

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 6

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JUNE 2023

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TENNIS

ROTATION TENNIS UPDATE

Due to the continuing reconstruction of the Rennebohm Park tennis courts and the resurfacing of the Bordner tennis courts, Rotation Tennis will meet at Odana courts next to Odana Golf Course. We play Monday, Wednesday, and Friday at 10am for the month of May. In June and for the rest of the season, we will meet at 9am. Please bring a new or slightly used can of tennis balls with your racquet when you come to the park. No sign up is required and everyone is welcome. For more information or questions call Burt or Karen Scheele at (608) 238-4430 or contact by email at bkscheele@att.net

SET TENNIS UPDATE

Due to the reconstruction of the courts at Rennebohm Park, Set tennis will take place on Tuesdays and Thursdays at 9 am at Odana for the near future, Please contact Lois Langenfeld at llangenfel@aol.com by Sunday 4 PM if interested in playing the following week. Bring a can of new or gently used tennis balls. Lois Langenfeld: 608-217-1787

INVITATION TO SKILAUFERS PICNIC

SAS members have once again been invited to the annual Skilaufers Memorial Day picnic. A change has been made to the date which will now be on **SUNDAY MAY 28** at Goodland Park from 1 to 6 pm. Please bring something to pass, a drink and meat to grill (if you'd like). A grill will be provided.

SAS AUGUST PICNIC PLANS

Plans are being made for the annual SAS picnic at Lake Farm Park. It will be held on Thursday August 17 beginning at 11 am. A permit for alcohol has been obtained.

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

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

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

HIKING/WALKING

I'm looking for some fellow SAS members that would like to join me for a short hike at Jackson's Landing Trail located North of Madison on Hwy. M., in the Town of Westport. The parking lot is located next to the Willows Tavern, and there is a sign and a kiosk. It's approximately a 1.4 mile loop, easy hiking with some boardwalks.

We'll meet on **Wednesday May 31st, at 10:00 AM. (Rain date-Friday June 2, 10:00 AM)**

Bring a water bottle, hat, bug spray, binoculars and a lawn chair if you'd like to stay and visit afterwards. Picnic tables are not available on the site. Restrooms are not available on the site. (KwikTrip is located down the road.)

I haven't lead a walk before, so "your experience will be my experience !!"

Questions,contact -Bob Brooks
bandalaro@chartermi.net
(608) 658-2016

BIKING

It is time to schedule bike rides for the July newsletter.

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.

Bike rides for the newsletter are due the 20th of each month.

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 me and I will send the ride out by e-mail. bandalaro@chartermi.net

Please send your rides to Bob Brooks

bandalaro@chartermi.net

or Yvonne Sorge

yvonesor@gmail.com

Watch for and/or plan an impromptu bike ride.

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

Wednesday June 14th.at 10:15 am we will bike the Glacial Drumlin bike trail from Cottage Grove to Deerfield.

We will start at the Cottage Grove Trailhead and eat lunch at Kurt's Never Inn.

Total distance approximately 13 miles.

Bring lock, water bottle, trail pass.

Questions contact Bob Brooks.608- 658-2016 (C)

Wed. June 21st. Meet at 10:00 am

In downtown Deerfield at the Trail Head. We will be riding the Glacial Drumlin Trail to Lake Mills. If riders would like to go for a shorter ride, meet us at London at approximately 10:20 AM. The route is about 22 miles. We will be eating lunch at the Cafe on the Park in downtown Lake Mills. There will be street riding for about one mile each way in Lake Mills.

Bring your trail pass, bike lock, water bottle, etc.

Bob Brooks (608) 658-2016 (C)

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

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.

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)



Pictured: Bob, Deb, Betty Jean, Mary, Mary, Mike, Paula, Victor, and Paul

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: _____

CAMPING

Betty Jean has reserved a great double site for camping at Firefly Lake near Minoqua, Woodruff, and Boulder Junction, one of Wisconsin's prime vacation spots. Plans are to join with nearby SAS cottage dwellers for biking, hiking, swimming, canoeing & kayaking, boating, card playing, a meal or two and a place to shelter in case of bad weather. Questions: 651-231-6879 or bettyjeank312@gmail.com

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

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)