

# 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 9**

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**SEPTEMBER 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

## MEMBERSHIP

Membership for 2023 <b>87</b>
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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.

## SAS WEBSITE

### SAS has a new website!

We are excited to announce that we have a new website! We hope this website will be easy to use, and help us attract new members. The web address is still the same – [www.sportsforactiveseniors.org](http://www.sportsforactiveseniors.org). You will see some differences from the previous website, including that the menu to get to various pages is now at the top of the page. To find the sports activities you are interested in, you will find them listed under the “Activities” menu header.

**We hope you'll check out the new website.** There are some interesting quotes from some of our members, plus SAS members can now find the Member Directory online by using a password (which will be emailed to members soon).

If you have any suggestions or feedback about the website, please email [debsimon.tango@gmail.com](mailto:debsimon.tango@gmail.com)

### Skilaufers Picnic Sunday September 3.

All SAS members are invited to come to the Skilaufers annual Labor Day picnic being held on Sunday (the day before Labor Day), Sept 3rd, 2023 starting at 1:00pm at Lunney Lake Farm Park, shelter #3. As in the past, this is a potluck event so please bring something to pass and your own drink. We will provide the plates and plasticware.

At this time the annual general meeting will be held and a new board set up. Please come with plans to join our board and ideas for future events.

## HIKING & WALKING

**Dusk Hike and Campfire at Mackenzie Environmental Education Center in Poynette**  
**Saturday, September 2, 5 pm - 7 pm**  
**Q, W7303 County Rd Cs And, Poynette, WI 53955**

Come experience the Mackenzie Center at dusk when various wild animals become active. Educators will be on-hand to lead guided nature hikes. Self-guided activities will also be available. Please park in the lodge parking lot, and walk to the fire circle to meet the naturalists. When you get to MacKenzie, follow the signs to the lodge parking lot and walk to the fire pit. The hike will be easy and no more than 2 miles.

Contact Diane Schwartz at 608-358-8314 or [getkidsoutside@gmail.com](mailto:getkidsoutside@gmail.com) to **RSVP**.

**An Evening at Ferry Bluff State Natural Area**  
**September 15 6:30 pm - 8:30 pm**

This is a special event to bird watch and listen for Whippoorwills before they leave for the season. Ferry Bluff is a State Natural Area in Sauk County that overlooks the Lower Wisconsin River. The view from the top is very scenic and worth the effort. You can see Blue Mounds from the top. It takes about 20 minutes to get to the top and the trail includes a steep uphill. It's short and you can go slow. At the top, we'll sit and watch for birds and wait for the Whippoorwills to sing, usually about 30 minutes after sunset. Sunset on September 15 is 7:08. Bring binoculars, a snack, and water and some poetry to read while we wait for the birds to sing. Also bring a flashlight as we will be walking down the bluff after dark. The trails have recently been redone so there are no steep steps or barriers. Drive to the end of Ferry Bluff Road and park. Ferry Bluff is located at E9974 WI-60 Trunk, Sauk City, WI 53583.

Contact Diane Schwartz to **RSVP** at 608-358-8314 or [getkidsoutside@gmail.com](mailto:getkidsoutside@gmail.com).

## BIKING

### WEDNESDAY SEPTEMBER 13 - 10:30 AM

(Rain date Thursday September 14 at 10:30 am.)

An "Easy Riders" bike outing in Cambridge/Dane County side from Cambridge, through CamRock Park #1, #2, and ending at CamRock #3 in Rockdale. Surface is a flat, packed gravel easy trail, but very scenic: woods on either side, creek flowing alongside, and several ponds alongside (I can hear the bullfrogs already).

Asphalt parking at trailhead. Last year most parked in angled-parking near playground equipment, but continuing to start of trail right across from there is asphalt parking along trail.

The trail is a little over 6-miles TOTAL. However, along the way - for those more energetic and/or Adventurous - there are other options at CamRock #1, #2, and #3: Packed dirt trails, trails through woods and meadows, trails in Rockdale that are more hilly - ALL easily accessible from the main flat, gravel trail. **Something for everyone!!!!**

### WEDNESDAY SEPTEMBER 20 - 10:00 AM

Meet at Olin Park boat landing parking lot. We will ride around Lake Monona counter clockwise. The ride will consist of city streets and bike trail. The route will be about 12 miles long. We will stop at Garver Feed Mill on the bike trail near the Goodman Community Center for a bite to eat. Bring a lock, helmet, and water bottle. Thanks, Bob Brooks (608) 658-2016 (cell)

**Watch for and/or plan an impromptu bike ride.** send your rides to Bob Brooks [bandalaro@chartermi.net](mailto:bandalaro@chartermi.net) . OR Yvonne : [yvonesor@gmail.com](mailto: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.



SAS PICNIC on Thursday August 17

## GOLF

### NINE SPRINGS GOLF

9:00am Wednesdays

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](mailto:vflesch@gmail.com)

## TENNIS

**ROTATION TENNIS** - 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](mailto:bkscheele@att.net)

**SET TENNIS** Set tennis is now being played at **Elver Park** on Tuesdays and Thursdays at 8:30 am. Please contact Lois Langenfeld at [lengenfel@aol.com](mailto:lengenfel@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



Camping week Up North August 20-25



August 10 SAS bike ride: Cottage Grove to London & back.



# 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 \_\_\_\_\_

I permit my name, address, phone number(s) and email address to appear in the 2023 SAS directory.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

## 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 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](mailto: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](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.