



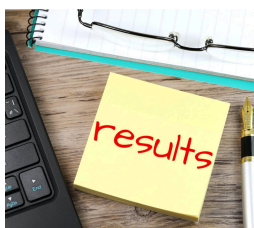
SOLON SENIOR NEWS

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



The results are in! 102 people shared their thoughts on our Senior Activity/Service questionnaire. If you would like to view all of the answers from the survey, click [HERE](#).

Some takeaways from the questionnaire:

- 102 responses- questionnaire was emailed to 236 Senior Newsletter subscribers and 90 mailed subscribers (mailed subscribers received a stamped, addressed envelope) = 32% return rate.
- Roughly **1/3 of responders do not participate** in activities geared towards older adults.
- Chair yoga has the highest awareness of all activities-86%, then Coffee Group, Pickleball, Zumba, Bingo/Cards at around 50%, then Pilates was the lowest at 15%.
- **Senior Fitness classes led the new activities by a wide margin at 60%- then Walking group, Midday Movie, Monthly Potluck in the Top 4. Next were Games (other than Cards/Bingo), DrumFit, and Coffee & Crafts.**
- Mornings and afternoons led by a wide margin over evenings for activity time.
- Most people responding were aware of the current services offered for seniors by volunteer groups (Advocates, Dining, Support, Transportation, Food Pantry).
- **83% of responders would use a Senior/Recreation Center if free/low-cost activities were offered.**
- A wide variety of activities were suggested from responders on what they would like to see offered at a Recreation/Senior Center- see list by clicking on link above.
- Responders get their information regarding local activities through the Senior Newsletter, the Solon Economist, Word of Mouth, Social Media and Flyers; in that order.

Next Steps:

- Senior Groups (Advocates, Dining, Support, Transport, Pickleball, Food Pantry) met with Solon City council member Cole Gabriel on 9/15 to discuss our groups' missions and needs from the city. Our next meeting will be 10/13.

- We have had ongoing meetings with Brodie Bohlen, Recreation Director, and Ethan Esgate, Recreation Coordinator, discussing new programs for older adults based on the results of the questionnaire. We are starting **Thursday Senior Social - This Thursday, October 2nd from 9am-Noon at the Solon Community Center, 313 S. Iowa St.** This is a time to have coffee, socialize, use the indoor walking area, do a puzzle or craft, or just relax!
- **FRIDAY FREE LUNCH** lunch sponsored by Solon Senior Support started 9/26. This will be on the LAST Friday of the month (may change in Nov/Dec for the holidays). The next lunch will be on Halloween, October 31st. See below for more information and to RSVP.
- **MONDAY MATINEE** at the Community Center will start on **Monday, December 1st.** This will be a free movie in the auditorium the FIRST Monday of each month. See flyer below.
- Discussions with a local senior fitness instructor to start a **free Senior Fitness class in January.**
- Findings from the questionnaire will be shared in the October Senior Newsletter, on the Solon Senior Support and Solon Community Facebook pages and on the Solon Senior Support website. Phone calls to responders who wanted to discuss the questionnaire further will be done in September.

Click [here](#) for link to community center website.



SOLON Senior Support & SOLON PARKS & RECREATION

THURSDAY SENIOR SOCIAL

at the Solon Community Center

It's a perfect way to connect with others, stay active, and unwind.

- ✓ Walking
- ✓ Coffee
- ✓ Crafting
- ✓ Conversations

9AM-12PM Every Thursday

☎ 319-624-2499

MONDAY Matinee



🕒 1ST MONDAY EACH MONTH
📍 313 SOUTH IOWA ST

FREE ENTRY

SOLON Senior Support

SOLON PARKS & RECREATION

SOLON COMMUNITY CENTER
319-624-2499



It's time for your Influenza and Covid-19 immunizations!
Senior Advocates are hosting a clinic for older adults- see the Advocates newsletter for the link to sign up. The clinic is on **Monday, October 20th** from 10-11am at the Solon United

