Oct 2022



Volume 2, Issue 10

SOLON SENIOR NEWS

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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.

DID YOU KNOW?

If you or your family members use Amazon to shop, you can use smile.amazon.com and choose Solon Senior Support as your charity! You get all of your usual perks on Amazon, and we will get 0.05% of your qualifying purchases donated to us! It doesn't sound like much, but every bit adds up! We've already received $176 in only 2 years!

If everyone in Solon chose us on Amazon Smile, that would really help out!



IN THE NEWS:



BE ON THE ALERT: Cybercrime cost Americans over 50 nearly $3 billion last year, a whopping 62% increase from 2020, according to the FBI's 2021 Elder Fraud Report.

In fact, the number of victims could be much higher, as seniors are also less likely to report fraud, says the FBI. This is supported by figures from the FTC, which show that while 44% of younger people in their 20's reported losing money to fraud, only 20% of those in their 70's did the same.

How do you avoid being scammed?

- Limit how much personal information you share online, like Facebook. Only accept friend requests from people you know.
- Be wary of "emergencies", emails, calls or texts from loved ones needing money or gift cards immediately. If in doubt, call them or ask another relative to confirm.
- Lock your devices: Use a passcode or fingerprint for phones, ipads or laptops.
- Never use free wi-fi outside your home for financial transactions.
- If you receive an email or call from "Amazon", "EBay", "McAfee", etc. claiming there is a problem with your account, be wary and do not give out your password or send them money. Ask for help from a loved one or friend.
- Do not click on any links, unless you know who sent it. Often scammers will have email addresses that look very close to the real address, so look for typos.
- Finally, if something feels "off" or seems too good to be true (ex: you've won money that you didn't know about), it is probably a scam.

LOCAL INTEREST:

Solon Community/Senior Center PUBLIC MEETING: Tuesday, October 25th at 6:30pm- 7:30pm Solon Public Library- join us to discuss plans for a Community/Senior Wellness center. We would like input from all ages to determine what Solon would like to see in our Community Center.

Friday Speakers' Series: (Solon Public Library 9-10am)

Call Cindy at Senior Transport if you need a ride to the Library (319-360-3279).

- **Friday, Oct 7th: Dylan Sloan, Solon Parks and Rec Director**

YOUR HEALTH:

Dr. Michael Roizen writes in the new book The Great Age Reboot: Cracking the Longevity Code for a Younger Tomorrow, 40 percent of premature deaths (premature meaning before you turn 75) are related to lifestyle choices. By the time you turn 60 years old, 75 percent of your health outcomes are determined by your choices. If that sounds depressing, there's good news: Your choices can influence approximately 1,200 of the 1,500 genes that are switched "on," and likely influence the estimated 21,000 that are switched "off."

Roizen's barometer for health success is **"6 Normals + 2."**

Here are the "Normals."

1. Regain and maintain normal blood pressure. The target is 110/75.

2. Regain and maintain a healthy level of LDL cholesterol. The target is 100 mg per deciliter.

3. Regain and maintain a healthy fasting blood glucose level. The target is 100 mg/dL or below.

4. Maintain a healthy weight for your height. Here's where it gets tricky. Most people use body mass index (BMI) to determine a "healthy" weight. But muscle, or lack of, matters.

5. Practice ongoing stress management. Roizen's target is to "sleep well and feel at ease in your own skin. "But don't just think of sleep in terms of longevity; a 2018 study found that lack of sleep correlates with tension, anxiety, and lower overall mood. Sleep is good for you later, and good for you now.

6. Have no primary, secondary or tertiary smoke from tobacco in your body. If you aren't familiar, tertiary smoke involves pollutants that settle indoors when tobacco is smoked. Think couches, curtains, bedspreads, etc. Roizen's target? Declare yourself a smoke-free zone.

THE "PLUS 2"

1. Get a full body check up. You are what you measure, and you can't know your numbers -- and if necessary work to improve them -- until you get your numbers.

