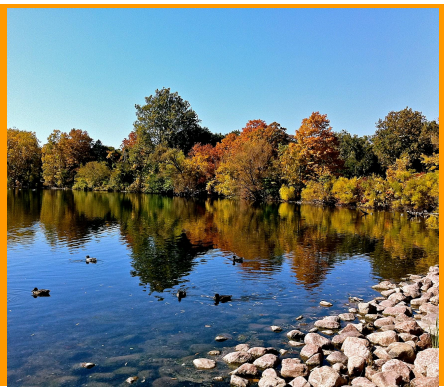
Sept 2022



Volume 2, Issue 9

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.

WHAT'S NEW IN SEPTEMBER?

Community/Senior Center Interest Group: Join a group of people interested in making a Community/Senior Center a reality in Solon. We'd love to hear your thoughts and ideas! Meeting every other Friday 9-10am at the Solon Public Library. Next meetings are Sept 9th and 23rd.

Friday Speakers' Series: (Solon Public Library 10-11am)
Due to low turnout, we are looking at other days/times of the week that may fit better with people's schedules. Keep an eye out for Disaster PrepWise rescheduling in October! Call Cindy at Senior Transport if you need a ride to the Library (319-360-3279).

- **Friday, Sept 2nd: Dylan Sloan, Solon Parks and Rec Director**



CHAIR YOGA UPDATE: Chair Yoga has been so popular- both the Monday 12:30 and Wednesday 10:00 classes are filled every week! In order for Julie to give her personalized instruction, we will be capping off the classes at 25 participants. Please plan on being 10-15 minutes early, so you get a seat and class can start on time.



PICKLEBALL UPDATE: THE COURTS ARE READY!

Pickleball Club of Johnson County (PCJC) will be renting the courts on Mondays, Wednesdays and Fridays from 9am-12noon starting on Friday, September 2nd. Use the West (back) doors.

Want to join the fun? Come on over to the Solon United Methodist Church Family Life Center (121 N West St.) and try it out for free! Questions? Contact Janet Luedtka 319-331-3361 or jluedtka3@gmail.com or Jill Weetman 319-330-8961 or solonseniors@gmail.com for more information and a registration form. PCJC dues are $10/year, fees for usage of the FLC are $40/year ($20 for 2022) and donations are gladly accepted!

ZUMBA CHANGE IN LOCATION: STARTING SEPT 1st- 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 Public Health is conducting a FREE Blood Pressure Clinic at the Solon United Methodist Church the FIRST WEDNESDAY of every month at 11am-12noon. The next clinic will be September 7th.

Need a ride to a medical appointment or somewhere in town? We have volunteers who will give you a free ride! Give Cindy Jensen, transportation coordinator, a call to enroll and set up your rides at 319-360-3279.

AUTHOR'S CORNER - Janet Salathiel's Nearly Factual Cat Tales is back!

Part 3- PICKIE AND THE PINK ELEPHANTS!

It took a while but I finally managed to get Oops and Sam engaged. By then more people had moved into the apartments on my hall. Most of us knew each other and had established an unwritten code of, if the door was open, you could come in, help yourself to a drink in the fridge and visit. If the door was closed, you knocked first.

It was a beautiful system until They moved next door to me and Oops. I knew 3 of those college students were bad news because they didn't like cats. One of them even asked Oops what good her runty bob tailed cat was. Oops explained that my job was to keep the elephants away from the apartment building. They laughed at her and pointed out that there weren't any elephants near the building. Oops replied that it was because I was doing an excellent job.

The fact that they insulted my tail upset me. Up to a certain point you can insult me but never my magnificent two inch tail. My well groomed tail was something to be proud of. Refusing to allow those bullies the satisfaction of knowing how badly they had insulted me, I flicked my tail at them, held my head high and strode home. Back at my apartment, Oops petted fame and told me that I shouldn't make rude gestures with my tail. I listened attentively but my feelings hurt terribly. I also resolved to research elephants. Mother only told me and my litter mates about mice, rats, dogs and birds. She never mentioned elephants. Perhaps she didn't want to frighten us. If elephants were so formidable, it would be worthwhile to find out all I could about them. After all, one must know as much as possible about an adversary.

