



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



HAPPY HOLIDAYS FROM THE VOLUNTEERS OF THE SOLON SENIOR GROUPS!!

WE HOPE YOU HAVE ENJOYED YEAR #5 OF THE SENIOR NEWS!

AS OF NOVEMBER, SOLON SENIOR SUPPORT IS NOW SENDING BOTH THE E-NEWSLETTER AND MAILED NEWSLETTER. IF YOU HAVE QUESTIONS OR SUGGESTIONS, CONTACT JILL WEETMAN AT 319-624-2773 OR EMAIL AT SOLONSENIORS@GMAIL.COM.

GIVING
TUESDAY

TUESDAY, DECEMBER 2nd is GIVING TUESDAY

This day is designated for giving to charities after Black Friday, Small Business Saturday and Cyber Monday. Solon Senior Support relies on donations from Giving Tuesday to help us fund programs and events for Solon older adults all year long. Please consider donating by check to PO Box 131, through Venmo (@SolonSeniorSupport) or our Facebook Fundraiser. Thank you!

FREE! FRIDAY LUNCH- Holiday Edition

Friday, December 12th 1130am at the Bluebird Cafe, Solon



Holiday Lunch provided by Solon Senior Support- come for lunch, then head to the Methodist Church for Euchre!

Call Jill at 319-624-2773 by MONDAY, December 8th to RSVP (leave a message if no answer)

A traditional holiday meal will be served. Festive holiday attire is encouraged!

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



MONDAY

Matinee

© 1ST MONDAY EACH MONTH
9 313 SOUTH IOWA ST

FREE ENTRY

THE FIRST FREE MONDAY MATINEE AT THE SOLON COMMUNITY CENTER AUDITORIUM IS THIS **MONDAY, DECEMBER 1ST AT 1PM! Get in the Holiday Spirit with White Christmas!**

PARK ON THE SOUTH SIDE OF THE BUILDING TO USE THE RAMP, OR WEST (BACK) SIDE OF THE BUILDING TO USE THE BACK STEPS. FREE POPCORN AND COFFEE!

Don't let the Grinches ruin your Christmas! Be aware of scams!

12 SCAMS of Christmas

- Look-Alike Websites**
When stores sell out, you may find the items online on different websites than the official retailer's. Remember, it's easy to mimic a real website. Some sellers will take your money and run, leaving you without the gift or money to buy it elsewhere.
- Fake Shipping Notifications**
These can have attachments or links to sites that will download malware on your computer to steal your identity and your passwords. Don't be fooled by a holiday phishing scam.
- Social Media Gift Exchange**
Purchasing one gift and receiving 36 sounds like a great deal, but this seasonal scam is actually a pyramid scheme, which is illegal.
- Phony Charities**
Everyone is in a generous mood during the holidays, so scammers take advantage of that with fake charity solicitations in email, on social media sites, and even by text. Check out charities at give.org before donating.
- Grandparent Scams**
Seniors should be cautious if they get a call from a grandchild claiming to be in an accident, arrested or hospitalized while traveling in another country. Never send money unless you confirm with another family member that it's true.
- Letters From Santa**
Several trusted companies offer charming and personalized letters from Santa, but scammers mimic them to get personal information from unsuspecting parents. Check with bbb.org to find out which ones are legitimate.
- Temporary Holiday Jobs**
Retailers and delivery services need extra help at the holidays, but beware of solicitations that require you to share personal information online or pay for a job lead. Apply in person or go to retailers' main website to find out who is hiring.
- Unusual Forms of Payments**
Be wary of anyone who asks you to pay for holiday purchases using prepaid debit cards, gift cards, wire transfers, third parties, etc. These payments cannot be traced and cannot be undone.
- Free Gift Cards**
Pop-up ads or email offering free gift cards are often just a ploy to get your personal information that can later be used for identity theft.
- Travel Scams**
With busy holiday travel, bargains may be tempting. Be cautious when booking through online ads, never wire money to someone you don't know and ask for references.
- E-Cards**
Electronic cards can be great fun, but be careful. Two red flags to watch out for are: the sender's name is not apparent; you are required to share additional information to get the card.
- Puppy Scams**
Be very careful buying pets online, especially during the holidays. You may get a puppy mill pooch with problems, or you may get nothing at all because it was a scam.