2. Keep your vaccinations up to date. Roizen recommends that everyone get an annual flu shot since it can decrease flu and lung problems as well as reduce the risk of heart attack and stroke. He also recommends people aged 50-plus get the shingles vaccine, and those 65 and over get the pneumonia vaccine.

Where Should You Start?

Roizen's advice is pretty simple.

Diet? Eliminate saturated fats. Ditch added sugars. Eat whole grains, seven to nine servings of vegetables and fruits, and stick to lean proteins like fish and chicken. Consider taking a multivitamin, too.

For exercise, walk the equivalent of 10,000 steps a day and do strength training two or three times a week for 20 minutes per session. As for stress, get seven to eight hours of sleep a night, consider meditating, get out in nature once in a while, and spend time with your family and friends.

And don't smoke, and avoid second- and third-hand smoke as best you can.

Exercise helps improve your cardiovascular system, lower your blood pressure, lower harmful LDL cholesterol and triglycerides, raise healthy HDL cholesterol, strengthen muscles and bones, reduce anxiety, and improve overall well-being.

And that, in a nutshell, is the real takeaway. It's hard to be perfect, whether in every aspect or on a consistent basis. You may eat really healthy, but fall a little short on exercise. You may get plenty of sleep, but spend significant time around people who smoke. No one is great at everything.

The key is to focus on doing more of what is good for you, and do it more often.

That approach is not only good for improving your health and longevity, but also for achieving anything worthwhile.

Because we are what we are... but with consistent effort over a period of time, we can also become what we hope to become.



CHAIR YOGA UPDATE: Chair Yoga has been so popular- both the Monday 12:30 and Wednesday 10:00 classes are well-attended!

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. Your body and mind will thank you for attending!**



PICKLEBALL IS IN FULL "SWING"!

Want to learn or play in a low-key environment? Come play "Beginner Pickleball" on Sundays at Solon United Methodist Church from 1030-noon! We'll have experienced players there to teach the newcomers! Racquets and balls will be available to use in the gym.

Questions? Want to join Johnson County Pickleball Club? 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! Pickleball is played on Mondays, Wednesdays, and Fridays 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!



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 4- BOBCAT PICKIE

It's me, Pickie, your favorite feline. Since time was getting close for Oops and Sam to get married, Oops moved all of her things to Sam's apartment. After that, the three of us took off for her father's home so they could have a nice church wedding. I went along to make sure everything went as planned. It was a nice wedding although on their way back to Texas they nearly got trapped in what Sam called a blizzard. Oops said that it wasn't a blizzard, just a normal Michigan snowfall. I'd never seen snow before and was surprised that buried under that pile of cold, wet, white stuff was Sam's car. After we, or I should say Sam borrowed a snow shovel from the motel desk clerk and dug his car out, we made it back in plenty of time for Sam to start classes. On the trip back, I rode shotgun perched between the neck and seat back of whoever was driving.

With Sam in school all day and Oops working, I was left to myself. Things were boring. When Oops wasn't working, she'd sometimes take me down to the apartment pool for a swim. I really didn't enjoy the water but sitting in the sun

was nice, When they weren't in class Short Stop and Stilts would sometimes keep us company but mostly it was just me and Oops.

My favorite people-watching place was on top of the fridge. It was also safe from people who didn't know to watch where they put their feet. To keep from being stepped on, I'd jump onto the kitchen counter then hop to the top of the fridge. When I wanted down, I'd wait for either Sam or Oops to walk by and jump onto their shoulder. They would then obligingly stoop down and allow me to hop to the floor. Sometimes I'd drape myself around their necks like a fur collar and watch just people. Oops and Sam were careful and I never had to use my claws to hang on in order to keep from falling.

One day Oops was busy cleaning the apartment and talking to her father on the phone. I was bored and wished she'd put on her bathing suit and take me down to the swimming pool to sunbathe. As it was, she left the apartment door open so I decided to go visiting. On my hallway, if you left your door open that meant visitors were welcome, could help themselves to a drink from the fridge and sit down to talk. Unfortunately, everybody was either at work or in class. I turned around to go home when I noticed the door where I used to live was hanging open. Being the friendly sort I thought I'd introduce myself to the new person and maybe invite him over for tea.

