRUCTOR: LINDY HOPP, CERTIFIED PERSONAL TRAINER AND SENIOR FITNESS SPECIALIST THROUGH THE NATIONAL ACADEMY OF SPORTS MEDICINE.

CALL THE COMMUNITY CENTER AT 319-624-2499 for questions. Sponsored by Solon Senior Support.

TUESDAY AND THURSDAY SENIOR SOCIAL **NEW DAY AND NEW TIME**

Time to lace up your sneakers and head to the Community Center on Tuesday and Thursday mornings for a cup of coffee and an indoor walk, then stick around for Senior Fitness! (Or... just meet your friends early to chat before fitness class!)

Did you know...if you walk from the lobby to the auditorium and back 8 times, you will have completed 1 mile!

Start getting ready for Spring- come on over to the Community Center and kickstart those healthy habits! Don't want to walk? No problem! We've got coffee, tea, hot chocolate and treats just waiting for you! Click [here](#) for link to community center website.



Chair Yoga

AT SOLON PUBLIC LIBRARY

**Mondays at
12:30 PM &
Wednesdays
at 10 AM**



**SOLON
Public Library**
...where you can breathe out

CHAIR YOGA: Come join the FREE classes 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!



Free Friday Lunch

Olive Garden- Soup, Salad and Breadsticks

(Minestrone-vegetarian, Chicken & Gnocchi, Zuppa Toscana)

Friday, February 27th at 1130am at the Solon United Methodist Church with Euchre and/or Bingo to follow.

Call Jill at 319-624-2773 by the 27th to RSVP (leave a message if no answer)

Need a ride? Call Jill at 319-624-2773.

NOTE: NO MARCH FRIDAY LUNCH (JILL WILL BE ON VACATION!)



PEN PALS for Solon High School Students

The Solon High School SSS (Solon Senior Support) Club Students are looking for community members to be their Pen Pals! We have 25 students who would like to learn more about people in the community.

If you are interested in being a Pen Pal, click [HERE](#) to complete the interest form, or call Jill at 319-624-2773. We urgently need 12 more people to match with our students!

We are planning a banquet in May at Solon High School for all Pen Pals to meet!



Do you, a friend, or neighbor need a ramp installed to get in and out of your house safely? The Watts Group would like to help! Their construction team will work with you on a ramp at no charge.

Please call Cathy DeValk with Watts Group Realty at 319-359-6595 or Jill Weetman with Solon Senior Support at 319-624-2773 for more information.

MONDAY *Matinee*



© 1ST MONDAY EACH MONTH
313 SOUTH IOWA ST

FREE
ENTRY

SOLON
Senior
Support



SOLON
PARKS & RECREATION

SOLON COMMUNITY CENTER
319-624-2499



The February **FREE MONDAY MATINEE** at the Solon Community Center Auditorium is **Monday March 2nd AT 2PM!**

PARK ON THE SOUTH SIDE OF THE BUILDING TO USE THE RAMP, THE WEST (BACK) SIDE OF THE BUILDING TO USE THE BACK STEPS, OR ON IOWA ST. IN FRONT OF THE BUILDING.

FREE POPCORN, WATER, AND COFFEE!



The Solon Public Library has **Tech Help every 3rd Thursday of the Month from 930-1030am!**

You can take your devices and questions in for the library staff and they can assist you. Next Tech Help is MARCH 19TH.

Did you know...that Solon Senior Support volunteers will deliver Library 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.



SOLON FOOD PANTRY NEEDS:

Non- food needs include: Toilet Paper, Pet food, diapers, feminine hygiene products, shampoo/conditioner, bar soap, toothpaste, lotion, deodorant, laundry detergent, dish soap, disinfecting wipes, paper towels, Kleenex, over-the-counter medications.

Location: Lower Level of the Solon United Methodist Church
122 N. West Street, Solon. Entrance is in the back (East side) of the church.

Hours: Donations: 830-10am on Mondays, also a Box outside Pantry Door for after hours donations.
Clients: 2-6pm on Mondays

Contact information: Elaine Claude, Pantry Manager
Phone: 319-321-5232 Email: luv2runiowa@yahoo.com
Mailing Address: PO Box 582, Solon, Iowa 52333



EUCHRE

Fridays at 1230pm-3pm: Solon Methodist Church.
Coffee and snack at 2pm. Still looking for Bingo players- give Jill at call at 319-624-2773 if you need a ride or want to play Bingo!

Solon Senior Support has created a Directory for Older Adults with local services and activities- click [HERE](#) to view the directory or click [HERE](#) to view the NEW brochure updated 10/25.

Solon
Volunteer
Services and
Activities for
Older Adults

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

Physical Activities
Social Activities

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.



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://johnsoncountyiowa.gov › department-of-livable_community



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, 6-830pm on Fridays, and 930-11am on Sundays. 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!

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SOLON ADVOCATES NEWSLETTER

MARCH, 2026

Proposed 2026 Trips

Thursday, May 21 Kalona Meal and tour No Bus charges! Just meal cost!
Ila Miller's homecooked meal, Golden Delight Bakery, Community and Annex
Stores, plus Perry Bender's Greenhouse

Solon Senior of the Year

The Nominating Committee is accepting nominations for the annual May award. Nomination forms must be received by Wednesday, March 18, 2026. Nomination forms are available Solon City Hall, Solon Public library and Solon Post Office. Please contact Pat Ikan, Nomination Committee chairperson, for more information or a nomination form at 601 Green Acres Drive, Solon, IA 52333, pikan@southslope.net or (319) 624-2643. The recipient will be recognized at a meeting of the May Solon City Council and during the annual Beef Days parade.

Suggestions for Senior Activities

The Advocates are considering to share in Solon Senior Support activities by funding a second day of senior fitness class at the Community Center as the class has become extremely popular. This fits well with the Advocates mission to mobilize and socialize seniors.

Restaurant Runs

Thursday, March 19 Shuey's/Shueyville Noon Personal Cars
Sign up sheet Wednesday's Senior Dining or call 319-430-8566

Solon Senior Transport provides volunteer transportation for seniors to medical appointments – for info and to enroll please call Cindy Jensen, 319-360-3279. Sign up as a volunteer driver!

Senior Advocates Board

Barry Byrne 319-354-8757 Larry Brecht 319-624-2925 Mark Hollinrake 319-551-2811
Cindy Jensen 319-360-3279 Phyllis Fiala 319-331-7447 Joyce Cook 319-541-6527
Sandy Hanson 319-430-8655 Penny Tompkins 319-471-3662

