

# 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 10**

**NOVEMBER 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:		

## 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](mailto:yvonesor@gmail.com)

Please also notify me if you have not received your newsletter by the 28th of the previous month.

## NOVEMBER BOWLING

Bowling will begin this season (November thru April) on the **second** and **fourth Mondays** of the month at 1:30pm.

New bowlers are always welcome! Most of us are very amateur but we have a good time anyway!

Lanes are usually not busy when we bowl.

Feel free to call, text or email Georgine Hinz if you have any questions (608-513-7658, [gph8334@gmail.com](mailto:gph8334@gmail.com)).

On **November 14**, we'll be bowling at Schwoeglars at 1:30. It's located at 444 Grand Canyon Dr. Bowl as many games as you like, we usually bowl three.

On **November 28**, we'll be at Bowl-A-Vard on the East side, 2121 East Springs Dr., at 1:30.

## NEW MEMBER

Patrick Slattery  
W 6008 Pioneer Road  
New Glarus, WI

H: 608-527-5757

C: 608-347-5741

Biking, Hiking/Walking, Tennis,  
Alpine Skiing

[patandsueslattery@tds.net](mailto:patandsueslattery@tds.net)

## 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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## SAS ANNUAL MEETING

The **SAS ANNUAL MEETING** will be held at the Fitchburg Library at 5530 Lacy Road (just East of Fish Hatchery Road) on Thursday November 10 beginning at 11:00. It will be a potluck, eating at 11:45am. Please bring a dish to pass. SAS will provide plates, flatware, coffee & lemonade. Our meeting room is on the second floor but there is an elevator as well as stairway leading to it.

There will be a **Tai Chi** presentation at 12:30pm. Gail Doty has 30 years experience as a Physical Therapist. She is a certified instructor of Tai Chi for Arthritis and Fall Prevention at Madison area Senior Centers. She is also certified in brain health exercise classes.

A general business meeting and election of officers will follow the presentation.

Sarah Rankin will be retiring as Membership Chairman and we want to fill that position immediately. Duties include: Keeping an up-to-date file of paid members and sending a welcome letter to new members offering to answer questions. Please consider volunteering.

We hope to find members interested in leading Snow Shoeing, Downhill and Cross-Country Skiing, Ice Skating, Mall Walking, and indoor Tennis plus anything that might interest you, after an active Summer of Biking, Camping, Golf and Tennis. Please consider these options. There are MANY members who want to share these experiences. Please talk to any board member about these opportunities.

.A LITTLE EFFORT FROM MANY HELPS OUR ORGANIZATION REMAIN SUCCESSFUL.

There will be an opportunity to pay dues which will continue at \$20 for another year thanks to some **very** generous donations to our organization during the past year.

## BIKING

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

Bob Brooks: [bandalaro@chartermi.net](mailto:bandalaro@chartermi.net) can send it out to the bikers or

Yvonne : [yvonesor@gmail.com](mailto:yvonesor@gmail.com) can send it to the general membership.

## TENNIS

The SAS **ROTATION TENNIS** season ends at the end of October.

The last day of Rotation Tennis is Monday, October 31st, weather permitting.

**SET TENNIS** ended for the season with the recent onset of very cold weather.

## GOLF

**Nine Springs** golfing is finished until Spring.

**Friday golf** will resume in Spring.

## 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-away.

## 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](mailto: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)

## 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](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.

## 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 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](mailto:bandalaro@chartermi.net) The website is [sportsforactiveseniors.org](http://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: \_\_\_\_\_