For more information on these scams, go to bbb.org

SOLOON'S ANNUAL
*Christmas Tree Walk
& Arts Festival*

SOLOON UNITED METHODIST
FAMILY LIFE CENTER

DECEMBER 6, 2025
10AM - 3PM

AREA ART VENDORS
SILENT AUCTION • CRAFT & BAKE SALE
SCAVENGER HUNT & PUN TREES
HOMEMADE SOUP • SANDWICHES
PIES AND MORE • TAKEOUT AVAILABLE

SPECIAL GUEST
SANTA 12:30PM - 2:30PM

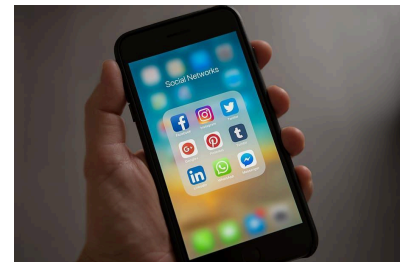




The Solon Public Library has Tech Help every 3rd Thursday of the Month from 930-1030am!

You can take your devices and questions in for the library staff and they can assist you!

Next Tech Talk is December 18th

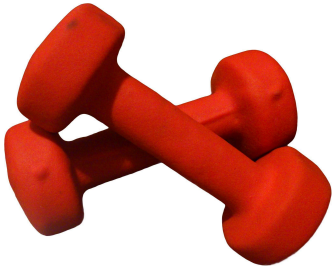


Did you know...that Solon Senior Support volunteers will deliver Library books/materials to your home and pick them up when you are done using them? Call the Library at 319-624-2678 for more information or to set up a delivery.

Click [here](#) for link to the Library's website.

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
ALL FITNESS LEVELS WELCOME!

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.

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



**Feeding the
Community**




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- Solon Methodist Church
Coffee and snack at 2pm



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**.



FROM JOHNSON COUNTY:

Residents of unincorporated Johnson County and the small cities of Hills, Lone Tree, Oxford, Shueyville, Solon and Swisher are eligible for no-cost home energy audits.

The audit team can accommodate residents' schedules for the home visits. To sign up for a free audit, visit the Green Iowa AmeriCorps application form online at

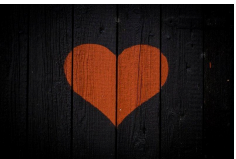
<https://docs.google.com/.../1FAIpQLSetULq9GQWhsr.../viewform> or call the team at 319-339-5399.

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, December 1st.

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: 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](https://johnsoncountyiowa.gov/departments-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!

SENIOR ADVOCATE
XMAS LITES PARTY BUS TOUR
Tuesday, December 9
4:30 to 7:30 p.m. – Solon Rec Park

First Stop

West Overlook
Holiday Lights



5th Annual Xmas display featuring dancing polar bears, giant poinsettia forest, drive down Memory Lane and timeless American Gothic display



One of the many house displays.

North Liberty has a most spectacular light display. The display in Ely is coordinated with a radio music station that adds even more of a festive atmosphere. Plus many Coralville house lights.



Night Train Party Bus has been in business in Solon since 2011 providing wedding transports, shuttle services and general party agenda. We have contracted a 40 passenger carriage style bus to view Xmas Light displays Tuesday, December 9 from 4:30 to 7:30 p.m – pickup at the Solon Rec Park

Call 319-430-8655 or sandrahanson@southslope.net for reservations

SOLON ADVOCATES

DECEMBER 2025 NEWSLETTER

Xmas Lites Party Bus Tour Tuesday, December 9 4:30 – 7:30 p.m.

Meet bus at Rec Park at 4:30 – West Overlook Xmas Lite Display

Coralville, North Liberty and Ely house displays – Holuba's & Solon Lites

Free tour sponsored by the Senior Advocates

Call 319-430-8655 or sandrahanson@southslope.net for info and to sign up!



The Advocates have commissioned a plaque in recognition of all that Our Lords Church contributed to our community over 19 years. Free Thanksgiving and Christmas meals, weekend soup deliveries, gift and candy sales, together with other community functions. The church closed and sold their building in 2023 and the current owner has agreed to have this plaque created by Memorials by Michael of Solon be affixed to the front entry.

Proposed 2026 Trips

Circa 21
Kalona

Honky Tonky Angels
Meal and tour

Wednesday, April 22
Thursday, May 21

Restaurant Runs

Thursday, December 12 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

A Merry Christmas Thank You

Our mission to serve Solon's Senior Community would not be possible without our volunteers, monthly meal sponsors, generous donors, and dedicated clients.



A special Thank You to Solon Retirement Village kitchen for providing our meals and Solon United Methodist Church our home for diners since 1980.

