

Membership dues for 2023 are due now!

# SOARING WITH SAS

*Sports for Active Seniors*

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

=====

**Volume 28 Issue 4**

=====

**APRIL 2023**

## 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:	Mary Price	608-513-5724
Publications:	Yvonne Sorge	608-221-3926
Programs:	Larry Neuman	608-271-8657

## SAS BOARD MEETING

SAS will be having its Spring board meeting on Thursday April 20 from 1:00 pm to 3:00 pm at the Lakeview Library.

The library is located in the Northtown Center at the corners of N. Sherman Avenue and Northport Drive.

All SAS members and guest are welcome.  
Questions? Betty Jean Grafton 651-231-6879

## 50+ MEET & GREET

The 50+ meet and greet scheduled for Thursday February 16 which was cancelled due to weather problems will occur in April.

The annual Goodman Center 50+MEET & GREET which features food, drink, booths and music will be held on Thursday April 13 from 6 pm to 9 pm.. There will also be Line dancing and mixers

The cost is \$10 which includes food and one drink . Goodman Center is located at 214 Waubesa St. in Madison.

For more information, contact Gayle Laszewski: [gayle@goodmancenter.org](mailto:gayle@goodmancenter.org) or at 608-204-8032.

An added plus will be that daylight savings will give those who don't drive after dark the opportunity to attend.

## 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 <b>42</b>
-------------------------------------

## 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.

## GOLF

### NINE SPRINGS GOLF

I would like to start on May 3rd at 9:00am  
Call me if coming at 608-271-2950  
**Ann White**

**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](mailto:vflesch@gmail.com) or 608-873-5906

### IN MEMORIAM

## PAUL REESE

October 26, 1929 - March 1, 2023

B, BL,CP,G,H/W, Skiing (down-hill)

## BIKING

Biking season is beginning! Besides digging out that bike and pumping the tires up, PLEASE give us your ideas for your favorite ride or even better, plan one that we can join you in.

### SAS Bike Ride Wednesday April 26th

Meet at 10:00 AM Olin Park boat landing parking lot. We will ride around Lake Monona counterclockwise. The ride will consist of city streets and bike trail. The route will be about 15 miles long. We will stop at the Cottage Café on Atlas Ave. for a bite to eat. Bring a lock, water bottle, and make sure your tires are inflated.

Thanks, Bob Brooks 608-658-2016 (cell)

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

Yvonne [:yvonesor@gmail.com](mailto: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 out by e-mail.

Please send your rides to Yvonne [yvonesor@gmail.com](mailto:yvonesor@gmail.com)

## 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](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 **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)

### 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.

## BOWLING

There will be no more BOWLING until Fall.  
Georgine

## 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.

## CITY OF MADISON BIKE MAPS

[cityofmadison.com/bikemadison/plantrip/map.cfm](http://cityofmadison.com/bikemadison/plantrip/map.cfm)

## 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](mailto:debsimon.tango@gmail.com)

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 608-221-

# 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: \_\_\_\_\_