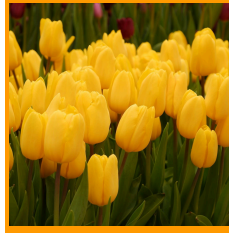


SOLON SENIOR NEWS



May 2026, Volume 6, Issue 5

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



Older Americans Month is celebrated every May in the United States to honor the contributions of older adults and promote awareness of issues affecting them.

Overview and Purpose

Older Americans Month (OAM) is observed annually in **May** to recognize the contributions of older adults, highlight aging trends, and reaffirm society's commitment to supporting older adults. The observance encourages communities to celebrate older adults' achievements, promote wellness, and raise awareness about issues such as elder abuse, healthcare access, and social engagement. It also emphasizes the importance of preventive care, self-management, and community partnerships to empower older adults to lead healthy, independent lives.

History

The origins of Older Americans Month date back to **1963**, when President John F. Kennedy proclaimed May as **Senior Citizens Month** following the White House Conference on Aging. This proclamation aimed to increase community awareness of the challenges faced by older adults and to recognize their contributions to society. In **1965**, the **Older Americans Act (OAA)** was enacted, providing funding for community-based programs to improve the quality of life for older adults. In **1980**, President Jimmy Carter renamed the observance **Older Americans Month** to reflect a broader focus on aging.

Themes and Observance

Each year, the Administration for Community Living (ACL) sets a theme for Older Americans Month. The **2026** theme, "**Champion Your Health**," focuses on prevention, wellness, and personal responsibility as cornerstones

of healthy aging. Previous themes have included efforts to challenge stereotypes about aging and promote active engagement in communities. Communities, organizations, and individuals are encouraged to participate through events, social media campaigns using **#OlderAmericansMonth**, and activities that support older adults' health and well-being.

SOLON SCHEDULE OF ACTIVITIES FOR OLDER AMERICANS MONTH:

- May 1st: May Basket Delivery
- May 6th: City Council Proclamation and Senior of the Year- John McFarland
- May 14: Senior of the Year Celebration- Open House @ American Legion 2-4pm
- May 19th: Solon Aging Well Expo- Solon Community Center 10am-noon
- May 26th: Free Lunch at Big Grove 11:30am (see below for RSVP)



Join the Senior Advocates in celebrating John McFarland- 2026 Senior of the Year on May 6th at the City Council meeting and on May 14th at the American Legion!



SOLON AGING *Well* — EXPO —



INSPIRE



CONNECT



THRIVE

CONNECTING SENIORS WITH COMMUNITY



TUESDAY
MAY 19, 2026



10:00 AM –
12:00 NOON



SOLON
COMMUNITY CENTER
313 South Iowa St.,
Solon, Iowa



HEALTH & WELLNESS



INSURANCE &
FINANCIAL PLANNING



HOUSING &
SENIOR LIVING



TRANSPORTATION



NUTRITION &
MEAL SERVICES



LEGAL &
ESTATE PLANNING



HOME CARE, HOSPICE &
SUPPORT SERVICES



MEMORY CARE &
COGNITIVE HEALTH



COMMUNITY &
SOCIAL CONNECTIONS



ACTIVE LIVING &
RECREATION

SPONSORED BY



SOLON
SENIOR SUPPORT

Connecting Seniors with Community

JOIN US FOR A DAY OF RESOURCES, CONNECTIONS & INSPIRATION!

*May Free Lunch:
Celebration of Older Americans Month
@ BIG GROVE*



*When: Tuesday, May 26th at 1130am at Big Grove with Euchre at the Solon United Methodist Church to follow. ****Note: Tuesday, not Friday*****

Menu: Chicken and Biscuits, ½ Pizza, or ½ Burger - and a Free Beer for all attending!

