

SENIOR NEWS



SAFE AT HOME PROGRAM
THURSDAY, AUG 13TH
1-2PM
SOLON PUBLIC LIBRARY

Safe at Home:

**Helping Older Adults Live Safely and
Independently**

Join Solon Senior Support for the launch of our new Safe at Home program! This free service helps older adults identify simple ways to reduce fall risks and improve safety throughout their homes.

During a friendly, non-judgmental home visit, trained volunteers will provide a personalized safety assessment, helpful education, and practical recommendations to make everyday living safer. Participants will also receive a Vial of Life emergency information packet and other valuable safety resources.

Our goal is simple: help older adults remain safe, independent, and confident in the homes they love.

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Stay Connected

Solon Food Pantry

The Food Pantry is in need of pancake mix, hamburger and tuna helper, toilet paper, Suddenly Salad, and apple juice.

Location: Lower level of the Solon United Methodist Church, 122 N West St.

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

Solon Senior Transportation

Let our volunteer drivers transport you to and from medically related appointments. An enrollment form and detailed brochure will be sent upon request. Once enrolled, the client may call for a ride to a specific appointment. All volunteer drivers are self-insured. Call Cindy Jensen @ 319-360-3279. Volunteers are always needed!

Johnson County Pickleball Club (JCPC)

Interested in Pickleball? Want to learn more about it?

The Solon United Methodist Church- Family Life Center (131 N. West St.) has 3 indoor courts used by the JCPC from 8:30-11am on Mon/Wed/Fri, 9-11am on Tues/Thurs, and 930-11am on Sundays. Walk-in fee is \$5, JCPC membership is \$15/year and the church's yearly court fee is \$100. The courts may 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 Public Library

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.



WEEKLY ACTIVITIES



Chair Yoga

Mondays 12:30-1:30pm

Wednesdays 10-11am

Solon Public Library



Coffee & Conversation

Wednesdays 9-10am

Solon Public Library



Euchre

Friday 1230-3pm

Solon Methodist Church



Pickleball

Daily at the Solon

United Methodist FLC

See page 2 for details



Zumba

Tuesdays & Fridays

8:30-9:30am

Solon Community Center- cost is \$1

MONTHLY EVENTS

3

Monday Matinee

State Fair (1945)

2pm

Solon Community Center

13

Safe at Home Program

1 - 2pm

Solon Public Library

20

Restaurant Run

12 noon

Charley Rae's- Mechanicsville

28

Meal and a Movie

11am - 1:30pm

Solon Public Library



CONTACT US

SOLON SENIOR SUPPORT: 319-624-2773 - Jill Weetman

SOLON SENIOR ADVOCATES: 319-430-8655- Sandy Hanson

SOLON SENIOR DINING: 319-624-2251- Marcy Olson

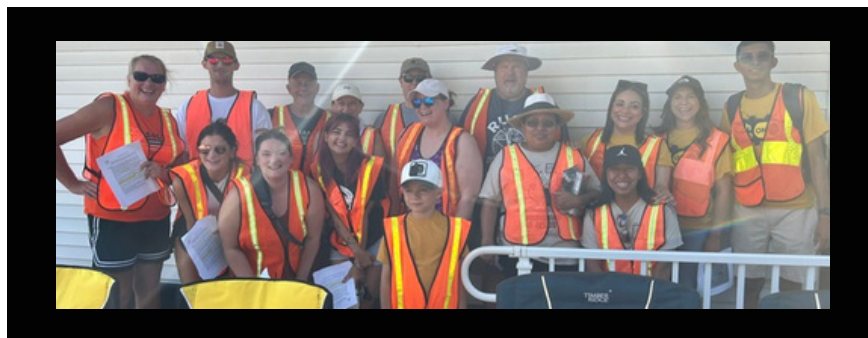
SENIOR TRANSPORTATION: 319-360-3279 - Cindy Jensen

SOLON FOOD PANTRY: 319-321-5232 - Elaine Claude

Community Corner

Toni Russo's Garden

Toni Russo's Heritage Garden on Iowa Street is a hidden gem that celebrates Solon's history through heirloom flowers passed down from generation to generation. Her beautiful garden is a living reminder of the importance of preserving our community's heritage.



