

SOLON SENIOR NEWS

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 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 & pharmacy- Cindy Jensen

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



Thank you to everyone who donated to our Giving Tuesday fundraiser! Your support helps us sponsor the programs that help our neighbors and the fun activities we do as well! We couldn't do it without you!



The new year brings opportunities to improve our health and connect with people in our community. Don't let the Winter Blahs get you down. We have programs to help you stay active and social (remember- use it or lose it!)

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

Tuesdays (NEW)- Senior Fitness class at the Solon Community Center 1230pm-115pm

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

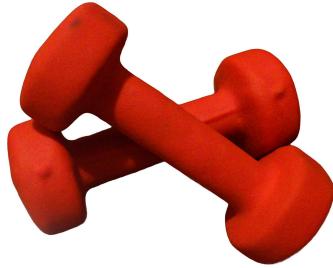
Thursdays- Senior Social Time at the Solon Community Center 9am-12noon: Walking, Coffee, Crafts

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

**NEW FREE SENIOR FITNESS CLASS
TUESDAYS STARTING JANUARY 6TH
*SPONSORED BY SOLON SENIOR SUPPORT***

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 AFTERNOONS 1230-115PM

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.

MONDAY *matinee*



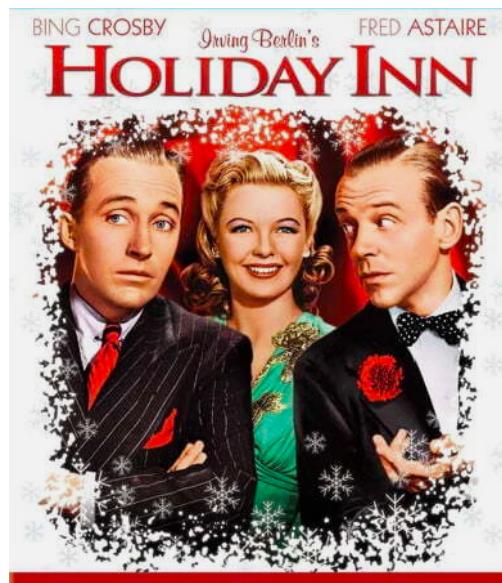
1ST MONDAY EACH MONTH
313 SOUTH IOWA ST

FREE
ENTRY

SOLON
Senior
Support

SOLON
PARKS & RECREATION

SOLON COMMUNITY CENTER
319-624-2499



THE FREE FIRST MONDAY MATINEE AT THE SOLON COMMUNITY CENTER AUDITORIUM IS MONDAY, JANUARY 5th AT 1PM! Keep the Holiday Spirit going with this classic song and dance movie! 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 AND COFFEE!

Free Friday Lunch- New Year's Edition-

Pizza Party (and Root Beer Floats)!

**Friday, January 30th at 1130am at the Methodist Church
with Euchre and/or Bingo to follow**



Call Jill at 319-624-2773 by Wednesday, January 28th to RSVP (leave a message if no answer) Need a ride? Call Jill at 319-624-2773.



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 January 15th.



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.



Feeding the Community

SOLON FOOD PANTRY NEEDS:

Non- food needs include: 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: 2-7pm on Mondays (new extended hours!)

Contact information: Elaine Claude, Pantry Manager

Phone: 319-321-5232 Email: luv2runiowa@yahoo.com

Mailing Address: PO Box 582, Solon, Iowa 52333

SOLON PARKS & RECREATION



SOLON Senior Support & PARKS & RECREATION

THURSDAY SENIOR SOCIAL

at the Solon Community Center

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

Walking, Crafting, Coffee, Conversations

9AM-12PM Every Thursday

319-624-2499

It's getting cold outside! Time to lace up your sneakers and head to the Community Center on Thursday mornings for a cup of coffee and an indoor walk!

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

Don't lose that progress you've made over the summer and fall- come on over to the Community Center and continue 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.



EUCHRE

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



**It's not too late for your Influenza and Covid-19 immunizations!
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.**

**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 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, January 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.**



Chair Yoga

AT SOLON PUBLIC LIBRARY

Mondays at
12:30 PM &
Wednesdays
at 10 AM

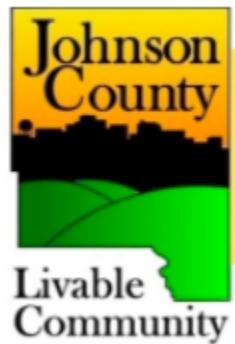


SOLON
Public Library
...where you can branch out

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/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!

SOLON ADVOCATES

JANUARY 2026 NEWSLETTER



The Advocate's scheduled the Nightrain Party Bus for a Christmas Light tour Tuesday, December 9. Thirty eight people enjoyed viewing lights on a series of different locations ranging from Coralville, North Liberty, the West Overlook Holiday Lights and several houses located in Solon before winding down the 3 hour tour. Pictured is the "Gingerbread House" on Fairview Lane in North Liberty.

Proposed 2026 Trips

Thursday, May 21

Kalona

TBA

Ila Miller, Golden Delight Bakery, Community/Annex Stores, Perry Bender, String Town
To sign up: 319-430-8655 or sandrahanson@southslope.net

Restaurant Runs

Thursday, January 15

Buff's/Solon

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. Sign up as a volunteer driver!

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 319-331-7447

Joyce Cook 319-541-6527

Sandy Hanson 319-430-8655

Penny Tompkins 319-471-3662



January 2026 Senior Dining Menu

January 2026 Senior Dining Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
Happy New Year 2026	In House Dining Wednesdays ONLY 11:30		1	2	
FYI. stat. from 2025 Senior Dining served a a total of 2,588 In-House and Home delivered meals.	Reservations required 2 days in advance of meal 10:00 am - 11:00 am Call 319-624-2251			CLOSED Happy 2026	
5 Baked Pork Chop Sweet Potato Casserole Broccoli Almondine Cookies & Cream Cake	6 Meal Deliveries M W F Info. Call 319-624-2251 Meals \$5.00 Reservations Required 2 days in advance of meal	7 Philly Cheesesteak Bake Buttered Peas Ice Cream Birthday Dee & her (hurdy-gurdy)	8 No Meals Tuesdays & Thursdays	9 Salmon Patty Creamed Peas & Potatoes Cherry Cheesecake Fluff	
12 Sliced Chicken In Pan Gravy Sweet Potato Casserole Succotash Blueberry Buckle	13 Bingo Wednesdays AM/PM Cards Wednesdays PM	14 Apple Cider Pork Chop Caramel Butternut Squash Mixed Vegetables Strawberry Marshmallow Dessert Sponosred Meal Solon Am. Legion/Hansen	15	16 Catch of the Day Macaroni & Cheese Riviera Vegetables Banana Poke Cake	
19 CLOSED MLK Day	20	21 Apricot Chicken Buttered Noodles Parslied Cauliflower Cinnamon Roll Cherry Cobbler	22	23 Tater Crusted Fish O'Brien Potatoes Buttered Peas Vanilla Almond Cake	
26 Molasses Pork Loin Stuffing w/ Gravy Broccoli & Cauliflower Cranberry Fluff	27	28 Lasagna Roll Up Tossed Salad w/ Dressing Garlic Toast Pumpkin Earthquake Cake	29	30 Hushpuppy Fish Fillet French Fries Coleslaw Cornbread Brownie	
		City Rep.			