

SENIOR NEWS

Serving Solon's Seniors- A Community that Cares



Solon Senior Support volunteers getting ready to deliver Christmas gifts to Solon older adults.

Imagine needing a ride to an appointment, wanting to get out of the house and meet people, looking for help with a problem at home, or simply wondering what resources are available as you grow older. Where would you turn?

In Solon, the answer may be closer than you think.

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Solon is fortunate to have three organizations dedicated to supporting our older adults and helping them stay connected, active and independent. Turn to page 2 to learn more about these organizations, the services they provide, and how they are working together to make Solon a community that cares.

Want to receive Solon Senior News?
Email Jill at solonseniors@gmail.com
or call

319-624-2773.

Enjoy the newsletter? Consider a
donation to help us keep it going!
Solon Senior Support- PO Box 131,
Solon, Iowa 52333

FEATURED STORY:

SOLON'S SENIOR ORGANIZATIONS

Solon Senior Advocates

The Solon Senior Advocates, a non-profit, was organized in 2000 with the mission to mobilize, socialize and entertain our seniors. Van and bus trips were introduced 20 years ago to further our mission and engage even more seniors. In collaboration with the Solon Public Library we organize a monthly Meal & Movie which appeals to an even more diverse group of seniors. The Advocates have honored a citizen Senior of the Year who has contributed to the betterment of the community through volunteering and good deeds. The Advocates were also instrumental in the start-up of the Solon Community Pantry in 2012. We also host a monthly newsletter with activities and monthly Senior Dining menus. Among the many things that we engage in to enhance our senior's lives we also sponsor a monthly run to area restaurants.



Solon Senior Dining

Solon Senior Dining is a non-profit organization providing meals, and fellowship to the seniors of the Solon Community. Bingo AM and PM and Cards PM on Wednesdays.

We deliver meals MWF within a 5 miles radius on hard surfaced roads only. On Wednesdays only we offer In-House dining at the Solon United Methodist Church at 11:30 AM. Our meals are provided by Solon Retirement Village kitchen @ \$5.00 a meal.

Since we preorder meals, reservations are required 2 days in advance of your meal, by calling 319-624-2251 Monday, Wednesday, Friday between 10 am – 11 am. A monthly menu is available online through the Senior Newsletter, (solonseniors@gmail.com), mailed or picked up at Solon Methodist Church MWF between 10 am – 11 am.

Solon Senior Support

Solon Senior Support, a 501(c)(3) nonprofit founded in 2019, helps older adults remain independent, active and connected right here in our community. Through volunteers, programs and partnerships, SSS connects Solon-area seniors with the practical help and social opportunities that can make everyday life a little easier—and a lot more connected. Whether it's a ride to an appointment, a friendly cup of coffee, a shared meal or a chance to stay active, the goal is simple: to help older adults continue to live well and feel supported in the community they call home.

That support takes many forms. Solon Senior Support provides transportation for medical appointments, offers Senior Fitness and Chair Yoga classes, hosts weekly Senior Social gatherings and publishes the Solon Senior News to keep older adults informed and connected. SSS also organizes special programs such as Safe at Home fall prevention program, Aging Well Expo, holiday gift bags and community events, while working with local organizations and Solon High School students to build connections across generations. At the heart of it all are volunteers—neighbors helping neighbors and showing that in Solon, growing older doesn't mean growing disconnected.



WEEKLY ACTIVITIES

MONTHLY EVENTS

****All activities and events are FREE unless cost is noted****



Chair Yoga

Mondays 12:30-1:30pm
Wednesdays 10-11am
Solon Public Library

5

Barefoot Becky

Make-up concert
10am
Main Street Bandstand



Coffee & Conversation
Wednesdays 9-10am
(Before Chair Yoga)
Solon Public Library

8

Monday Matinee

Queen Bees- A comedy about
the young at heart
2pm-4pm
Solon Community Center



Euchre
Friday 1230-3pm
Snack at 2pm
Solon Methodist Church

15

Safe at Home Program

Senior Support
6:30- 7:30pm
New Solon Fire Station



Pickleball
Daily at the Solon
United Methodist FLC
See page 2 for details

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North Liberty Healthy

Aging Fair
12-3pm
North Liberty Comm Ctr
Senior Support will have a booth



Zumba
Tuesdays & Fridays
8:30-9:30am

Solon Community Center- cost is \$1

17

Advocates Restaurant Run

12 noon
Midtown Restaurant- Iowa City
Call Sandy 319-430-8655 to RSVP



Steps & Strength Fitness

Tuesdays & Thursdays
NEW TIME: 1130AM-1215PM

Solon Community Center

Advocates Meal and a Movie

Thelma

11am-130pm

Cost is \$5 per meal

Solon Public Library

Call Sandy at 319-430-8655 to RSVP

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 **LET'S GET TOGETHER! WOULD YOU JOIN US**
FOR A WEEKLY COFFEE GROUP FILLED WITH
GOOD CONVERSATION, NEW FRIENDS, AND
PLENTY OF LAUGHS? CALL JILL AT 319-624-
2773 OR EMAIL SOLONSENIORS@GMAIL.COM

STAY CONNECTED

Solon Community Pantry

Elaine Claude, Manager: 319-321-5232

The Food Pantry is in need of pancake mix, mandarin oranges, sugar, any of the Helpers (hamburger, tuna or chicken), Suddenly salad, BBQ sauce, salad dressings, apple juice. Feminine products, toothpaste, Kleenex, paper towels, toilet paper.

