

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 10

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OCTOBER 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

The October board meeting of SAS will be held at Lakeview Library at 1:00pm on Thursday October 12. The library is located in the Northtown Center at the corners of N. Sherman Avenue and Northport Drive. All members and prospective members are invited to attend with their thoughts and ideas concerning the group.

BOWLING

Leader Needed! A bowling enthusiast is needed to contact prospective bowling lanes, set dates & times, and notify yvonesor@gmail.com of this activity.
Please contact me if you can do this.

ACTIVITIES CAN NOT occur without someone to set the date and time

We need leaders for:

SKIING both Cross-Country & Downhill

SNOW-SHOEING

ICE SKATING

CANOEING & KAYAKING

Everything else that YOU might be interested in doing.

Our membership is THRIVING with many new members. BUT these activities need someone to take responsibility for planning and notifying me (yvonesor@gmail.com) to publish the time and place they will be occurring.

An activity can't take place without someone saying "Lets Do IT"

BE THAT HERO! Do something for others sharing your interest and give your mind a little exercise too.

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

Membership
for 2023
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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 – 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

GOLF

NINE SPRINGS GOLF

9:00am Wednesdays

Call me if coming Ann White:608-271-2950

Thursday morning golf at various courses has ended until Spring.

WELCOME NEW MEMBERS

Phyllis Covey
Susan Dovell
Linda Fonger
Dick Smith
Mary Anne Szulist
Martin Zimmer

IN MEMORIAM

IRIS WEILAND

Age 93
Tennis

BIKING

SAS Bike Ride Wednesday October 18th

Meet at 11 a.m. 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 on the way back and have lunch at the Parkside Pub. Please bring a water bottle, lock, and make sure your tires are inflated. Estimated distance about 15 miles.

Bob Brooks 608-658-2016.

For those who want a shorter ride, you can meet us at Lussier Center at Lake Farm Park at 11:15 a.m. If you are planning to meet us at Lake Farm Park, please contact Yvonne at yvonesor@gmail.com or 608-221-3926.

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.



Biking around Lake Monona Wednesday Sept 20.
Paul, Phyllis, Bob, Sue, Mary, Vince, Mary, Deb



Newer Members, Diane and Phyllis, at Ferry Bluff hike Sept. 15

TENNIS

Rotation tennis is played at Bordner Park located off Rosa Road at 5610 Elder Place.

We meet Monday, Wednesday and Friday at 9:00am. Please bring a new or slightly used can of tennis balls along with your racquet when you come.

No sign up is required and everyone is welcome. We usually continue playing through the fall season, weather permitting.

For information or questions contact Karen or Burt Scheele at (608) 238-4430 or email at 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 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

HIKING/WALKING

FALL COLOR HIKE

William G. Lunney Lake Farm Park
Sunday, October 22 2-4 pm
4330 Libby Rd, Madison, WI 53711

Join me for a fall color hike along beautiful Lake Waubesa.

This linear hike starts at the trailhead parking lot and proceeds along the lake for about one mile where the trail meets with the Lower Yahara Trail. We'll take this scenic trail to McDaniel Park in McFarland where there are bathrooms and a nice view of the lake. We'll then return along the same path. The trail is flat and easy to hike and will be 4 miles in length. To sign up, rsvp to Diane Schwartz, 608-358-8314 or getkidsoutside@gmail.com. To read more about the park, you can click here: <https://parks-lwrd.countyofdane.com/park/William-G-Lunney-Lake-Farm>



Abby Janey, DNR Guide, Sarah, Mary, Diane and Karl at Mackenzie Environmental Center hike in Poynette.

SPORTS for ACTIVE SENIORS (SAS)

2024 Membership Application

The SAS Release of Liability clause requires us to have a separate Membership Application form for each member. Couples may send one check to cover both memberships at \$20 each. Please complete this application and return with a check made out to SAS for \$20 per member.

Mail to: SAS, PO Box 8742, Madison, WI 53708

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

CELL PHONE _____ HOME PHONE _____

EMAIL ADDRESS _____

Retired Semi-Retired Working New Member Renewing Member

Optional Donation _____ How did you hear about SAS? _____

INTERESTS

Biking Bowling Camping Canoeing/Kayaking Dancing Golf
 Hiking/Walking Skiing XC Snow Shoeing Tennis
 Other _____

Please check ways you'd be willing to help with SAS: 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 _____

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

Signature _____ Date _____

PICKLEBALL

Please check with the facilities below to see if they have temporarily paused their operation.)

We do NOT have a leader for Pickleball 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 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.