

SOARING WITH SAS

Sports for Active Seniors

**You don't stop playing when you get old,
You get old when you stop playing!**

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Volume 27 Issue 12

DECEMBER 2022

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BOARD OF DIRECTORS for 2022

| | | |
|------------------|--------------------|--------------|
| President: | Bob Brooks | 608-244-5582 |
| Vice President : | Betty Jean Grafton | 651-231-6879 |
| Secretary: | Georgine Hinz | 608-513-7658 |
| Treasurer | Mary Juckem | 608-358-0608 |
| Archives: | | |
| Hospitality: | Vernon Flesch | 608-873-5906 |
| Membership: | Sarah Rankin | 608-575-9685 |
| Publications: | Yvonne Sorge | 608-221-3926 |
| Programs: | Larry Neuman | 608-271-8657 |
| Publicity: | | |

NOVEMBER GENERAL MEETING RE-CAP

An election of officers for the Board of Directors for 2023 re-instated the current board members with the exception of Sarah Rankin, the Membership Chairman, who has resigned, at the SAS Annual meeting held at the Fitchburg Library on November 10. We are very grateful to Sarah who has spent eleven years handling this position. The position of Publicity Chairman which has been vacant for several years has been eliminated. There is still a need to fill the position of Archives.

The Tai Chi presentation by Gail Doty who has had 30 years experience as a Physical Therapist and is a certified instructor of Tai Chi for Arthritis and Fall Prevention at Madison area Senior Centers involved the members learning and trying useful movements . She is also certified in brain health exercise classes.

IN MEMORIAM

JOHN "JACK" SHIPLEY
October 1, 1938 - November, 2022
TENNIS

MEMBERSHIP

People over the age of 55 who are interested in actively participating in sports are invited to join us. Questions? Call Sarah at 608-575-9685 PLEASE NOTE OUR NEW P.O. BOX # 8742 and ZIP CODE 53708 when renewing your membership.

Membership
for 2022
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NEWSLETTER ITEMS

Extended deadline!!

The deadline for items, pictures, and address changes for the SAS newsletter has been **permanently changed** to the **20th** of the previous month. Please submit them to Yvonne Sorge, 5310 Painted Post Dr., Madison, WI 53716, or call 608-221-3926, or, send an e-mail to yvonesor@gmail.com Please also notify me if you have not received your newsletter by the 28th of the previous month.

SNOW SHOETING

Bill Hauda (hauda1@hughes.net) will attempt to resurrect the SAS snowshoe group, a very successful group activity until being devastated by past Covid gathering restrictions. If you are interested make sure you get email contact information to Bill. First step is to create a SAS snowshoe contact list. If you have already indicated interest and it is reflected in the SAS membership directory please confirm with a response to Bill, email address above. If a more recent member please confirm your interest to Bill by replying to this notice and we will trek some local trails together.

DECEMBER BOWLING

This month we'll be bowling (only once) on December 19 at Ten Pin Alley on Nesbitt Rd. Bowling begins at 1:30. Bowl up to three games with fellow SASers for a very reasonable Monday special rate. All of us are amateurs and have a good time nevertheless!

NEW MEMBER

Simon, Deb
971 Chandler Lane
Sun Prairie, WI 53590
C:608-219-7734
B,CP,D,H/W, Kayaking
debsimon.tango@gmail.com

HAPPY HOLIDAYS!

BIKING

Biking 2022

The biking season was a success, with 17 rides completed. The first ride of the season was late April the last ride was November 2nd. We not only stopped for snacks along the trails, but we also dined at a variety of restaurants and coffee shops. Check your emails for impromptu rides this Winter, just in case the weather cooperates, and the temperature is above 52 and the wind is low.
-Bob Brooks

Watch for and/or plan an impromptu bike ride soon.

Bob Brooks: bandalaro@chartermi.net can send it out to the bikers or Yvonne :yvonesor@gmail.com can send it to the general membership.



October 22, 2022 . Burrows Park to Garver Feed Mill
Mary Juckem, Bob Brooks, Mike Lambert, Mary Macht-Brooks, Bob Kreul, Gloria Peterson

CROSS COUNTRY SKIING

SAS is looking for members to lead/ participate in Cross Country Skiing events this season. Please let Yvonne know if you are interested in going skiing and want others to join you. Yvonne can send the information out to all the membership.