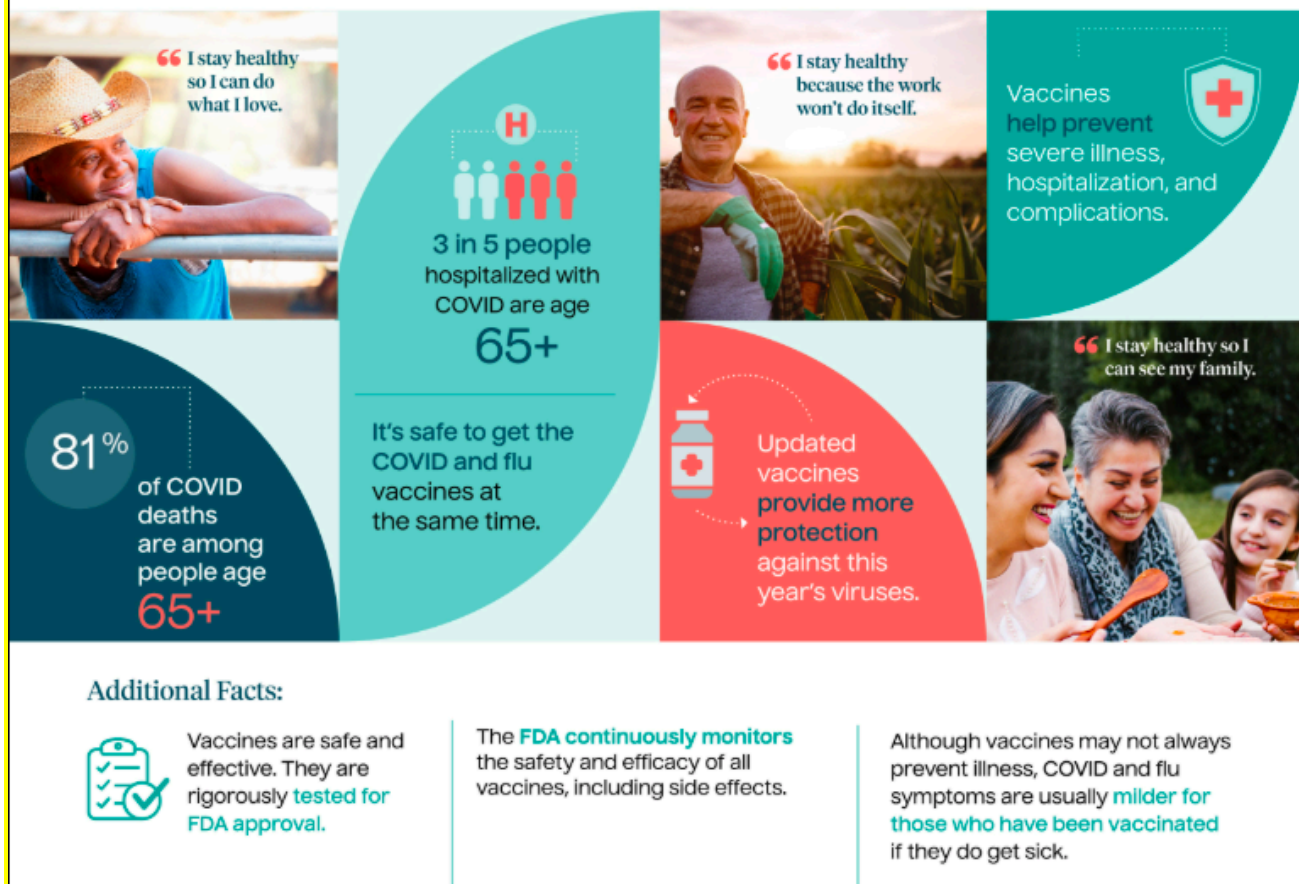
Methodist Church.

Older adults who get vaccinated are more likely to avoid serious disease, stay out of the hospital, and have a lower risk of death from these illnesses.

If you have questions about vaccinations, please discuss with your health care provider. Solon Towncrest also has online sign up available now. If you need assistance with signing up, call Solon Towncrest at 319-624-2239.