The new guy was of average height, had dark curly hair and didn't seem at all threatening. Since he was busy moving his stuff in, I didn't want to interfere so assumed my usual perch on top of the fridge and watched. After a couple of hours I decided to go back to my apartment and see if Oops had put any treats out for me. When Curly walked past the fridge into the kitchen, I hopped on his shoulder. Instead of stooping down to let me hop to the floor like any reasonable person would, Curly screamed, jumped and spun around. To keep from falling, I dug my claws into his shoulder. That made things worse. As it was, I had to leap for my life. Not knowing what Curly would do next, I sprinted home.

Oops was almost finished cleaning and folding laundry. I tried not to show my irritation at being so unceremoniously dumped to the floor but couldn't resist flicking my tail as I walked through the doorway. Oops is good at reading my moods and asked what had gotten me all ruffled. It's not my style to complain so I kept quiet and went to my bowl to check for treats.

The next day the apartment manager told Oops that the "chicken" new guy down the hall ran downstairs to his office hysterically claiming that he had been attacked by a bobcat. The manager said that when he finally calmed Curly down and heard more of the details, he
laughed and explained that it wasn't a bobcat at all but the little runt cat belonging to the person that used to live there. I was honored to be compared to my larger cousin but will have to put the apartment manager straight about the runt part.

Oops apologized to Curly and explained that on our hallway an open door is an invitation to come in, help yourself to a drink and visit. She also explained the rules of refrigerator sitting and what to do when I wanted down. He was friendly enough but I noticed that his door was never open.

Johnson County Livable Community posts a terrific newsletter each month! Click HERE for the link to access their September 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 Community Center *note change in location*
Zumba: Tuesday and Thursday mornings from 9-10am at the Community Center- cost $1.

Click here for link to community center website.

General Election Information

The General Election will be held on Tuesday, November 8 – and the Johnson County Auditor's Office has plenty of ways for you to vote!

- Early voting by mail: You can request a ballot to be mailed to you by submitting an Absentee Ballot Request form. These forms are available **on our website**, or you can call our office and ask us to mail you a form. We cannot accept ballot requests via phone or email. We must have the Absentee Ballot Request forms in our office by 5pm on Monday, October 24. You can mail or deliver them to our office at 913 S. Dubuque St. (full contact information below). Ballots will begin being mailed on October 19.
- Early voting in person:
  - Voting at our office (913 S. Dubuque St.) and drive-thru voting (855 S. Dubuque St.) will start at 8am on October 19. Hours are 8am-5pm Monday through Friday, with weekend hours of 9am-5pm on Saturday, November 5 and 9am-3pm on Sunday, November 6.
  - All Johnson County voters can cast their ballot at the following satellite locations.
    - Iowa Memorial Union, 125 N. Madison St., Iowa City
      - October 19 – October 21, 9am-3pm
    - Purpose Place, 611 Southgate Ave., Iowa City
      - October 23, 9am-3pm
    - Iowa City Public Library, 123 S. Linn St., Iowa City
      - October 30, 11am-5pm
      - October 31 – November 2, 10am-4pm
      - November 3, 12pm-6pm
    - Coralville Public Library, 1401 5th St., Coralville
      - November 5, 10am-4pm
      - November 6, 12pm-4pm
    - North Liberty Community Library, 520 W. Cherry St., North Liberty
      - November 5, 11am-5pm
      - November 6, 1pm-4pm

**Note: The deadline for petitions for satellite locations is September 22, so additional satellites may be added to the calendar up until that date.*

· Election Day: Polls are open from 7am-8pm. Heads up – you might have a new polling place! Due to the reprecincting process after the 2020 census, you may reside in a new precinct or have a new polling place. Our office mailed out notices to every registered voter earlier this year, and we will send out an informational postcard closer to the election. You can always confirm your polling place using our online locator.

