



SOLON SENIOR NEWS

Newsletter Editor/ Senior Advocates & Food Pantry President – Sandy Hanson
Solon Senior Support – Jill Weetman
Solon Senior Dining - Marcy Olson

To receive a paper copy of the newsletter in the mail, call Sandy 319-430-8655



A LOT IS HAPPENING IN OCTOBER! SEE BELOW FOR INFORMATION ON THE ADVOCATES FLU/COVID VACCINE CLINIC, NEW SENIOR COFFEE GROUP STARTING, AND SENIOR DINING EVENTS!

Solon Flu Clinic

**Tuesday, October 15th
12 - 2 PM**

Solon United Methodist Church

Use the link or QR Code below to register. You must complete a registration for each vaccine - seasonal flu and COVID-19 Booster. Bring your insurance card(s) with you to your appointment.

Appointments required:

<https://tinyurl.com/SolonFluClinic24>

Call 319-430-8655 if unable to register online.



Sponsored by
Solon Senior Advocates and
Towncrest Pharmacy

Senior Coffee Group

FREE COFFEE, TEA AND SNACKS

Every Tuesday & Thursday 9-11am
Starts Oct. 15th

OLON UNITED METHODIST CHURCH

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

Coffee is better
with friends.

OLON
 *Senior*
Support

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 *Senior*
Support

Solon Senior Support is a non-profit volunteer group helping Solon-area senior citizens. Please call Jill Weetman at 319-624-2773 to request our services or to volunteer to help others. Click [here](#) to visit our webpage.



Would you like to be a volunteer for Solon Senior Support and help others in our community? We are starting our monthly meetings again at the Solon Public Library Community Room! Our first meeting is Tuesday, October 2nd from 7-8pm and next meeting is Monday, November 4th at 7-8pm. Come learn more about us!

VOLUNTEER DRIVERS NEEDED FOR SOLON SENIOR
TRANSPORT- PLEASE CALL CINDY JENSEN AT 319-
360-3279.



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 UPDATE: 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!

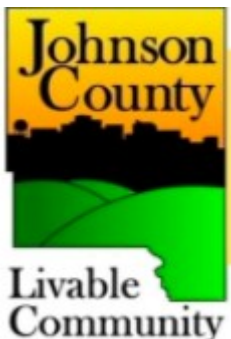
WHAT IS THE FASTEST GROWING SPORT AROUND?? PICKLEBALL !!

Want to join Johnson County Pickleball Club? OR Just come try it out and see if you like it? Contact Janet Luedtka 319-331-3361 or jluedtka3@gmail.com for more information and a registration form. PCJC dues are \$10/year, fees for usage of the FLC are \$50/year (drop-ins are \$5), and donations to the Solon Methodist Church are gladly accepted!

Pickleball is played on Monday-Friday (New players and drills on Tues/Thurs) from 9am-11am at the FLC.



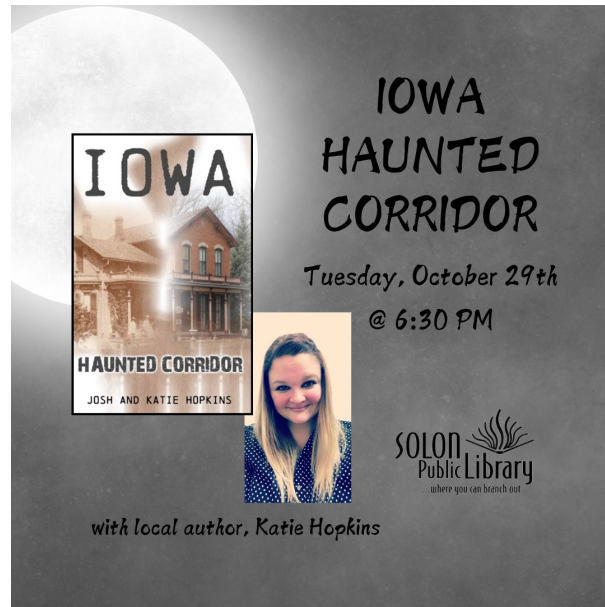
Zumba meets Tuesdays and Fridays from 830-930am at the Solon Community Center gymnasium. The class is taught by the fantastic Rebecca Donovan and is only \$1! Bring a water bottle and be ready to have some fun!



Johnson County Livable Community posts a terrific newsletter each month! Click [HERE](#) for the link to access their SEPTEMBER 2024 newsletter.



Click [here](#) for link to community center website.



Iowa Haunted Corridor: Tuesday, October 29th at 6:30 PM

Embark on a chilling adventure with "Iowa Haunted Corridor," a spine-tingling presentation that maps out the Corridor's most haunted locations. Discover the eerie tales and ghostly legends behind each stop on this haunted road map. From abandoned asylums to historic inns, this journey uncovers the dark history and supernatural occurrences that make Iowa a hotspot for paranormal activity. Perfect for ghost enthusiasts and history buffs alike, this presentation offers an engaging blend of local folklore and intriguing insights into Iowa's haunted past. Buckle up and prepare for a spine-chilling exploration into the unknown!

