

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 7

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JULY 2023

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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.

There will be a **bike ride** from Shelter # 2 at 10 am on part of the Capital City Bike Trail and across the bridge to McFarland. There will be a **shorter** and **slower** ride at 10:15 am from Shelter #2.

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.

HIKING/WALKING

Firefly Hike at Indian Lake County Park
8183 WI-19, Cross Plains, WI 53528
Saturday, June 24, 2023

8 pm - 9:30 pm

Join us for a magical evening at Indian Lake County Park. We will start at the main parking lot and hike to the dog park area and hike around the dog park while waiting for the sun to set and fireflies to come out. Indian Lake is one of the best places to see fireflies in Dane County. They usually start around sunset at 8:45 pm. The hike is mostly flat and about 2.5 miles in length. Afterwards, we can have s'mores around Diane's portable gas fire pit. Please let me know if you are coming by replying to Diane Schwartz at getkidsoutside@gmail.com. Phone: 608-358-8314. There are flush toilets at the park and water. BYO water bottle. Diane is a new member of SAS. She has been a leader of Meet-ups for years and also leads hikes with kids. She is excited to lead hikes for SAS.

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
75

ATTENTION SAS MEMBERS!

Sports for Active Seniors will soon have a new website. Our goal is to have a welcoming, easy-to-use website both for new people interested in joining SAS, as well as for current members.

REQUEST – As part of the web development process, we would really like to hear from you, our members, about your experience with SAS. **Please consider taking a few minutes to respond to one or more of the following questions:**

- *Why did you join SAS?
- *What do you enjoy most about being a member of SAS?
- *What would you tell someone who's considering becoming a SAS member?
- *Or any other comments you'd like to share regarding your SAS experience.

We will select several of the responses to put onto the website, to help visitors better understand the value of SAS membership. Comments can be posted anonymously, or with your name, whichever you prefer. **Please email your comments to debsimon.tango@gmail.com** THANK YOU!

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

WELCOME! NEW MEMBERS

Joseph Brennan	Ann Schroeder
Jeri Conway	Jim Schroeder
Linda Meiss	Diane Schwartz
Mary Misco	Mary Zink

**IN MEMORIAM
JAN HORNBACK**

May 23, 2023
B,CN,G,SS,W,XC

BIKING

Wednesday, June 28 - Olbrich Park Biergarten Ride Meet at 3:30 PM at Olin Park boat landing. We will ride to the Olbrich Biergarten at Olbrich beach/park for a bite to eat and something to drink. We will be riding on city streets and bike trails. The route is about 12 miles round trip. Please bring a bike lock, bug spray, water bottle and sun screen. More info about the beer garden is on the website link below: <https://www.olbrichbiergarten.com/>
Thanks, Bob Brooks (608) 658-2016

Thursday July 13th - Meet at 11:15 at Olin Park boat landing, parking lot.

We will bike the trail to Lake Farm Park and go over the bridge (Lower Yahara River Trail) across Lake Waubesa (Mud Lake) to Lewis Park. We will stop at the Parkside Pub on the way back. For those who want a shorter ride, you can meet us at 9 Springs or Lake Farm Park. If are planning to meet us at 9 Springs or Lake Farm Park, please let me know. Estimated distance about **15 miles**. Thanks, Bob Brooks 608- 658-2016

Wednesday July 19th - The Great Sauk State Trail. Meet at 11:00 AM at the Chamber of Commerce Trailhead/Welcome Center. 109 Phillips Blvd. Sauk City. This ride will be **22 miles** total, and is an out and back ride on a black top surface. The only restroom is at the Trailhead. If riders want to eat after the ride, The Vintage Brewery is near the trail. Please bring water, sunscreen, and a lock. Thanks, Bob Brooks (608) 658-2016

Monday July 24th. - Meet at 3:30 PM at the Warner Park Shelter, (the multi-colored shelter (N. Sherman Ave. & Northport Drive), We will ride the Northside of Madison, going through Maple Bluff, Governor's Mansion, Tenny Park boat locks, and over towards the Goodman Center, and returning to Warner Park.

Approximate distance **10 miles**. The ride will be on city streets and bike trail. Following the bike ride, there is a free concert at the Warner Park Shelter. The concert starts at 6:00 PM. The band that is playing is called Lady's Must Swing. There will be a food cart available to buy refreshments. Please bring your bike lock, chair or blanket, and bug spray. Thanks, Bob Brooks (608) 658-2016

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.



Wednesday June 14 Cottage Grove to Deerfield ride. Pictured: Chris, Mary, Mike, Paula, Victor, Mary, Bob, Mary, Paul, Deb. Missing from picture: Carol & Yvonne .

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 or 608-873-5906

TENNIS

ROTATION TENNIS (update) -will now be 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 takes place on Tuesdays and Thursdays at 8:30 am during July 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

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)

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.

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.

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.

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)

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.