SOLON Public Library
...where you can branch out

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

Join us for a Family History series at the Library! On Mondays, October 3rd, 17th, and 24th at 6 PM, we'll be learning how to organize our family history research, how to find our ancestors, and amazing resources to continue the search, with Family History Librarian Jeanne St. Christian.

Virtual Trivia Night is Thursday, October 20th at 7 PM on Zoom
Gather your team or play as an individual to test your knowledge! The joy of a "virtual" trivia night is the ability to gather friends and family from across the country. This general knowledge trivia consists of four rounds, so get ready & enjoy the competition!

Cookbook Club is Saturday, October 15th at 11 AM
We're baking with Midwest Made: Big, Bold Baking from the Heartland by Shauna Sever. Check out a copy of the cookbook, try something new and bring it to share!

Click here for link to the Library's website.

SOLON SENIOR ADVOCATES
OCTOBER 2022 NEWSLETTER

IMPORTANT NOTICE: **The Senior Advocates and Towncrest Pharmacy are holding a Flu Clinic to administer the seasonal high-dose flu vaccine plus the new bivalent Pfizer Booster vaccine, Tuesday, October 18 from 9:00 a.m. to 12:00 p.m. at the Methodist Church Fellowship Hall. Register on-line for each dose desired at:**
https://app.acuityscheduling.com/schedule.php?owner=21141420&appointmentType=37214391
https://app.acuityscheduling.com/schedule.php?owner=21141420&appointmentType=37033558

For those unable to register on-line please call 319-430-8655 to enable your registration.

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

Thursday, October 20 – Breitbach Restaurant/Balltown $60
Full 20 passenger bus – Cancellations by Oct 17 – standby waiting list

Restaurants - Thur Oct 13 Whitey's/Lisbon 319-430-8655 reservations. 5:00 p.m.- personal cars

M&M Friday, October 28 "Dream Horse" - Methodist Church Fellowship Hall

True story of Dream Alliance, an unlikely racehorse bred by a small-town Welsh bartender, Jan Vokes who with little money and no experience convinces her neighbors to chip in their meager earnings to raise Dream and compete against the racing elites, becoming a beacon of hope in their struggling community as he rises through the ranks.
Starring Toni Collette and Damian Lewis.

<u>Praise for M&M 2022 Catered Meals</u>
<u>Big Grove</u> – May 27 – Tater Tot Casserole – Senior's favorite BG's dish for many years!
Tasty compilation with hamburger, veggies topped with crispy tater tots!
<u>Sam's Main St Mkt</u> – July 29 – Goulash at it's finest! Hamburger, tomatoes, veggies,
And mushrooms proving to be another senior favorite
<u>Blue Bird Café</u> – August 26 – Shepherd's Pie – a fantastic dish filled with veggies, hamburger,
topped with mounds of browned mashed potatoes – Must be put on their menu!
Please thank these local restaurateurs for their tasteful creations gracing our M&M venue!

<u>Solon Senior Transport</u>
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

The Solon Senior Advocates were formed in 2000 primarily to support the Solon Senior Dining Program at the Solon United Methodist Church.
We have taken a survey of some of the folks who attend the weekly Wednesday dine-in meal and would like to share some of their thoughts with you.

<u>Pat Nalley – life-long Solonite</u> I come to Senior Dining to meet people – to talk - I live by myself – to socialize. My thoughts about adding more dine-in meals – it's OK to add extra but it used to be there would only be 1 table full – not enough people – Mondays slow – need to have enough people coming to support – need a crowd

Faith Wilmot – Solonite I come for the sense of community – act with other people – started attending following neck surgery and couldn't drive so I'd just walk up and have continued – friendly and kind folks and staff. My thoughts about adding more dine-in meals – great! OK with Friday's addition – would like to see all 5 day dine-in – go slowly to get numbers up

Yvonne Strang – Solonite. I come because I like to eat out and see other people – living alone you don't get out – it's more than just the food. About adding extra dine-in days – another day would be good in case I can't make one maybe I could come to the other by having a second choice