Those college guys were always hanging out in their apartment with the door open. One day I decided that the neighborly thing to do was to pay them a visit and properly introduce myself. After all, I have a sweet forgiving nature and was willing to let bygones be bygones. Of all things, they used certain descriptive words one shouldn't use in polite company to describe me then threatened my life. Opossum overheard them. From then on, Oopsd and Sam were very watchful whenever I was on my way down the hall to visit ShortStop and Stilts. Shortstop was a good guy and by giving me a wide berth, Stilts showed me the respect I deserved.

For three months everything was fine. Oops and Sam were busy planning their wedding. At least Oops was. Sam was busy studying and coming to my apartment for meals almost everyday. One afternoon there was a loud crash at my door then bandaging and yelling in the hall. Instantly alert and poised for action, I stationed myself at the door and listened for danger. Oops and Sam got up from their lunch and opened the door a crack. All three of us peeked out. In the hall was one of those despicable tail insulters who plotted my demise. He yelled and crashed into another door. Yelling incoherently, he staggered down the hall crashing into one apartment door after another until he came to the door leading downstairs and left. Short Stop and Stilts look out from their apartment and asked what happened. Sam picked me up, stroked my back and said, "looks like Pickie turned the pink elephants loose on him. That's what happens when you threaten her."

To be honest I don't know what elephants look like or where they live let alone how to turn the pink ones loose. Given the circumstances, I surmised that pink elephants could be very useful. However, they must be very small since I couldn't see them. Perhaps they were only visible to humans but I doubted that. Cats usually see things that humans can't, not the other way around. Realizing that I'd been neglecting my elephant research I made studying them my top priority. I needed to find out how big they are, if they run in packs, what other colors they come in besides pink, what they eat and if more than just the pink ones are trainable. Since neither Oops or Sam had a TV, I couldn't watch any of the nature shows so I'd have to read about them. Sam was studying and had lots of books open on his table. The next

time his door was open, I paid him a visit. I hopped up on the table and sat in the middle of the book he was looking at to see if he was reading about elephants.

Johnson County Livable Community posts a terrific newsletter each month! Click HERE for the link to access their August 2022 newsletter.

Solon Community Center Activities

Pickleball: **Outdoor courts at SRNA can be used**

Yoga: Tuesdays- 6-7pm- $10 drop in or $48 for the 6-week session, bring a yoga mat.
Meets at the Solon Nature and Recreation Area- at the TimberDome.

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

Click here for link to community center website.

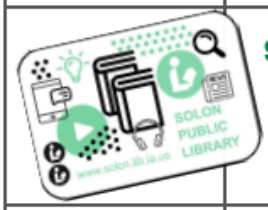
320 W. Main St.
Solon, Iowa 52333
ph 319-624-2678
Mon-Thur 9-7 PM
Fri-Sat 9-5 PM

Click here for link to the Library's website.

Library Hours:
Monday—Thursday 9 AM—7 PM
Friday—Saturday 9 AM—5 PM

September 2022

SOLON Public Library

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**September is Library Card Sign Up Month**	Solon Book Club:  *Power of the Dog* by Thomas Savage		1 BAM POW: Watch It! *Turning Red* [PG] 1:45-3:30 PM CATS @ 3:45 PM	2	3
4	5 Library Closed LABOR DAY	6 Storytime @ 10:30 AM "Songs that Tell a Story" Your Space @ 3 PM	7 Coffee & Conversations @ 9 AM Chair Yoga @ 10 AM Knit-Lit @ 6:30 PM	8 BAM POW: Make It! Fingerprint Fun @ 1:45 PM CATS @ 3:30 PM Solar Energy @ 6:30 PM	9	10 Family Fun Night Yard Games @ 6:30 PM *The Mitchells vs The Machines* @ 7:30 PM
11	12 Chair Yoga @ 12:30 PM	13 Storytime @ 10:30 AM "Big Band Bops" DIY Night: Cake Decorating @ 6:30 PM Your Space @ 3 PM	14 Coffee & Conversations @ 9 AM Chair Yoga @ 10 AM	15 BAM POW: Play It! Table Top Games @ 1:45 PM CATS @ 3:30 PM Winterize Your Garden @ 6:30 PM	16	17 Cookbook Club @ 11 AM 
18	19 Fall Baby Time @10:30 AM Chair Yoga @ 12:30 PM	20 Storytime @ 10:30 AM "Tap Your Toes" Solon Book Club @ 6:30 PM Your Space @ 3 PM	21 Coffee & Conversations @ 9 AM Chair Yoga @ 10 AM	22 BAM POW: Build It! LEGOs @ 1:45 PM CATS @ 3:30 Pm Friends of the Library @ 6:00 PM	23  Library Closes @ 4 PM for Staff In-Service	24
25	26 Fall Baby Time @10:30 AM Chair Yoga @ 12:30 PM Board of Trustees @ 6:30 PM	27 Child Car Seat Safety Checks 9 AM - 11 AM Storytime @ 10:30 AM "Nature Songs" Your Space @ 3 PM	28 Coffee & Conversations @ 9 AM Chair Yoga @ 10 AM Foundation @ 6 PM	29 BAM POW: Watch It! *The Bad Guys* [PG] CATS @ 3:45 PM Game Night @ 6:30 PM 	30	KEY: Babies 2-5 yrs old K-5th gr 6th gr. & up All-Ages Adult

