

**HAPPY
FATHER'S
DAY**

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

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.

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



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 \$40/year (drop-ins are \$3), and donations to the Solon Methodist Church are gladly accepted!

****Note added days**** Pickleball is played on Monday-Friday (New players and drills on Tues/Thurs) from 9am-noon at the FLC.



Zumba meets Tuesdays and Thursdays from 9-10am 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 JUNE 2023 newsletter.



Solon Community Center Activities

Yoga: Tuesdays 6-7pm ****OUTDOOR YOGA STARTS 5/16 AT SNRA**** \$75 for Summer session (5/16-8/1)

Zumba: Tuesday and Thursday mornings from 9-10am at the Community Center- cost \$1.

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

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

Senior Farmer's Market Nutrition Program

The Senior Farmer's Market Nutrition Program is sponsored through the US Department of Agriculture and administered through the Heritage Area Agency on Aging.

Qualified seniors will receive \$50 worth of checks to use at participating area farmers' markets vendors per year.

Eligibility Requirements:

- *At least 60 years of age
- *Live in Johnson County or the service area of the Heritage Area Agency on Aging
- *For Single Person:
Annual income of less than \$26,973
- *For Married Couple:
Annual income of less than \$36,482



Distribution will be available in:

Room 202 of the Health and Human Services Building, 855 S. Dubuque Street, Iowa City, IA 52240

At the following dates and times:

***Friday, June 16th 1-1:30PM**

***Thursday, June 22nd 10-10:30AM**

If unable to attend either of these times or if you have questions contact Jeff Kellbach at 319-688-5842 or by email at jkellbach@johnsoncountyiowa.gov

SOLON SENIOR ADVOCATES JUNE 2023 NEWSLETTER

2023 Trips *All trips leave from Solon Rec Park **Call 319-430-8655 for Reservations**

Wednesday, July 26 **Circa 21 Dinner Playhouse/Rock Island – Limit 36**
“Escape From Margaritaville” Lunch included – Leave Rec Park at 10:00 - Cost TBA

Wednesday, August 16 **Celebration Belle** **Dubuque** **Cost TBA**
Bare Foot Becky & The Ivanhoe Dutchmen **Leave Rec Park at 8:45**

Thursday, October 19 **Breitbart’s Restaurant** **Gay’s Mills Apple Orchards**
Leave Rec Park at 9:15

Trip costs depend on number of participants! We advertise in the Economist, via the monthly newsletters but we need to reach more seniors in our community. Pass along our schedule to your friends and neighbors who could enjoy some of our outings! Call 319-430-8655 for more info or reservations! Our trips are designed to keep folks moving, socialized and entertained!

Senior Dining

Kentucky Derby Day (see page 2)
Friday, June 16 **Flag Day Honors** **Legion Color Guard/Flag Folding Demo**

M&M

Friday, June 30 **“Movin’ On”** **Methodist Church Fellowship Hall**
Jane Fonda & Lily Tomlin **Arrive at 11:00 – Dine at 11:30 – Meal Cost \$4.00**

Restaurant Runs –

Thursday, June 22 **Copper Boar/North Liberty** **noon dining – personal cars**

Solon Senior Transport

Please call Cindy Jensen at 319-360-3279 to request enrollment form, information and a detailed brochure to access transport to medical appointments.

Senior Advocates:

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
Jill Weetman 319-330-8961 Don Burch 319-624-4054 Phyllis Fiala 319-331-7447
Sandy Hanson 319-430-8655 Cindy Jensen 319-360-3279



Top: Iona Vanorny, Phyllis Fiala, Mary Maloney Middle Row: Nadine DiCarlo , Yvonne Strang, Irene Steinbrech
 Bottom: Faith Wilmot, Art Tellin, Karen McFarland Miller sporting ribbons for Kentucky Derby, Preakness and Belmont Stakes National Race Tracks
 Senior Dining Kentucky Derby Day

Solon Senior Dining

June Newsletter



Ladies and Gents donned their finery for Derby Day in May

In-House Dining Wednesdays & Fridays

11:30 am /\$4.00

Reservations Required

319-624-2251

Monday, Wednesday, Friday

10 am – 11:30 am

Please no same day reservations

cards &
Bingo
Wednesday
&
Friday

cards &
Bingo
Wednesday
&
Friday

June 7th **Wednesday** Birthday Cake

June 14th, 🇺🇸 **Wednesday** Sponsored Meal (Bridge Bank)

June 16th **Friday** Flag Day theme 🇺🇸

June 28th **Wednesday** (City Rep)

June 30th **Friday** – Meal and Movie (reservations required 319-430-8655)

Jun-23

Monday	Tuesday	Wednesday	Thursday	Friday
In-house Dining			1	2
Wednesdays & Fridays 11:30				Herb Crusted Salmon
Meals \$4.00	NO MEAL		NO MEAL	Baked Potato
Reservation Required				Cascade Blend
319-624-2251				Strawberry Cheesecake
Mon., Wed., Friday				Fluff
10 am - 11:30 am				In House Dining
5 Cuban Mojo Chicken	6	7	8	9
Baked Sweet Potato	NO MEAL	Kentucky	NO MEAL	Catch of the Day
Pinto Beans		Hot Brown Casserole		Fried Potatoes
Ice Cream w/ Caramel		Corn	Foot Clinic	Creamed Cabbage
			Reservations Required	Rasp Peach Trifle
		Birthday Cake	**319-337-9686**	
		In House Dining		In House Dining
12	13	14	15	16
Chicken Scallopini		Ham Loaf		Tilapia w/ Dill Sauce
w/ Pasta	NO MEAL	Baked Yam	NO MEAL	Mini Baked Potatoes
Buttered Peas		Broccoli		Seasonal Vegetable
Garlic Toast		Glazed Lemon Cake		Strawberry Shortcake
Funfetti Blondie		Sponsored Meal		Flag Day Theme
		Bridge Bank		In House Dining
19	20	21	22	23
Baked Reuben		Pork Loin w/ Sauce		Brisket Chili
Casserole	NO MEAL	O' Brien Potatoes	NO MEAL	Cheddar Biscuit
Potato Salad		Cascade Vegetables		Sweet Pepper Slaw
White Chocolate		Strawberry Rhubarb Bar		Fresh Fruit Cup
Rasp Cheesecake				
		In House Dining		In House Dining
26	27	28	29	30
Bratwurst Burger		Smokehouse		Battered Rock Fish
Potato Salad	NO MEAL	Maple Pork Loin	NO MEAL	Cheddar Corn Casserole
Baked Beans		Baked Sweet Potato		Broccoli
Cookie & Cream		Peas		Cherry Crunch
Brownie		Fruit Crisp		Meal & Movie
		In House Dining		Call 319-430-8655