Local Author Katie Hopkins will share the paranormal experiences and the journey's she has taken. "I have been involved in the paranormal since 2012, as a paranormal investigator and managing haunted locations. My paranormal experiences have taken me on many journeys. I have been featured on numerous news stations and YouTube shows. My husband, Josh, and I were also a part of the Edinburgh Manor episode of 'Ghost Adventures'. I have also been featured on 'My Ghost Story' when it was on the Bio Channel. Most recently I was interviewed for the YouTube Show 'Twin Paranormal' which has close to 1 million followers. "

Please contact us for access needs. | Ph: 319-624-2678 |Email: staff@solon.lib.ia.us

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

SOLON SENIOR ADVOCATES OCTOBER 2024 NEWSLETTER

SOLON FLU CLINIC

Tuesday, October 15 Solon United Methodist Church 12:00 – 2:00 p.m.

Seasonal flu and COVID-19 vaccines

Link for COVID-19 bivalent booster vaccine registration for the clinic on 10/15/24. A form must be submitted for BOTH flu and COVID-19 vaccines. Everyone will need to bring their insurance card(s) with them and we will make a copy at the time of registration.

<https://app.acuityscheduling.com/schedule.php?owner=21141420&calendarID=9040276>

For those unable to register on-line please call - 319-430-8655 to register

Sponsored by: Solon Senior Advocates & Towncrest Pharmacy

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Kendrick's Forest Products visit August 15, 2024



Photos from catwalk view of the multiple machines and continuous activities that produce various products that the sawmill at Kendrick's Forest Products make from timber they purchase from many Midwest areas.

OLON SENIOR ADVOCATES

OCTOBER 2024 NEWSLETTER

***All trips leave from Solon Rec Park**

Call 319-430-8655 for Reservations

Friday, October 18 Breitbach's Restaurant/Gay's Mills Cost \$85
Leave Breitbach's for Gays Mills apple orchards – return via Wisconsin side to board the Cassville Ferry to Millville, Iowa before returning to Solon. Leave Rec Park at 9:15 a.m.

2025 Proposed Advocate Trips

***All trips leave from Solon Rec Park**

Call 319-430-8655 for Reservations

Wednesday, March 5 Circa 21/Rock Island "Sherlock Holmes"
Mystery Comedy

Thursday, May 15 Kalona CONFIRMED leave Rec Park 11:00 a.m.
Illa Miller's homecooked meal Golden Delight Bakery String Town
Community Store South West Valley Greenhouse (Perry Bender's)

Wednesday, June 11 Circa 21/Rock Island "Chicago"
The Musical

M&M. Methodist Church Fellowship Hall
No movies the last Friday of each month until further notice

Restaurant Runs

Thursday, October 3 Bryant's on 6 - Tiffin 12:00 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

Senior Advocates Board

Art Tellin 319-626-2816	Barry Byrne 319-354-8757	Larry Brecht 319-624-2925
John Lamantia 319-621-6887	Larry Meister 319-624-2516	Ivan Hasselbusch 319-670-9105
Don Burch 319-624-4054	Phyllis Fiala 319-331-7447	Cindy Jensen 319-360-3279
Mark Hollinrake 319-551-2811	Sandy Hanson 319-430-8655	

October 2024 at Senior Dining

Get Ready --- It's Spook Month



Two for One Birthday Celebration October 2nd

Sponsored Meal – Rick Jedlicka – October 9th

Entertainment – Accordion Club - October 16th – at Noon



Halloween Party





Wednesday October 30th 2024



Halloween Party

Trick or Treat?

<div>  <div>October Senior DiningMenu</div>  </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Meal Deliveries M W F Info. Call 319-624-2251	Lasagna Roll-up Garlic Toast Green Beans	In House Dining Wednesdays ONLY 11:30	Glazed Salmon Fillet Mini Baked Potatoes Creamed Peas
	No Meals Tuesdays/Thursdays	Banana Berry Gelatin	Reservations required by Monday 10 am - 11:00 am Call 319-624-2251	Smore's Cheesecake Fluff
		Celebrate In-House Dining		
7	8	9	10	11
Crusted Pork Chop Baked Yam Pea Salad Triple Berry Crisp		Tortellini Bake Cascade Vegetables Garlic Toast Blueberry Bar	Bingo Wednesdays AM/PM Cards Wednesdays PM	Butter Burger on a Bun French Fries Creamy Coleslaw Scotcheroos
		Sponsor/Rick Jedlicka In-House Dining		
14	15	16	17	18
Meatloaf Mashed Potatoes Carrots Peanut Butter Blondie	F	Smoked Pork Chop Garlic & Herb Scalloped Potatoes Buttered Peas Strawberry Rhubarb Cobbler Entertainment - Accordion Club In-House Dining		Hushpuppy Fish Tater Tots Creamy Cucumber Salad Tropical Pumpkin Pie
21		23	24	25
Pony Shoe Sweet Pepper Slaw Seasonal Fresh Fruit		Country Fried Steak Mashed Potatoes Country Gravy Candied Carrots Cheesecake w/ Cherries In-House Dining		Panko Crusted Tilapia Lemon Kissed Asparagus Cheesy Potato Tot Bake Fresh Fruit
28	29	30	31	
Spinach Alfredo Lasagna Roll-Up Carrots Garlic Toast Monster Cookie Cake		Loaded Turkey Noodle Casserole Blended Vegetables Breadstick French Chocolate Cheesecake Halloween Party		