COVID-19 & Flu Vaccines: Key Stats Older Adults Should Know

You do a lot to take care of your health. As part of your regular wellness routine, consider getting vaccinated against COVID and the flu this year.



EUCHRE and BINGO
**Fridays at 1230pm- Solon
Methodist Church**
Coffee and snack at 2pm
Need more Bingo players!



FREE FRIDAY LUNCH 1130am October 31st- costumes encouraged! Lunch provided by Solon Senior Support- come for lunch, stay for Euchre and Bingo!

Call Jill at 319-624-2773 by Wednesday, October 29th to RSVP

Taco Bar will be served

Need a ride? Call Jill at 319-624-2773. Feel free to leave a message!



Solon Public Library Presents: *History of Ordinary Things – Men & Their Hair*

Solon, IA – The Solon Public Library is pleased to welcome back curator and storyteller Doris Montag for another engaging presentation in her popular *History of Ordinary Things* series. This time, Doris turns her attention to the fascinating—and sometimes funny—history of men’s hair and shaving traditions.

In her program, *Men & Their Hair: A Story of History and Artifacts of Barbering*, Doris will showcase an extensive collection of shaving artifacts dating back to the 1800s, including straight razors, leather strops, shaving cups, and soaps. She will also trace

the evolution of grooming through King Camp Gillette’s invention of the safety razor and the mechanical strops of the early 1900s.

Along the way, Doris will share insights into the advent of barbering as a profession and the ever-changing trends of men’s beards and hairstyles—all delivered in her trademark storytelling style, with humor and charm.

Event Details:

Thursday, October 2nd, 10:30 a.m. at Solon Public Library, 320 W. Main St, Solon, Iowa.

This program is free and open to the public. Don’t miss this unique opportunity to discover how the simple act of shaving tells a bigger story about culture, fashion, and everyday life.

For more information, contact the Solon Public Library at 319-624-2678 or staff@solon.lib.ia.us.



Please attend the Meet and Greet for City Council and School Board Candidates at the Solon Public Library from 630-8pm on Monday, October 20th- ask them about issues important to you and many older adults. What are their thoughts on a Community/Senior Center? Will they work with representatives from the Senior Groups to meet the needs of older citizens?

City Council and School Board Candidate Meet & Greet

Come and meet the candidates for Solon's City Council and School Board elections.

The Solon Economist and Solon Public Library are proud to co-host a panel for the upcoming local election on November 4th, 2025. Meet the candidates, hear what they're about, and a question and answer period (time permitting).

All Candidates invited:

City Council (three to be elected)

Cole Gabriel

Tim Gordon

Matthew Macke

Greg Morris

Lauren Whitehead

School Board Director (three to be elected, four year term)

Timothy Brown

Megan Laing

Cassie Rochholz

School Board Director (one to be elected in a separate contest, two year term to fill vacancy)

Daniel Coons

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 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.

**Solon
Volunteer
Services and
Activities for
Older Adults**

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

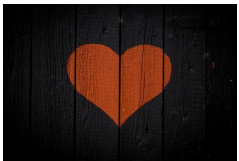
Physical Activities
Social Activities



Senior Transport is looking to expand service to local, non-medical rides (groceries, library, church). 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.



Need assistance with fall leaves? 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 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, October 6th.

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.



Chair Yoga

AT SOLON PUBLIC LIBRARY

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



SOLON
Public Library
...where you can branch out

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://johnsoncountyiowa.gov/departments-of-livable_community



**OVER 70 COMMUNITY
RESOURCE TABLES & BOOTHS**



**OCTOBER 8, 2025
1:00PM - 4:00PM**



**NORTH LIBERTY
COMMUNITY CENTER
520 W. CHERRY ST.
NORTH LIBERTY, IA 52317**



**Contact us
(319) 356-6090**



jkellbach@johnsoncountyiowa.gov

Event Highlights

Fall Prevention Screenings ◀

Protect your health with a fall prevention screening and learn how to remain steady

Flu Shots ◀

Protect yourself against the upcoming flu season

Tai Chi Demonstration ◀

A great way to improve balance, fitness, and mobility

Health Screenings ◀

Many different health screenings available

Caregiver Wellness Day

Save The Date for The Heritage Area Agency on Aging Caregiver Wellness Day!

