

# SOLON SENIOR NEWS



April 2026, Volume 6, Issue 4

**Solon Senior Advocates 319-430-8655** : Bus trips/restaurant trips– Sandy Hanson [sandrahanson@southslope.net](mailto: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](mailto: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](mailto: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\*

**SAVE THE DATE! TUESDAY, MAY 19TH!**



## Solon Aging Well Expo

Solon Community Center | Tuesday, May 19<sup>th</sup> | 10:00 AM–12:00 PM  
313 S. Iowa Street  
Solon, IA 52333

Join us for our 1st Annual Solon Aging Well Expo—  
a day dedicated to resources, education, and community  
connections for older adults and their families. Meet local vendors,  
learn from informative presentations, explore services that support  
healthy aging, and enjoy door prizes and refreshments throughout  
the event.





## **SPARTAN SERVICE DAY- TUESDAY, APRIL 21st**

Do you live within walking distance of Solon High School?

Do you need some help in your yard or garden?

Solon High School students would like to help! In support of Earth Day, the students

will be helping with yard work on the morning of April 21st to show their community spirit!

Call Jill Weetman at 319-624-2773 to sign up!

## *April Free Friday Lunch- Uncle Sang's*



**Friday, April 26th** at 1130am at the Solon United Methodist Church with Euchre and/or Bingo to follow. Sample fresh sushi, rangoons, and delicious Asian dishes!

Call Jill at 319-624-2773 by the 25th to RSVP (leave a message if no answer)

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



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 can assist.)

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.**

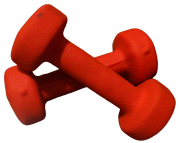




## **FREE SENIOR FITNESS CLASS: STEPS & STRENGTH** **TUESDAYS and THURSDAYS 1230-115pm!**

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.**

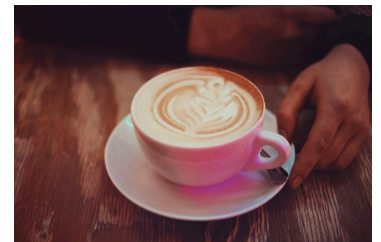
**CALL THE COMMUNITY CENTER AT 319-624-2499 for questions. Sponsored by Solon Senior Support.**

## **TUESDAY AND THURSDAY SENIOR SOCIAL 1030AM-1230PM**

Time to lace up your sneakers and head to the Community Center on Tuesday and Thursday mornings for a cup of coffee and an indoor walk, then stick around for Senior Fitness! (Or... just meet your friends early to chat before fitness class!)

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

Start getting ready for Spring- come on over to the Community Center and kickstart 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.



# 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!

## 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 February FREE MONDAY MATINEE at the Solon Community Center Auditorium is Zootopia 2

*Zootopia 2* (2025) reunites rookie cops Judy Hopps and Nick Wilde for a high-stakes new case when a mysterious reptile disrupts the city. Their investigation takes them undercover into uncharted areas of Zootopia, testing their partnership and introducing fresh species and challenges.

**Monday April 6th at 2PM**

**PARK ON THE SOUTH SIDE OF THE BUILDING TO USE THE RAMP.  
FREE POPCORN, WATER, AND COFFEE!**



Is your laptop 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.



### **SOLON FOOD PANTRY NEEDS:**

**Non- food needs include:** Toilet Paper, 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: 2-6pm on Mondays

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



### **EUCHRE**

**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 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 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.



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 APRIL NEWSLETTER

## Proposed 2026 Trips

**Thursday, May 21      Kalona      Meal and tour      No Bus charges!      Just meal cost!**

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

## Solon Senior of the Year

Watch the May Newsletter for the 2026 Senior of the Year winner and the activities planned! Attend the Mayor's reading of the of the Older Americans Proclamation at the Wednesday, May 13 City Council Meeting and the bestowing of the Senior of the Year Certificate. An Open House to honor the person and the location to be announced following the selection. The Advocates have honored the May Older American Month since 2006, honoring Jack Neuzil, Wayne Croy, Milt Hunt, Pat Ikan, Marie Kroul, Bev Noska & Elaine Reynolds, Anna McAtee, Jean & Bob Stinocher, Fred Bark & Rita Brannaman, Don Erusha & Marv Stastny, Larry & Marcy Olson, Jeanne Erhart & Phyllis Fiala, David Frisbie & Duane McAtee, Sandy Hanson, Judy Shulista, Kris Brown, Larry Meister, Don Ellis, Denny & Marilyn Hansen and Larry Swann.

## Senior Activities

The Advocates are sharing in Solon Senior Support activities by funding a second day of senior fitness class at the Community Center as the class has become extremely popular. This fits well with the Advocates mission to mobilize and socialize seniors.

## Restaurant Runs

**Thursday, April 16      Odie's/Ely      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 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

Sandy Hanson 319-430-8655

Penny Tompkins 319-471-3662



### April 2026 Senior Dining Menu/News



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FYI</b>		1	2	3
<b>Senior Dining is funded by donations only.</b>		Apricot Chicken	<b>In House Dining Wednesdays ONLY 11:30</b> <b>Reservations required 2 days in advance of meal 10:00 am - 11:00 am Call 319-624-2251</b>	Tater Crusted Fish
<b>Thank You donors for supporting Senior Dining in it's mission to serve Seniors.</b>		Buttered Noodles		O'Brien Potatoes
		Parslied Cauliflower		Buttered Peas
		Cinnamon Roll Cherry Cobbler		Vanilla Almond Cake
		<b>Easter Celebration</b>		
6	7	8	9	10
Country Fried Steak	<b>**Note**</b>	Baked Reuben	<b>Meal Deliveries M W F Info. Call 319-624-2251</b> <b>Meals \$5.00 Reservations Required 2 days in advance of meal</b>	Lasagna Roll Up
Mashed Potatoes	<b>This month celebrating Birthdays on the 8th</b>	Casserole		Sliced Beets
Cream Gravy		Green beans		Garlic toast
Honey Buttered Carrots		Blueberry Crisp		Brownie
Fresh Fruit		<b>April Birthdays + Gloria Swenka Sponsor</b>		
13	14	15	16	17
Garlic Parmesan Chicken		Open Face	<b>No Meals Tuesday &amp; Thursdays</b>	Breaded Fish Sandwich
Pasta w/ Marinera Sauce		Hot Beef Sandwich	<b>Bingo AM/PM Cards PM Wednesdays</b>	French Fries
Tossed Salad w/ Dressing		Mashed Potatoes		Apple Cider Slaw
Fresh Fruit		Buttered Peas		Lemon Fluff
		Cherry Bar		
20	21	22	23	24
Nacho Chicken		Pork Chop Supreme	<b>Senior Dining will call clients personally if we need to cancel meals.</b>	Shrimp Scampi
Shredded Lettuce/Tomatoes		Baked Potato		Parmesan Orzo Pasta
Refried Beans		Baked Beans		Lemon Broccoli
Corn		Homestyle Peach Cobbler		Fresh Fruit
Frosted Marble Cake				
27	28	29	30	
Baked Caesar Chicken		Salisbury Steak		
Buttered Noodles		Parslied Potatoes		
Carrots		Orange Glazed Carrots		
Chocolate Peanut Butter Cake Roll		Strawberry Shortcake		
		<b>City Rep.</b>		