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SOLON SENIOR ADVOCATES
SEPTEMBER 2022 NEWSLETTER

2022 Trips ***All trips leave from Solon Rec Park** **Call 319-430-8655 for Reservations**

Thursday, September 29 – Celebration Belle River Boat – Moline – Barefoot Becky $90
Full 20 passenger bus - Cancellations by Sept 26 – standby waiting list
Thursday, October 20 – Breitbach Restaurant/Balltown $60
Full 20 passenger bus – Cancellations by Oct 17 – standby waiting list

Restaurant Runs Call 319-430-8655 for reservations Dining time 5:00 p.m.
Thursday, September 15 – Bobber's Marina - North Liberty - personal cars

M&M Friday, September 30 "Esio Trot" Methodist Church Fellowship Hall

Charming story of an ageing, lonely man (Mr Hoppy), trying to make a connection with a person that he has loved from afar (widowed neighbor, Mrs. Silver) Filmed in London in 2014 starring Dustin Hoffman and Judy Dench. Catered meal $4.00
To reserve: call Senior Dining 319-624-2251 or 319-430-8655 by Sept 28.

Pantry Wish List

Higher grocery and gas prices have increased the number of families coming to the pantry and supplies are being challenged. Needs are: toiletries, canned fruit, canned chicken and tuna, pasta & sauces, mushroom and chunky soups, peanut butter, jams, kids cereals, flour sugar, condiments, toilet paper and towels. Solon Methodist Church garden provides the pantry fresh produce through the summer as well as many local gardeners and Kroul Farms. Our families also have access to farm fresh eggs throughout the year.

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

BLUEBIRD CAFÉ, SOLON

After a long hiatus because of COVID-19, our long practice of Third Thursday Restaurant outings resumed on March 17, with a stop at our new BLUEBIRD CAFÉ in Solon. You may know that the Bluebird Diner on Market Street, Iowa City has been attracting patrons for many years; then a second location opened a few years ago in North Liberty. Now Solon has their 3rd location, and a fine place it is!! 10 Solon Seniors gathered to try this new café, a family menu with lots of choices, which also includes their famous breakfast choices. Some think their breakfasts are the best around. What a fine addition is this new eatery, bound to be a destination for our whole County, once the word gets out.

EASTWOOD'S , SOLON

May 12th found 12 of our seniors choosing for our early evening restaurant outing, mainly to experience this "back to basics" ole time eatery with lots of good food choices. The real reason, of course, was to say Hi to its proprietor, Leo Eastwood, one of Solon's iconic native characters. At first, a curmudgeon, who always has a twinkle in his eye, and a smart retort for any argument, a generous host, one of Solon's treasures. His server was a model of perfection and efficiency & good memory, dealing with our rowdy group. Eastwood's serves a great tenderloin sandwich. Don't overlook EASTWOOD'S for an ole time great eatery.

