

| **March 2025** |  |  |  |  |  |  |  |
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| Volume |  |  |  |  |  |  | Volume 5 Issue 3 |

| **SOLON SENIOR NEWS**  **Newsletter Edito**r**/ 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 has created a Directory for Older Adults with local services and activities- click [HERE](https://docs.google.com/document/d/14YjTPLn0iPeKSoyTAyjeg_ykzU4oAOkcqcGIoYk6594/edit?usp=sharing) to view the directory.  **CARDS, BINGO, & GAMES**  **Fridays at 12:30pm**  **We’ll break for coffee and a snack around 2pm**  INTERESTED? Need a ride? Email Jill at [solonseniors@gmail.com](mailto:solonseniors@gmail.com) or call 319-624-2773. Feel free to leave a message!  **Everyone is welcome to join! See you on Fridays!**    **SENIOR COFFEE - NOW ON THURSDAYS 9-11am**  Stop by for FREE coffee/tea/hot chocolate and treats, meet new people, and enjoy great conversation!  **Thursdays from 9am-11am** at the Solon United Methodist Church. **Need a ride?** Call Jill @ 319-624-2773    **Are you interested in learning more about Genealogy- your family tree and its history? Email Luanne Link at** [**lulink@hotmail.com**](mailto:lulink@hotmail.com)**. Lu would like to meet with people and share ideas and information!**    **Solon Senior Support volunteers meet on the first Monday of each month from 7-8pm at the Solon Public Library. Come learn more about us!**  **INFLUENZA IS HERE….**  **5 WAYS TO PROTECT YOURSELF**   1. **Get your influenza vaccine- if over age 65, get the high-dose version** 2. **Wash your hands often, especially before eating** 3. **Avoid touching your eyes, nose or mouth** 4. **Stay home if you are sick and avoid others who are sick** 5. **Wear a mask when in crowds**   **SOLON SENIOR TRANSPORT- Let our volunteer drivers transport you to and from medically related appointments! An enrollment form and a detailed brochure will be sent upon request. Once enrolled the senior may call for a ride to a specific appointment. Requests for rides should be scheduled several days prior to the appointment date. All volunteer drivers are self-insured. Call Cindy Jensen 319-360-3279.**  **THANK YOU TO OUR VOLUNTEER DRIVERS!**  **Blaze Rosene, Brian Broderick, Cindy Jensen (coordinator) , Jill Mack, Jill Weetman, John Jensen, Larry Brecht, Lois VanWinkle, and Tom Kane.**  **Our drivers provide rides for seniors and disabled adults who are not able to drive. Without them, many people would not be able to access needed medical services. Their service is greatly appreciated! Want to be a driver? Contact Cindy- drivers are always needed!**    Did you know…that Solon Senior Support volunteers will deliver 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.    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!**    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! Check their website for the March 2025 Newsletter.**    Click [here](https://www.solon-iowa.com/243/Solon-Community-Center) for link to community center website.      **Click** [**here**](https://www.solon.lib.ia.us/) **for link to the Library’s website.** | | |
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