

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 28 Issue 5

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MAY 2023

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Publications:	Yvonne Sorge	608-221-3926
Programs:	Larry Neuman	608-271-8657

SAS 33 Birthday Meeting

It's Party Time! SAS is celebrating it's 33 birthday this month with a Pot Luck at **NOON on Thursday May 25** at Our Saviour's Lutheran Church at 1201 Droster Road. Paper plates, utensils, napkins, coffee and lemonade will be provided. Begin gathering at 11:00 am.

DIRECTIONS: Cottage Grove Road to Thompson Drive (just before bridge over I-90) Turn right and right again at the next street (Droster). Church is on the left further down that block.

DIRECTIONS: From Stoughton Road and Buckeye Rd (Dean Clinic East is at that intersection), go East on Buckeye to Droster Road and turn left. ((Droster Rd. is 2 blocks **before** the bridge over I-90). Go past Droster park on the right. The church is on the same side of the road several blocks further.. Guests are WELCOME!

CALL FOR PHOTOS

We'd like to enhance the SAS website by adding some current photos of our group activities. Do you have a photo of a SAS activity from the past year? Are you willing to take a photo of a future SAS activity you're participating in? Photos would be greatly appreciated! Please email your photo(s) to Deb Simon, debsimon.tango@gmail.com. Please **include with the photo the names of all people in the photo, and the name of the activity**. Thank you! Deb Simon.

TENNIS

ROTATION TENNIS season will start on May 1st at 10:00am. We play Monday, Wednesday and Friday at Rennebohm Park. No sign up is required and everyone is welcome. Please bring a new or slightly used can of tennis balls along with your racquet when you come to the park. Start time in May will be 10:00am.

From June until the end of the season start time will be 9:00am. For information contact Karen or Burt Scheele at (608) 238-4430 or at bkscheele@att.net

SET TENNIS will begin on Tuesday, May 2nd at 9 am at Rennebohm Park. We'll play on Tuesdays and Thursdays, weather permitting. Please email me at llangenfel@aol.com by 4pm on Sundays if interested in playing in the coming week. Bring a can of new or gently used tennis balls. Lois Langenfel: 608-233-2612

MEMBERSHIP

People over the age of 55 who are interested in actively participating in sports are invited to join us. Questions? Call Mary at 608-513-5724 PLEASE NOTE OUR NEW P.O. BOX # 8742 and ZIP CODE 53708 when renewing your membership.

Membership for 2023 53

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.

SAS WEBSITE

We have 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

Deb Simon: debsimon.tango@gmail.com

The website is sportsforactiveseniors.org

GOLF

NINE SPRINGS GOLF

May 3rd at 9:00am and every Wednesday after that.

Call me if coming Ann White: 608-271-2950

Vern Flesch is planning golfing outings. soon. He'd like to know who is planning to play and what day and time you'd like to play.

Past golfers and newly interested golfers are encouraged to contact Vern at vflesch@gmail.com or 608-873-5906

NEW MEMBERS

Tishler, Betsy L
2999 Woods Edge Way
Fitchburg, WI 53711
H: 608-233-0180
C: 608-960-2590
H/W, T
Betsy1940@yahoo.com

Norton, Vivian J
630 Military Ridge Drive
Verona, WI 53593
H: 608-497-0397
C: 563-508-1323
B, CN, H/W
vjoan@icloud.com

RE-INSTATED

Walls, Larry
1921 Winchester Way
Wauunakee WI 53597
H: 608-0850-9146
C: 608-469-4585
B, D, H/W, X/C, SS
tryke3@aol.com

BIKING

Tuesday May 9th.

Meet at Burrows Park, 25 Burrows Road, Madison.
at 10:00 AM,

This city park is located off of Sherman Ave., near Banzo's Restaurant and Kappels Clock Shop. The parking lot, with restroom, is located on the backside, towards Lake Mendota. The ride will be on city streets, and parts of Capital City Trail. We will be going along the Yahara River, Lake Monona (Orton Park/ BB Clarke), to Olbrich Gardens area. We will stop at Garver Feed Mill which is on the bike path. The ride is approximately 10 miles.. Bob Brooks (cell 608 - 658-2016)

Wednesday May 17, 2023 Cannonball Trail

Meet at 10:30 AM at the parking lot that is shared between Culvers and Steinhafels (2164 W Beltline Hwy.) on the frontage road by Fish Hatchery Road and the Beltline.

We will ride the which will turn into the Military Ridge Trail. We will ride this to the downtown Verona Trail Head.

The surface will be blacktop except for about the last mile which be the regular trail surface. The ride will be about 16 miles long, round trip. Please bring a water bottle and bike lock. We will stop for a bite to eat at The Sow's Ear in Verona. **Bob Brooks** 608-658-2016

Watch for and/or plan an impromptu bike ride.

Yvonne :yvonesor@gmail.com can send it to the general membership.

Rides for the newsletter should be sent to Yvonne by the 20th of each month.

Date, Time, and Place to start the ride.

The approx.. distance of the ride, the type of terrain (trail, streets, roads, or combination)

If you are going to stop for a bite to eat (lunch, picnic lunch, etc.)

What type of equipment to bring along if necessary.

When the ride begins, to appoint a sweep person.

Contact phone number and or E mail address.

If the ride you have planned happens to have alternate starting points, please include them. This will enable riders who wish ride shorter distances to take advantage of your ride/destination.

If you feel you want to lead a ride at the spur of the moment or that has not been scheduled or published, you can contact Yvonne and she will send the ride

CANOEING & KAYAKING

Many of our members have expressed an interest in Canoeing and Kayaking. If you would like to have other members join you at a time and place, please let me know so that I can forward this information to our members. Better yet - we would love to have a leader for this group. Yvonne (yvonesor@gmail.com)



Three dozen or so SAS members joined in wishing Jesse Keheres (between two in green shirts) in celebrating his 100th birthday.

Joining in, was Frances Johnson (seated at left in pink jacket) who was one of SAS's original members at it's formation in 1990. Happy memories flowed abundantly that day.

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: _____

FIREFLY LAKE CAMPING REGISTRATION SUNDAY August 20 TO FRIDAY August 25, 2023

To reserve a space, send a \$20 (non-refundable deposit) check with your name, address, phone number, and e-mail address to Betty Jean Grafton: 7 Sugar Maple Trail Madison Wi. 53717. Questions: 651-231-6879 or bettyjeank312@gmail.com

Name _____ Phone _____

Address _____ City _____ State _____ Zip Code _____

E-mail
Address _____

A \$20 non-refundable deposit is required to reserve your space. Any remaining expenses will be determined while camping. Please mail registration and deposit: TO Betty Jean Grafton, 7 Sugar Maple Trail. Madison, Wi. 53717

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

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-

PICKLE BALL

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 **UPDATE (1/20/23):** Tues: 12 pm-3pm; Thurs: 11 am-2 pm; Fri: 1 pm-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)