

SOLON SENIOR NEWS



July 2026, Volume 6, Issue 7

- Solon Senior Advocates 319-430-8655** : Bus trips/restaurant trips/Meal and Movie– Sandy Hanson
sandrahanson@southslope.net
- Solon Senior Support 319-624-2773**: Sponsors Chair Yoga, 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



Solon Senior Support Receives Grants for Solon Safe at Home program

Solon Senior Support is proud to announce that our new Solon Safe at Home program has received funding from both the 2026 AARP Community Challenge Grant and the Community Foundation of Johnson County's Coldren Fund for Seniors. These grants will help launch a program designed to make homes safer and support older adults who wish to remain independent in the community they call home.

The grant-funded Solon Safe at Home program is designed to help older adults remain safe and independent in their own homes. Many seniors want to age in place, but small home hazards can increase the risk of falls and injuries. Solon Safe at Home will provide free minor home safety improvements to older adults in the Solon area.

Projects may include installing grab bars, improving lighting, securing loose handrails, reducing trip hazards, replacing smoke detector batteries, and completing other simple modifications that can make a significant difference in home safety. These improvements can help prevent falls and give seniors greater confidence to continue living independently. The program will be carried out by trained community volunteers and handymen/women.

We are grateful to both AARP and the Community Foundation of Johnson County for investing in our community, as well as to our volunteers, donors, and community partners whose support makes programs like this possible.

If you have questions about the Solon Safe at Home program or would like to schedule a free home safety visit, please contact Jill Weetman, Solon Senior Support, at 319-624-2773. We look forward to helping more older adults live safely and independently in the homes they love.



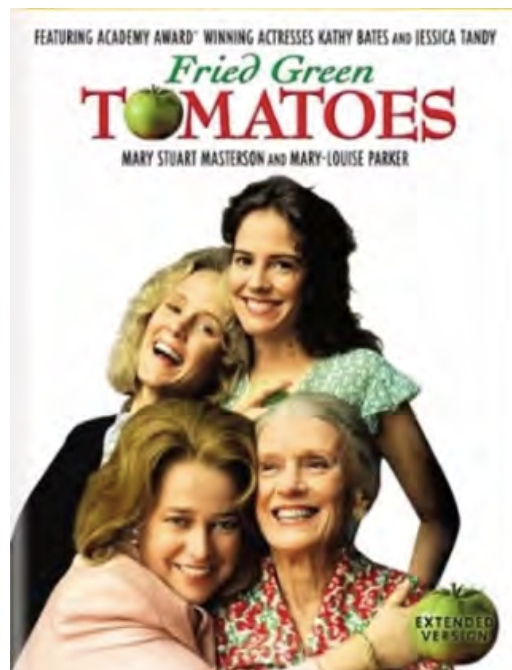
SENIOR FITNESS CLASS: STEPS & STRENGTH
CLASS WILL PAUSE FOR THE SUMMER
AND BE BACK IN SEPTEMBER!
SO... LACE UP YOUR SNEAKERS AND LET'S GET
WALKING!

WHEN: MONDAYS AND THURSDAYS 9AM

WHERE: SOLON RECREATION AND NATURE AREA (SRNA)-
meet at the Timber Dome

WHO: Everyone! All are welcome to walk!

Contact Marcia Ward at marcia-m-ward@uiowa.edu for questions.



The July **FREE MONDAY MATINEE** at the Solon Community Center Auditorium is **Fried Green Tomatoes!**

Monday, July 6th at 2PM

**PARK ON THE SOUTH SIDE OF THE BUILDING TO USE THE RAMP.
FREE POPCORN!**



Is your iPad acting up? Has your phone gone crazy?

The Solon Public Library has **Tech Help!** Call the library and schedule an appointment with one of the tech-savvy Librarians!

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.



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, pulling weeds, 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.



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



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!



SOLON FOOD PANTRY: The pantry is in need of toilet paper, tuna, apple juice and sugar for donations.

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: 2-6pm on Mondays

Contact information: Elaine Claude, Pantry Manager
Phone: 319-321-5232 Email: luv2runiowa@yahoo.com
Mailing Address: PO Box 582, Solon, Iowa 52333



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Fridays at 1230pm-3pm: Solon Methodist Church.
Coffee and snack at 2pm. Give Jill a call at 319-624-2773 if you need a ride.

Solon Senior Support has created a Directory for Older Adults with local services and activities- click [HERE](#) to view the NEW brochure updated March 2026.



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. Volunteers ALWAYS needed!



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



Join the Pickleball Club!

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

JULY 2026 NEWSLETTER

Proposed 2026 Event & Trips

Friday, July 31 M & M The Devil Wears Prada 11:00 a.m. Solon Library
Restaurant Meal TBA

Thursday, October 8 Breitbach's/Gays Mills Bus Charge & Buffet \$50

Breitbach's is a generational family owned restaurant since 1852. A hilltop location overlooking the Mississippi River makes it a popular destination. 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 Orchardson the bluffs of SW Wisconsin since 1913. Offering 25 apple varieties, together with numerous apple products.



Bluff Lake gang, Friday, June 19 Fish Fry all you can eat!

Restaurant Runs

Thursday, July 16 Noon Jethro's BBQ/Coralville Personal Cars
Wings, Rack of Ribs, Steaks and Chops, Desserts

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		

July 2026 Senior Dining Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Pork Chop Supreme Baked Potato Baked Beans Homestyle Peach Cobbler	In House Dining Wednesdays ONLY 11:30 Reservations required 2 days in advance of meal 10:00 am - 11:00 am Call 319-624-2251	
		Birthday Celebrate the 4th	CLOSED for the Holiday	
6	7	8	9	10
Baked Caesar Chicken Buttered Noodles Carrots Chocolate PB Cake Roll		Salisbury Steak Parslied Potatoes Orange Glazed Carrots Classic Strawberry Shortcake Ruzicka's Sponsor	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 Baked Potato Sour Cream Seasonal Vegetable Banana Split Dessert
13	14	15	16	17
Baked Spaghetti Pie Zucchini Parmesan Garlic Toast Seasonal Fresh Fruit		Roast Beef Mashed Potatoes Beef Gravy Roasted Carrots Cherry Pie	No Meals Tuesday & Thursdays Bingo AM/PM Cards PM Wednesdays	Honey Butter Biscuit Pollack Macaroni & Cheese Broccoli Bread Fresh Fruit Beef Days Friday & Saturday
20	21	22	23	24
Country Fried Steak Mashed Potatoes Cream Gravy Honey Buttered Carrots Fresh Fruit		Smothered Pork Chop Baked Potato Green Beans Blueberry Crisp		Lasagna Roll Up Sliced Beets Garlic Toast Brownie
27	28	29	30	31
Garlic Parmesan Chicken Pasta w/ Marinera Sauce Tossed Salad w/ Dressing Fresh Fruit		Open Face Hot Beef Sandwich Mashed Potatoes Buttered Peas Cherry Bar City Rep.		Breaded Fish Sandwich French Fries Apple Cider Slaw Lemon Fluff