This year's event will be held on November 6th in Iowa City at St. Andrew Presbyterian Church. Speaker lineup, registration information and more details will be released in the near future.



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 Dining October News 2025

A Special Thank You to Scott Borgard and son Jack for sharing their music at Senior Dining on September 17th.

October 1st – Birthdays

October 8th – Rick Jedlicka/Sponsored Meal

October 15th – Lyle Beaver – Entertainment

October 22nd – Chef Surprise Meal

October 29th – Halloween Party



October 29th – City Rep.

SOLON ADVOCATES

OCTOBER 2025 NEWSLETTER

COVID Vaccine/Flu Clinic

Monday, October 20

Methodist Church. 10:00 a.m. – 11:00 a.m. Senior Advocates/Towncrest Pharmacy

Please click the link to schedule an appointment. If you are unable to access this link please call 319 430 8655 for help

<https://towncrest.medmeapp.com/schedule?sublocationId=a48362ef-fc16-4916-806f-8fbeccd34dbf>

The Solon Community Food Pantry is looking for people to serve on a voluntary advisory board. We are looking for individuals with a wide range of business and personal experience, and a desire to help the pantry grow and make pertinent incisions regarding that.

The food pantry is widely used and invaluable to help those in Solon meet their needs.

Please submit your name and a short statement of why you would make a good choice for this board.

Submit your information to P O Box 65, Solon, IA 52333

Restaurant Runs

Thursday, October 16 Field Day Brewing Company/N Liberty 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

Barry Byrne 319-354-8757

Larry Brecht 319-624-2925

Mark Hollinrake 319-551-2811

Cindy Jensen 319-360-3279

Phyllis Fiala 319-331-744

Joyce Cook 319-541-6527

Sandy Hanson 319-430-8655

Penny Tompkins 319-471-3662



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	In House Dining Wednesdays ONLY 11:30	Apple Cider Pork Chop Caramel Butternut Squash Mixed Vegetables Strawberry Marshmallow Dessert	Meal Deliveries M W F Info. Call 319-624-2251 Meals \$5.00 Reservations Required 2 days in advance of meal	Catch of the Day Macaroni & Cheese Riviera Vegetables Banana Poke Cake
	Reservations required 2 days in advance of meal 10:00 am - 11:00 am Call 319-624-2251	Birthday		
6	7	8	9	10
Maple Glazed Meatballs Roasted Sweet Potatoes w/ Bacon Brussel Sprouts Pineapple Trifle	No Meals Tuesdays & Thursdays	Apricot Chicken Buttered Noodles Parslied Cauliflower Cinnamon Roll Cherry Cobbler Rick Jedlicka Sponsored Meal	Bingo Wednesdays AM/PM Cards Wednesdays PM	Tater Crusted Fish O'Brien Potatoes Buttered Peas Vanilla Almond Cake
13	14	15	16	17
Molasses Pork Loin Stuffing w/ Gravy Broccoli & Cauliflower Cranberry Fluff	Senior Dining Meals are provided by Solon Retirement Village Kitchen	Lasagna Roll Up Tossed Salad Garlic Toast Pumpkin Earthquake Cake Lyle Beaver Entertainment		Hushpuppy Fish Fillet French Fries Coleslaw Cornbread Brownie
20	21	22	23	24
Ravioli Tossed Salad Garlic Toast Loaded Cookie Bar		Chef Surprise		Seafood Au Gratin Baked Potato Parmesan Roasted Broccoli Blueberry Cheesecake
27	28	29	30	31
Baked Pork Chop Sweet Potato Casserole Broccoli Almondine Cookies & Cream Cake		Philly Cheesesteak Bake Buttered Peas Ice Cream Halloween Party City Rep.		Salmon Patty Creamed Peas & Potatoes Cherry Cheesecake Fluff
				Happy Halloween