

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 8

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AUGUST 2023

BOARD OF DIRECTORS for 2022

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Vice President : Betty Jean Grafton 651-231-6879
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Membership: Mary Price 608-513-5724
Publications: Yvonne Sorge 608-221-3926
Programs: Larry Neuman 608-271-8657

SAS PICNIC - Thursday August 17,2023

Our Summer Picnic will once again be held at Lake Farm Park, Shelter #2 from 11:00 am to 4:00 pm with a potluck at 11:45 am. SAS will provide plates, cups, silverware, coffee, lemonade & water. Please bring a dish to pass. Members and guests can bring beer, wine and other alcohol beverages if they would like. Skilaufers are invited to join us.

BIKE RIDES before the picnic

Meet at Lake Farm park Shelter #2, where we have reserved the site for the picnic, at 10:15 am. Ride for about an hour.
For a **bit shorter** ride at a slower pace meet there, also, at 10:25 am
FOR ANY FURTHER INFO CALL Sarah or Karl at 608-575-9685 Hope to see you there.

Directions: The address of the park is 4330 Libby Rd. Follow US-12 W/US-18 W to W Broadway in Monona.

Take exit 264 near the Walmart on the edge of Monona from US-12 W/US-18 W.

At the traffic circle take the 2nd exit and stay on South Towne Dr., continue onto Raywood Rd., turn left on Moorland Rd, continue on to Lake Farm Rd., turn left on to Libby Rd to your destination on the left.

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.

MEMBERSHIP

Membership
for 2023
84

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 P.O. BOX # 8742 and ZIP CODE 53708 when renewing your membership.

There have been some concerns with privacy and we will not be sending the new SAS directory out by email but rather through a secure portal in the website. Paper copies will be limited. We will have details for accessing this portal in the September newsletter.

New members' personal information will no longer be published in the newsletter. If you want to contact them about an event, I can give you a phone number or email address for them.

Yvonne: yvonesor@gmail.com or 608-221-3926.

SAS WEBSITE

We have an updated Newsletter under the "Newsletter tab". This will allow future members, and those who 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

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)

WELCOME NEW MEMBERS!!

Mara Esch - B,H/W
Song Huegel - G, H/W, T
Tom Huegel - B, G

IN MEMORIAM

GEORGE WEILAND

93 years old
Tennis

BIKING

Thursday, August 10: Start 9:00 Glacial Drumlin trailhead, 200 Main St, Cottage Grove. Crushed limestone (that coincidentally looks like dirt). We will ride out and back - Deerfield 7 miles or London 10 miles (one way). After the ride, gather at Olde Town Coffee House, 218 Main St (adjacent to trailhead parking) for breakfast, lunch or bakery items. There are restrooms at Deerfield community park. Any questions please contact me. Hope to see you on the trail.

For a shorter alternative to this ride, Yvonne would like to start in Deerfield and ride towards the main group and turn around when we meet them about half way. Since they will be riding faster, we should start about 8:45 from Deerfield. Please let me know if you'd like to join me. Yvonne 608-221-3926 or yvonesor@gmail.com.

Thursday August 17

Meet at Lake Farm park Shelter #2, where we have reserved the site for the SAS picnic, at 10:15 am. Ride for about an hour.

For a **bit shorter** ride at a slower pace meet there, also, at 10:25 am

FOR ANY FURTHER INFO CALL Sarah or Karl at 608-575-9685

AUGUST 20-25 Sunday to Friday

There will be numerous opportunities for biking during the camping session near Woodruff at Firefly Lake. There are motels in the area if camping isn't your thing. There will also be 6 or 7 bikers staying at a cottage nearby. Contact Yvonne at 221-3926 or yvonesor@gmail.com for details.

Watch for and/or plan an impromptu bike ride. send your rides to Bob Brooks bandalaro@chartermi.net . OR Yvonne : yvonesor@gmail.com can send it to the general membership. 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.



Nineteen SAS members enjoyed breakfast at the Riley tavern on Sunday July 9 during an impromptu ride from Verona.

GOLF

NINE SPRINGS GOLF

May 3rd at 9:00am and every Wednesday after that. Call me if coming Ann White:608-271-2950

Thursday Mornings—Vern Flesch schedules play at various courses on Thursday mornings.

Past golfers and newly interested golfers are encouraged to contact Vern at :vflesch@gmail.com

TENNIS

ROTATION TENNIS - now located at the Bordner Park tennis courts which are now open, after resurfacing and repair, for the rest of the season. Bordner Park is located off Rosa Road at 5610 Elder Place. We play Monday, Wednesday and Friday starting 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 Set tennis is now being played at **Elver Park (LOCATION CHANGE)** on Tuesdays and Thursdays at 8:30 am. 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



Seven bikers enjoyed a beautiful Thursday July 13 ride from Olin Park over the bridge on the Lower Yahara River Trail to McFarland's Lewis Park.



Eight riders enjoyed the Wednesday July 19 ride on the Great Sauk Trail out of Sauk City.

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 Grafton 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.

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 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)

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.

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.