Call Jill at 319-624-2773 by Friday, May 22nd to RSVP (leave a message if no answer)

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

*****This will be Solon Senior Support's last Free Lunch, as the Senior Advocates are re-starting the popular Meal and a Movie on the last Friday of the month in June. Thank you to all who have attended the lunches- it's been a lot of fun!*****



Don't want to mow this Spring/Summer? Let our Solon High School students with a mowing business do it for you! If you would like their contact information, give Jill Weetman a call at 319-624-2773. (If cost is a concern, we have a grant from the Solon Retirement Village that will cover the cost of mowing.)

Our Solon Senior Support High School Club is also available to help with cleaning out garden beds, raking up those leftover winter leaves, and picking up sticks for you!

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.





FREE SENIOR FITNESS CLASS: STEPS & STRENGTH **TUESDAYS and THURSDAYS 1230-115pm!**

NOTE: CLASS WILL PAUSE AFTER MAY 28TH, AND WILL RETURN IN SEPTEMBER. A WALKING GROUP WILL BE STARTED OVER THE SUMMER- WATCH FOR MORE INFORMATION IN THE JUNE NEWSLETTER.

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

ALL FITNESS LEVELS ARE WELCOME!



WHEN: TUESDAY AND THURSDAY 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. Sponsored by Solon Senior Support and Solon Senior Advocates.

TUESDAY AND THURSDAY SENIOR SOCIAL will be paused for the summer starting in May. We will be back in September with coffee, treats and opportunities to connect!

SENIOR SOCIAL

at the Solon Community Center

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

- Walking
- Coffee
- Crafting
- Conversations

10AM-12:30PM Every Tuesday & Thursday

319-624-2499

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** 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!



Older Americans Month Free Lunch at Hy-Vee Center A 55+ Connections Special Event



**Friday, May 29, 2026
11:00 a.m.**

FREE with reservation. Space is limited. Book by calling (319) 626-5716 or at northliberty.recdesk.com. Must be 55 years old or older to attend.

**Hy-Vee Center at Centennial Park
1565 St Andrews Drive
North Liberty, Iowa**

Questions or accommodations? Contact Librarian Corrie Brase at (319) 626-5608.

This free catered meal is sponsored by Solon Retirement Village, serving the Johnson County area with independent and assisted living, nursing and memory care, and skilled and outpatient therapy. Visit solonretirementvillage.com for more info! Desserts provided by the UI Csomay Center.

Solon
RETIREMENT VILLAGE

**North
Liberty**

IOWA
College of Nursing
Barbara and Richard Cooney
Center for Gerontological Excellence

Hy-Vee Center at Centennial Park 1565 St Andrews Drive, North Liberty northlibertyiowa.org

SOLON ADVOCATES MAY 2026 NEWSLETTER

Proposed 2026 Trips

Thursday, May 21 Kalona Meal/Tour No Bus charges! Meal cost \$25

Ila Miller's homecooked meal, Golden Delight Bakery, Community and Annex Stores, Perry Bender's Greenhouse

Solon Senior of the Year

Be sure to attend the Mayor's reading of the Older Americans Proclamation Wednesday, May 6 City Council Meeting and bestowing the Senior Advocates Senior of the Year Certificate.

You Are Cordially Invited To
An Open House Honoring
2026 Senior of the Year
John McFarland
Thursday, May 14
2:00 to 4:00 p.m.
Solon American Legion

Solon Aging Well Expo Tuesday, May 19 10:00 – 12:00 a.m. Community Center

Solon Senior Advocates will display on a large Iowa map the various bus trip locations they have taken seniors since the program started in 2006. Monthly restaurant runs will also be documented. Other on-going activities planned are the start-up of the Meal and Movie the last Friday of each month beginning Friday, June 26 at the library plus informational talks to begin soon. Watch the Economist and our newsletter for dates, times and info!

Restaurant Runs

Thursday, May 28 MidTown/Iowa City Noon Personal Cars

Sign-up sheet Wednesday's Senior Dining or call 319-430-8655

Friday, June 19 Bluff Lake/Maquokata 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 info 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 Penny Tompkins 319-471-3662 Lou Wolfe 319-321-3113
Sandy Hanson 319-430-8655