Iona Vanorny – rural Swisher. I come mostly to be with people – food is good - enjoy getting out – live alone – like to be able to talk with others, sometimes I don't see anyone for several days – her kids encouraged her. About adding an extra day – I'm not sure – 1 day a week is good

Sharon & John Drahozal – Solonites We come to meet people – don't like to cook – get out of the house – see lots of people we know and meet new folks. As to extra day – not good for us as usually Fridays are doctor appointments and grocery specials days

Frank Peters – Coralville I come to Solon Senior Dining as I'm old and live alone and seek company – good food and conversation. Extra day - on Friday I go to North Liberty senior meals

Bev Whetstine – North Liberty I come to Solon Senior Dining for socialization – following losing my husband some time ago I needed to get out of the house – I knew people there – nice to get out – the people were nice – came 10 to 12 times a month before COVID which really changed things – I really missed coming – glad another day added and I enjoy playing Bingo

From these thoughts it's clear loneliness and need for human engagement is all important and that is what the Senior Advocates mission is, to provide sociability, mobility and entertainment!

SOLON SENIOR DINING
UNITED METHODIST CHURCH

October 2022 Newsletter

SOLON SENIOR DINING

NEW : Starting Friday October 7th In-House Dining on Wednesdays and Fridays. Play Bingo before lunch, cards and bingo 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 and Wednesday Noon for Friday meals.

~~319-624-2251~~

OCTOBER SCHEDULE



October 5th, Wednesday Birthday Cake

October 5, 2022 Wednesday Blood Pressure Clinic (11 am – Noon)

October 7th In-House Dining on Fridays now.

October 12th, 2022 Wednesday Sponsored meal (Rick Jedlika)

October 14th, 2022 Friday Solon 4th graders visit Solon Senior Dining

October 26th, 2022 Wednesday What's happening in Solon/City Rep.

October 27th, 2022 Thursday Foot Clinic/ reservations required 319-624-2251 for info.

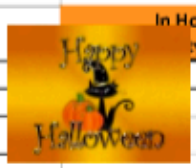
October 28th Friday Meal and Movie **(Reservations required/call 319-430-8655 by Wednesday October 26th.**



OCTOBER SENIOR DINING MENU

Oct-22

Monday	Tuesday	Wednesday	Thursday	Friday
3 LEMON PORK LOIN ROTINI ALFREDO ASPARGUS STRAWBERRY COBBLER BAR	4 NO MEAL	5 CHICKEN FRIED STEAK MASHED POTATOES CARROTS MARASCHINO CHERRY CAKE Blood Pressure Clinic 11am In House Dining Birthday Cake	6 NO MEAL	7 FISH AND CHIPS CREAMY COLESLAW CORNBREAD CHEESECAKE DESSERT In House Dining
10 CITRUS DIJON CHICKEN BROWN RICE GREEN BEANS ALMONDINE BLUBERRY DESSERT	11 NO MEAL	12 PINEAPPLE GLAZED HAM DIJON SCALLOPED POTATOES SEASONAL VEGETABLE STRAWBERRY CREAM DESSERT Sponsored Meal Rick Jedlika	13 NO MEAL	14 SEAFOOD LASAGNA SEASONED PEAS GARLIC TOAST FRESH FRUIT 4th graders In House Dining
17 CHEESY TORTELLINI TOSSED GREENS W/ DRESSING GARLIC TOAST BROWNIE CHEESECAKE	18 NO MEAL	19 ROAST BEEF MASHED POTATO ROASTED CARROTS STRAWBERRY SHORTCAKE In House Dining	20 NO MEAL	21 LEMON PEPPER TILAPIA MAC CORN BAKE SEASONAL VEGETABLE FRESH FRUIT In House Dining
24 PHILLY STEAK SANDWICH FRENCH FRIES SWEET CORN SALAD SEASONAL FRESH FRUIT	25 NO MEAL	26 CLASSIC MEATLOAF MASHED POTATOES CHALET GARLIC BUTTERED VEGETABLES TURTLE BROWNIE In House Dining y Speaker	27 Foot Clinic Reservations Required NO MEAL 319-624-2251 for info.	28 SMOKED SAUSAGE PIEROGI CASSEROLE CUCUMBER SALAD SWIRL CAKE In House Dining Meal and Movie319-430-8655
31 ITALIAN LASAGNA CAESAR SALAD GARLIC TOAST FROSTED BANANA BAR				Call 624-2251 Monday, Wednesday, Friday 10 am - Noon to order or cancel a meal for next day delivery