TIN ROOST, NORTH LIBERTY

10 Solon Seniors gathered July 7, at the newer Tin Roost eatery for an evening of great food and outstanding service. A huge place, seating 400, with a large bar area, and an outdoor patio overlooking the lake. What interesting menu choices! 12 Starters, 11 one-dish specialties, 16 Sandwich choices, 8 interesting salads, and 6 luscious dessert selections, all at fair prices. Of course, all of us also had to try one of their interesting desserts! Oh yes, their coffee is also "tops" On another occasion, the patio is also enjoyable, but because of the day's high humidity, we ate inside and were able to reserve the BOARD ROOM, a separate room that seats up to 18, quieter than the regular seating. 3-year veteran server, Jacob, gave us his flawless pampered service, as if we were royalty.

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The Advocates started monthly restaurant runs in 2016 selecting area restaurants and traveling in our mini bus. In 2020 we retired our bus due to the intervention of COVID on our trips, high cost of gas and insurance. We stayed with more local restaurants driving personal cars. The one favorite restaurant is Bluff Lake CatFish Farm in Maquoketa State Park that we have faithfully visited twice a year up to 2020. Since 2016 we have dined at 34 different eating establishments. 2016- 8 visits 2017 – 10 visits
2018 – 8 visits 2020 – 3 2021 – 1 2022 – 6

We continue to seek out interesting dining experiences and welcome all those who would like to join us – call 319-430-8655 for info!

SOLON SENIOR DINING
UNITED METHODIST CHURCH

September 2022 Newsletter

SOLON SENIOR DINING

A great place to have lunch on a Wednesday: Meet new friends, reunite with old friends. Play Bingo before lunch; join the card players after lunch.

Meals from Solon Retirement Village served at 11:30/$4.00

Meal deliveries are Monday, Wednesday and Friday.

Make reservations by Monday Noon for Wednesday meals.

319-624-2251

SEPTEMBER NEWS

Birthday celebrations are back, the first Wednesday of the month. (September 7, 2022)

September 7, 2022 Blood Pressure Clinic (11 am – Noon)

September **1st & 29th**, 2022 Foot Clinic/ reservations required/ for information call 319-624-2251

September 14th, Meal Sponsored by Solon Medical Clinic

September 28, 2022 "What's happening in Solon"/City Rep.

FRIDAY September 30th Meal and Movie/Reservations required/Call 319-430-8655 by Wednesday the 28th.

***Reminder*: The Meal and Movie is sponsored by Senior Advocates/the cost of the meal goes to the Senior Advocates fund.**

**This summer on In-House Dining Wednesdays we had 3 Solon High School students volunteer at Senior Dining.
These 3 brought a spark of fun to the afternoon with their smiles, as well as a great work ethic in the kitchen; serving coffee and meals to guests and helping with clean-up. **Thank-You Sophia, Hailey, Sophie. Good Luck in the coming School Year!**



Sophia, Hailey, Sophie

Sep-22

Monday	Tuesday	Wednesday	Thursday	Friday
Call 319-624-2251 Monday, Wednesday, Friday 10 am - Noon to order or cancel a meal for next day delivery Call 319-624-2251			1 No Meal Foot Clinic Methodist Church	2 FISH AND CHIPS CREAMY COLESLAW CORNBREAD CHEESECAKE DESSERT
5 Labor Day Closed	6 No Meal	7 PINEAPPLE GLAZED HAM DIJON SCALLOPED POTATOES SEASONAL VEGETABLE Birthday Cake 11am Blood Pressure Clinic In House Dining	8 No Meal	9 SEAFOOD LASAGNA SEASONED SEASONED PEAS GARLIC TOAST FRESH FRUIT
12 CHEESY TORTELLINI TOSSED GREENS W/ DRESSING GARLIC TOAST BROWNIE CHEESECAKE	13 No Meal	14 ROAST BEEF MASHED POTATO ROASTED CARROTS STRAWBERRY SHORTCAKE Sponsored Meal Solon Medical Clinic	15 No Meal	16 LEMON PEPPER TILAPIA MAC CORN BAKE SEASONAL VEGETABLE FRESH FRUIT
19 PHILLY STEAK SANDWICH FRENCH FRIES SWEET CORN SALAD SEASONAL FRESH FRUIT	20 No Meal	21 CLASSIC MEATLOAF MASHED POTATOES CHALET GARLIC BUTTERED VEGETABLES TURTLE BROWNIE In House Dining	22 No Meal	23 SMOKED SAUSAGE PIEROGI CASSEROLE CUCUMBER SALAD SWIRL CAKE
26 ITALIAN LASAGNA CAESAR SALAD GARLIC TOAST FROSTED BANANA BAR	27 No Meal	28 HOT BEEF SUNDAE MIXED VEGETABLES CANDY BAR CHEESECAKE Solon City Speaker In House Dining	29 Foot Clinic Methodist Church No Meal	30 CRISPY FISH TACOS W/ COLESLAW FRIED POTATOES PINEAPPLE PUDDING CAKE Meal and Movie Reservertions Required 319-430-8655

