

# 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 1**

**JANUARY 2022**

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## BOARD OF DIRECTORS for 2021

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**COPY AVAILABLE of DR. ALEXIS EASTMAN'S  
slide presentation "Ten Things to Know About Aging"**

Our heartfelt thanks go out to Ruth Bogart who originally suggested that we contact Dr. Alexis Eastman to be our speaker for our 30th anniversary party. Although the party had to be canceled due to the pandemic, we kept this suggestion and were honored and delighted that Dr Eastman could give her presentation, "Ten Things to Know About Aging", at our November potluck. Thank you, Ruth!

If you are interested in receiving a copy of Dr Eastman's slides for the presentation, please email Mary Juckem at [maj2810@gmail.com](mailto:maj2810@gmail.com). The board encourages and welcomes suggestions from members for speakers and activities at future events.

## JANUARY BOWLING

**On Monday, Jan. 10**, we'll bowl at **Dream Lanes** located at 13 Atlas Ct., just north of Cottage Grove Rd., at 1:30 p.m. Seniors bowl for \$2 a game.

**On Monday, Jan. 24**, we'll bowl at **Schwoeglars** at 444 Grand Canyon Dr. at 1:30 p.m. as usual.

There are five or six of us who bowl regularly, and we'd love to see some new faces in this New Year!

If you have any questions, please email, call or text Georgine ([gph8334@gmail.com](mailto:gph8334@gmail.com)), 608.513.7658.

## MEMBERSHIP

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

Membership for 2022 <b>34</b>
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## Membership Applications

*If you have problems printing the 2022 SAS membership application, please let me know at [yvonesor@gmail.com](mailto:yvonesor@gmail.com) or 221-3926 and I will send you a paper copy by snail mail.*

*Thanks, Yvonne*

## IN MEMORIAM

**BOB PRUGH**

12/25/1944 – 11/09/2021  
B,CN,G,T,X,W

## NEW MEMBERS

Sandra Eisemann  
83 Oak Creek Trail  
Madison 53717  
970/403-4223  
[sandraeisemann@yahoo.com](mailto:sandraeisemann@yahoo.com)  
B,C,D,H/W,SS

Mary Liebig  
6809 Bootmaker Way  
Windsor 53598  
home 608/846-2299  
cell 608/338-8323  
[mbliebig@tds.net](mailto:mbliebig@tds.net)  
B,BL,G,H/W,XC,SS

**HAPPY HOLIDAYS !!!**

## Wednesday Morning Group Walks at West & East Towne Malls January/February

Hello my name is Mary Liebig and being recently retired, I joined SAS in December. I am also a longtime member of the Dairyland Walkers which is based in Madison and affiliated with AVA; America's Walking club, a network of walking clubs all over the United States. The Dairyland Walkers will be holding weekly group walks at the East and West Towne Malls on Wednesday mornings in January and February. Members of SAS are invited to join us! Both malls open at 9:45 a.m. now and allow walkers; masks are required inside the mall.

There is not much traffic inside the malls on weekday mornings, so I did not find it difficult to walk on a recent Wednesday morning between 9:45 a.m. and noon. There are lockers to leave coats in at both malls for a cost of .50 (two quarters) but not all of them are working properly.

Here is the schedule of weekly walks below on Wednesday mornings alternating between the West and East Towne malls each week. We'll meet inside at the Food Court of each mall at 9:45 a.m. to register and start walking. A 5k (3 mile) walk is 4.5 laps around the mall, 10k (6 miles) is 9 laps around the mall.

If you have any questions, please contact me at [mbliebig@tds.net](mailto:mbliebig@tds.net) or 608-846-2299.

<b>Date</b>	<b>Event</b>	<b>Meeting Place</b>
January 5	West Towne Mall	Food Court 9:45 a.m.
January 12	East Towne Mall	Food Court 9:45 a.m.
January 19	West Towne Mall	Food Court 9:45 a.m.
January 26	East Towne Mall	Food Court 9:45 a.m.
February 2	West Towne Mall	Food Court 9:45 a.m.
February 9	East Towne Mall	Food Court 9:45 a.m.
February 16	West Towne Mall	Food Court 9:45 a.m.
February 23	East Towne Mall	Food Court 9:45 a.m.

### 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 any suggestions for the website or the newsletter contact

Bob [bandalaro@chartermi.net](mailto:bandalaro@chartermi.net)

The website is [sportsforactiveseniors.org](http://sportsforactiveseniors.org)

### 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](mailto:yvonesor@gmail.com) or 221-3926.

### DANCE UPDATE

Ruth Bogart reached out to Dave Carlson for information on current dance venues.

Dave's response (which he gave permission for us to print) was: "Several dances have restarted. Most are vax and mask required. I am very uncomfortable with a couple because no checking and no one wears a mask in the large crowd even though it is in Madison. I am unwilling to recommend any dances because doing so would be inferred that I think they are safe."

# Sports for Active Seniors (SAS) MEMBERSHIP APPLICATION 2022

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 \_\_\_\_\_

# PICKLE BALL

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](mailto:yvonesor@gmail.com)

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

PRAIRIE ATHLETIC CLUB: 837-4646 (Please call)

SALVATION ARMY 256-2321 (Please call)

TURNERS: 222-4922 (Please call)

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

Wednesday 9am - noon

Friday 9am - noon

Saturday 9am—11 am

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

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

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

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

## PAPER COPIES OF NEWSLETTER

If you have problems printing out the newsletter or would like a paper copy sent to you for any reason, please contact Yvonne at 221-3926 or [yvonesor@gmail.com](mailto: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.

## NEWSLETTER ITEMS

Please send all items, pictures, and address changes for the SAS newsletter by the 15th of the previous month to Yvonne Sorge, 5310 Painted Post Dr., Madison, WI 53716, or call 221-3926, or, send an e-mail to [yvonesor@gmail.com](mailto:yvonesor@gmail.com) Please also notify me if you have not received your newsletter by the 22nd of the previous month.