****SEE CALENDAR OF ACTIVITIES FOR OCTOBER BELOW****

OCTOBER 2022 Calendar of Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCT 2 Beginners Pickleball 1030a-noon (SUMC-FLC)	3 Pickleball 9a-12n (SUMC-FLC) Chair Yoga 12:30-1:30p (SPL) Family History 6pm (SPL)	4 Zumba 9-10a (SCC) Yoga 6-7p (SRNA)	5 Coffee and Conversations 9-10a Chair Yoga 10-11a Pickleball 9a-12n (SUMC-FLC) Senior Dining 11:30a (SUMC) Knit-Lit 630p (SPL)	6 Zumba 9-10a (SCC)	7 Speakers Series 9-10am City of Solon (SPL) *NEW* Senior Dining 11:30a (SUMC) Pickleball 9a-12n (SUMC-FLC)	8
9 Beginners Pickleball 1030a-noon (SUMC-FLC)	10 Pickleball 9a-12n (SUMC-FLC) Chair Yoga 12:30-1:30p (SPL)	11 Zumba 9-10a (SCC) Yoga 6-7p (SRNA) DIY Night 630p (SPL)	12 Coffee and Conversations 9-10a Chair Yoga 10-11a (SPL) Pickleball 9a-12n (SUMC-FLC) Senior Dining 11:30a (SUMC)*FREE Sponsored Meal*	13 Zumba 9-10a (SCC)	14 Pickleball 9a-12n (SUMC-FLC) Senior Dining 11:30a (SUMC)	15 Cookbook Club 11a (SPL)
16 Beginners Pickleball 1030a-noon (SUMC-FLC)	17 Pickleball 9a-12n (SUMC-FLC) Chair Yoga 12:30-1:30p (SPL) Family History 6pm (SPL)	18 Zumba 9-10a (SCC) Yoga 6-7p (SRNA) Solon Book Club 630p (SPL)	19 Coffee and Conv. 9-10a Chair Yoga 10-11a (SPL) Pickleball 9a-12n (SUMC-FLC) Senior Dining 11:30a (SUMC)	20 Zumba 9-10a (SCC) Virtual Trivia Night 7p (SPL)	21 Pickleball 9a-12n (SUMC-FLC) Senior Dining 11:30a (SUMC)	22 SOLON TRUNK OR TREAT 4-6P (SNRA)
23 Beginners Pickleball 1030a-noon (SUMC-FLC)	24 Pickleball 9a-12n (SUMC-FLC) Chair Yoga 12:30-1:30p (SPL) Family History 6pm (SPL)	25 Zumba 9-10a (SCC) Yoga 6-7p (SRNA)	26 Coffee and Conversations 9-10a Chair Yoga 10-11a (SPL) Pickleball 9a-12n (SUMC-FLC) Senior Dining 11:30a (SUMC) *Speaker from City*	27 Zumba 9-10a (SCC) VNA Foot Clinic -make appt Game Night 630p (SPL)	28 Pickleball 9a-12n (SUMC-FLC) Meal and a Movie 11:30a (SUMC)	29
30 Beginners Pickleball 1030a-noon (SUMC-FLC)	31 Pickleball 9a-12n (SUMC-FLC) Chair Yoga 12:30-1:30p (SPL)	NOV 1 Zumba 9-10a (SCC) Yoga 6-7p (SRNA)	2 Coffee and Conversations 9-10a Chair Yoga 10-11a (SPL) Pickleball 9a-12n (SUMC-FLC) Senior Dining 11:30a (SUMC)	3 Zumba 9-10a (SCC)	4 Pickleball 9a-12n (SUMC-FLC)	5

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)- Park in the back- west parking lot