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

Cindy Jensen, Coordinator: 319- 360-3279

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)

Doug Tuetken, Coordinator: 319-608-4483

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

Megan Richardson, Director 319-624-2678

September is Library Card Sign-up Month!

Wednesday, Sept. 2nd- KNIT LIT 630-730pm - *Hit by a Farm*

Tuesday, Sept. 8th- Cake Decorating Class 630-730pm- *Registration Required*

Tuesday, Sept. 15th - Book Club 630-730pm - *Canary Girls*

Saturday, Sept. 19th - Cookbook Club 11am-12pm - *Meatless*

See the Library calendar on their website or call for more information and classes.

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.



CONTACT US

SENIOR SUPPORT: 319-624-2773 - Jill Weetman, President solonseniors@gmail.com

SENIOR ADVOCATES: 319-430-8655 - Sandy Hanson sandrahanson@southslope.net

SENIOR DINING: 319-624-2251 - Amanda Kleppe, Manager Marcy Olson, President

OLON COMMUNITY CENTER: 319-624-2499 - Brodie Bohlen, Director

HEALTH, WELLNESS, AND SAFETY

September is Healthy Aging Month AND Fall Prevention Month

Solon Safe at Home



Could your home be safer than it is today? Join us for the Safe at Home Program and learn simple ways to prevent falls, improve home safety, and stay independent—with free safety products provided when a need is identified.

- **WHEN:** Tuesday, Sept 15th 6:30-7:30pm
- **WHERE:** NEW Solon Fire Station
- Free AARP HomeFit Guide to all who attend
- Sign up for your FREE home visit



**SEPTEMBER AND OCTOBER ARE THE BEST MONTHS TO
GET YOUR INFLUENZA AND COVID VACCINATIONS! CALL
YOUR PHARMACY TO GET SIGNED UP AND STAY
HEALTHY!**



Steps & Strength Fitness is back on Sept. 8th!

Time to lace up your sneakers and get ready for a great workout!

- Tuesdays and Thursdays
- ***NEW TIME: 1130am-12:15pm***
- Solon Community Center
313 S. Iowa Street
- FREE to all participants-
Sponsored by Senior Support
and Senior Advocates



- What to bring: A water bottle
- Free weights, bands, and discs will be provided
- Questions? Call the Community Center at 319-624-2499

AUGUST IN TONI RUSSO'S HERITAGE GARDEN

Toni's Garden is a living piece of Solon's history, blooming with flowers passed down through generations. As the seasons change, so does the garden—each month bringing new colors, new blooms, and another beautiful chapter in its story. It's a reminder that some of the most special parts of our community are the ones that grow quietly, year after year.



White Phlox



Everlasting Pea



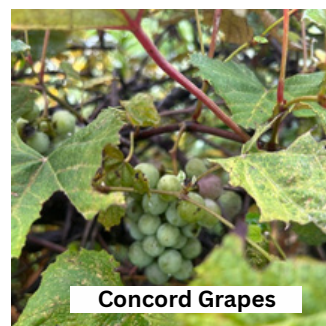
Naked Ladies



Gladiolus



Sunflower



Concord Grapes



Snow-on-the-Mountain



Not just a garden, it's a habitat



Milkweed



Brown-eyed Susan



Feverfew

Do You Have a Solon Story or Hidden Gem to Share?

We're looking for interesting people, places, gardens, collections, memories and little-known pieces of Solon history to feature in future issues of Solon Senior News. Send us your

photos and stories!

Call Jill Weetman at 319-624-2773 or email at solonseniors@gmail.com.



Solon Bernard's Marigolds



Hosta- Autumn Lily

SOLON ADVOCATES

SEPTEMBER 2026 NEWSLETTER

Proposed 2026 Events Reservations - 319-430-8655 Sandy Hanson

Thursday, September 17 Midtown/Iowa City Noon Personal Cars

Friday, September 25 Meal & Movie “Thelma” 11:00 a.m. Solon Library \$5

Thursday, October 8 Brietbach’s/Gays Mills Meal & Bus \$50

Bus departs from the Solon Recreation and Nature Area at 8:45 a.m.

Proposed 2027 Events

Wednesday, April 7. Circa 21 “Oklahoma” \$75

Thursday, May 20 Ila Miller/Community Store/Perry Bender/String Town

\$30 Meal

We are asking for suggestions

*Trip ideas *Monthly Restaurant Run *Movie and Meal

Please make suggestions on the Sign-up sheets at Senior Dining! Or contact one of the Senior Advocates with your suggestions!

August restaurant run was a new start-up, Charley Rae’s in Mechanicsville run by two sisters.

We happened to land on Tenderloin Thursday the 20th and the connoisseurs in our group

declared the sandwich was exceptional! It’s an easy drive!

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 Advocate 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