CAMPING

Betty Jean Grafton has once more made reservations for the 2023 camping season at Firefly Lake outside of Woodruff and Boulder Junction. With unlimited biking and hiking trails and canoeing, kayaking, swimming, flea markets and other fun activities available, save the dates: August 20-25 for your UP NORTH summer get-



October 28th 2022 Olin Park to Lewis Park.in McFarland
Bob M., Yvonne Sorge, Bob Brooks, Karren Dopkins and Deb Simon. (Photo by Mary Macht-Brooks)

PAPER COPIES

If you have problems printing out the newsletter or would like a paper copy sent to you for any reason, please contact Yvonne at 608-221-3926 or yvonesor@gmail.com to be put on the paper copy mail list. You will still receive the email copy and other alerts by email if we have your email address.

EMAIL NOTIFICATIONS

Please watch for emails announcing resuming activities.

If you are a SAS activity leader and would like to publicize an activity which will resume, please let me know and I can easily send an email notification to the general membership between newsletters. yvonesor@gmail.com or 608-221-3926.

SAS WEBSITE

The website has been updated. One of the new features is having an updated Newsletter under the "Newsletter tab". This will allow future members, and those that deleted their newsletter, to find information more quickly. If you have suggestions for the website, contact Bob bandalaro@chartermi.net The website is sportsforactiveseniors.org

Sports for Active Seniors (SAS) MEMBERSHIP APPLICATION 2023

The SAS Release of Liability clause requires us to have a separate Membership Application for each member. Couples may send one check to cover both memberships @\$20 each, but must send individual Membership Applications.

Please complete this application and return with check made out to SAS for \$20.00 per membership.

Mail to: SAS, P.O. Box 8742, Madison, WI 53708

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

E-MAIL ADDRESS _____

Retired Semi-Retired Working New Member Renewing Member

Optional Donation _____ How did you hear about Sports for Active Seniors? _____

INTERESTS

Biking Bowling Camping Canoeing Dancing Golf
 Hiking/Walking Skiing X-C Snow Shoeing Tennis

Other sport interests _____

Please check ways you'd be willing to help with SAS activities: Membership Hospitality Programs
 Newsletter Computer Literacy Activity Leadership Finance Archives Publicity

RELEASE OF LIABILITY/INDEMNITY

(Application will not be accepted without signing this release.)

I understand that participation in the activities of this organization may put me at risk of injury or loss. I hereby assume such risk, and I release, indemnify, and hold harmless the organization, its officers, its activity leaders, and my fellow participants from all liability for any injuries, damages, claims, or allegation of misadventure or negligence. I agree to indemnify and hold those identified above harmless and pay for all costs, attorney fees and other monetary awards incurred or determined in any lawsuit or claim related to the organization and myself.

Signature _____ Date _____

Emergency contact: _____ Phone: _____

PICKLE BALL

(Due to Covid 19 , please check with the facilities below to see if they have temporarily paused their operation.)

We do NOT have a leader for Pickle Ball but will once again publish a list of the facilities that have begun to offer it again since the pandemic restrictions have been lifted. Please let me know of any additional facilities so that I can list them for our members. yvonesor@gmail.com

HITTERS: 608-833-4488 (Please call as times are currently variable)

PRAIRIE ATHLETIC CLUB: 608-837-4646 (Please call)

SALVATION ARMY 608-256-2321 (Please call)

TURNERS:608-222-4922 (Please call)

WAUNAKEE VILLAGE CENTER: 608-850-5992 Monday 9:30am - noon

Wednesday 9am - noon

Friday 9am - noon

Saturday 9am -11 am

YMCA (east) 608-221-1571 Tuesdays and Fridays 1pm-3pm

They also have an outdoor facility which is available during their regular hours.

YMCA (northeast - Sun Prairie): 608-857-8221 Mondays and Thursdays 1pm - 3pm

YMCA (west) : 608-276-6606 Tuesdays and Thursdays Noon - 2pm (\$5 for non-members)