****SEE CALENDAR OF ACTIVITIES FOR SEPTEMBER BELOW****

September 2022 Calendar of Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 28	29 Chair Yoga 12:30-1:30p (SPL)	30 Zumba 9-10a (SCC) Farmer's Market 4-6pm Yoga 6-7p (SRNA)	31 Coffee and Conversations 9-10a Chair Yoga 10-11a Senior Dining 11:30a (SUMC) Blood Pressure Clinic 11a-12n (SUMC)	Sept 1 Zumba 9-10a (SCC) VNA Foot Clinic -make appointment	2 Walking Group 8a (SRNA) Speakers Series 10-11a- City of Solon (SPL) **NEW** Pickleball 9a-12n (SUMC-FLC)	3
4	5 **LABOR DAY** NO Chair Yoga NO PICKLEBALL	6 Zumba 9-10a (SCC) Farmer's Market 4-6pm Yoga 6-7p (SRNA)	7 Coffee and Conversations 9-10a Chair Yoga 10-11a (SPL) Senior Dining 11:30a (SUMC) *NEW* Pickleball 9a-12n (SUMC-FLC)	8 Zumba 9-10a (SCC)	9 Walking Group 8a (SRNA) Comm/Sr Center Focus Group 9-10am (SPL) *NEW* Pickleball 9a-12n (SUMC-FLC)	10
11	12 Chair Yoga 12:30-1:30p (SPL) Pickleball 9a-12n (SUMC-FLC)	13 Zumba 9-10a (SCC) Farmer's Market 4-6pm Yoga 6-7p (SRNA)	14 Coffee and Conv. 9-10a Chair Yoga 10-11a (SPL) Senior Dining 11:30a (SUMC) *FREE Sponsored Meal* Pickleball 9a-12n (SUMC-FLC)	15 Zumba 9-10a (SCC) Restaurant Run- Bobbers- 5pm	16 Walking Group 8a (SRNA) Pickleball 9a-12n (SUMC-FLC)	17
18	19 Chair Yoga 12:30-1:30p (SPL) Pickleball 9a-12n (SUMC-FLC)	20 Zumba 9-10a (SCC) Farmer's Market 4-6pm Yoga 6-7p (SRNA)	21 Coffee and Conversations 9-10a Chair Yoga 10-11a (SPL) Senior Dining 11:30a (SUMC) Pickleball 9a-12n (SUMC-FLC)	22 Zumba 9-10a (SCC)	23 Walking Group 8a (SRNA) Comm/Sr Center Focus Group 9-10am (SPL) Pickleball 9a-12n (SUMC-FLC)	24
25	26 Chair Yoga 12:30-1:30p (SPL) Pickleball 9a-12n (SUMC-FLC)	27 Zumba 9-10a (SCC) Farmer's Market 4-6pm Yoga 6-7p (SRNA)	28 Coffee and Conversations 9-10a Chair Yoga 10-11a (SPL) Senior Dining 11:30a (SUMC) *Speaker from City* Pickleball 9a-12n (SUMC-FLC)	29 Zumba 9-10a (SCC) VNA Foot Clinic -make appt	30 Walking Group 8a (SRNA) Meal and a Movie 11:30a (SUMC) Pickleball 9a-12n (SUMC-FLC)	Oct 1

SRNA- Solon Recreation and Nature Area- Timber DOME 1749 Chabal St, Solon

SCC - Solon Community Center- 313 S Iowa St, Solon

SPL- Solon Public Library 320 West Main St, Solon **see Library calendar**

SUMC- Solon United Methodist Church 122 N. West St, Solon

SUMC-FLC- Solon United Methodist Church Family Life Center (West of church)

Mushroom Park Lot- Main Street/Hwy 1