Community volunteers from Solon Senior Support and DVIP & RVAP of Iowa teamed up to provide parade security during Solon Beef Days. As recipients of Beef Days grants, both organizations were proud to give back by helping make this hometown tradition safe and enjoyable. This was 4 Solon Senior Support's seventh year volunteering at the event.

SOLON ADVOCATES AUGUST 2026 NEWSLETTER

Proposed 2026 Events

Reservations - 319-430-8655

Friday, August 28. Meal and Movie TBA 11:00 a.m. Solon Library

Thursday, August 20 Noon Charley Rae's /Mechanicsville Personal Car

Thursday, October 8 Breitbach's/Gays Mills
Bus Charge & Buffet \$50
Cindy and Mike Breitbach to the right

Breitbach's is a generational family owned restaurant since 1852. It's known for it's family style and comfort food. Breitbach's offers an all you can eat buffet made fresh daily and completely homemade. Gays Mill, WI – Sunrise Orchards on the bluffs of SW Wisconsin since 1913. Offering 25 apple varieties, together with numerous apple products



Senior Advocate's
monthly restaurant run
Thursday, July 16 at
Jethro's BBQ in
Coralville – 12 diners
showed up at noon to
enjoy a full menu of
BBQ delights!

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 Phyllis Fiala 319-331-7447

Joyce Cook 319-541-6527

Penny Tompkins 319-471-3662

Lou Wolfe 319-321-3113

Mark Hollinrake 319-551-2811

Cindy Jensen 319-360-3279 Sandy Hanson 319-430-8655

August 2026 Senior Dining Menu					
	Tuesday	Wednesday	Thursday	Friday	
3	4	5	6	7	
Monday		Pork Chop Supreme	In House Dining 11:30	Shrimp Scampi	
Nacho Chicken		Baked Potato	Wednesdays ONLY	Parmesan Orzo Pasta	
Shredded Lettuce /Tomatoes		Baked Beans	Meals \$5.00	Lemon Broccoli	
Refried Beans		Homestyle Peach Cobbler	Reservations required	Breadstick	
Corn			2 days in advance of meal	Fresh Fruit	
Frosted Marble Cake		Birthday	Call 319-624-2251 MWF		
			(10 am -11 am)		
10	11	12	13	14	
Baked Caesar Chicken		Salisbury Steak	Home Deliveries	Catch of the Day	
Buttered Noodles		Parslied Potatoes	within a 5 mile radius	Baked Potato	
Carrots		Orange Glazed Carrots	from Solon,	Sour Cream	
Chocolate PB Cake Roll		Classic Strawberry	Paved roads only.	Seasonal Vegetable	
		Shortcake	Reservations	Banana Split Dessert	
		Sam's Grocery	Required		
		Sponsor	2 days in advance of meal		
17	18	19	20	21	
Baked Spaghetti Pie	Consultants from Solon Community Housing to share information on FutureSolon project August 19th	Roast Beef	No Meals Tuesday & Thursdays	Honey Butter Biscuit	
Zucchini Parmesan		Mashed Potatoes		Pollack	
Garlic Toast		Beef Gravy		Macaroni & Cheese	
Seasonal Fresh Fruit		Roasted Carrots	Bingo AM/PM	Broccoli Bread	
		Cherry Pie	Cards PM	Fresh Fruit	
		Senior Housing	Wednesdays		
		Sponsor/Speaker			
24	25	26	27	28	
Country Fried Steak		Smothered Pork Chop		Lasagna Roll Up	
Mashed Potatoes		Baked Potato		Sliced Beets	
Cream Gravy		Green Beans		Garlic Toast	
Honey Buttered Carrots		Blueberry Crisp		Brownie	
Fresh Fruit		City Rep.			
31					
Garlic Parmesan Chicken					
Pasta w/ Marinera Sauce					
Tossed Salad w/ Dressing					
Fresh Fruit					