

# 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 12**

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**DECEMBER 2023**

## BOARD OF DIRECTORS for 2023

President:	Bob Brooks	608-658-2016
Vice President :	Betty Jean Grafton	651-231-6879
Secretary:	Kathleen Beckett	608-772-1992
Treasurer	Mary Juckem	608-358-0608
Archives:	OPEN POSITION	
Hospitality:	Vernon Flesch	608-873-5906
Membership:	Mary Price	608-513-5724
Publications:	Yvonne Sorge	608-221-3926
Programs:	Larry Neuman	608-271-8657

## NEW SECRETARY

Welcome Kathie Beckett. Kathie has agreed to be the new secretary for the SAS Board of Directors.

Archives also has an opening for a new SAS Board member.

New ideas and enthusiasm are needed to help SAS progress in the future. Please speak to any member of the SAS Board for more information.

## WINTER ACTIVITIES

**BILL HAUDA** is planning to lead **SNOWSHOEING** this Winter.

**WHERE ARE THE LEADERS FOR THE REST of our activities????**

**BOWLING** needs a new leader

Other **SAS** Winter activities **COULD** include:

**ICE SKATING**

**CROSS-COUNTRY** and **DOWNHILL SKIING, MALL WALKING**

**INDOOR TENNIS**

**YOUR OWN FAVORITE activity**

Would **YOU** love to do those activities or another?

**PLEASE** volunteer to lead one of them!

Contact [yvonesor@gmail.com](mailto:yvonesor@gmail.com) or 608-221-3926 if you can lead any of the above. She'll get the word out by newsletter or email!

## MEMBERSHIP

Membership for 2023 <b>93</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

## SAS WEBSITE

The SAS website contains information about our interest groups, as well as the current and past SAS newsletters. Members can also find the **Member Directory** online here: <https://sportsforactiveseniors.org/members-portal/> Use the password which was emailed to members to log in for the directory. Contact any board member if you misplace that password. If you have any suggestions or feedback about the website, please

email [debsimon.tango@gmail.com](mailto:debsimon.tango@gmail.com)

## DIRECTORY UPDATE

There have been some problems with the directory published in September. The By-Laws published were out-dated and have been replaced by the current ones revised in May of 2022.

Many new members have joined since September and are now listed in the directory.

Numerous corrections and updates to phone numbers, addresses and emails have also occurred. Please notify me of any changes or errors.

Yvonne: [yvonesor@gmail.com](mailto:yvonesor@gmail.com) or 608-221-3926.

## CAMPING

Prospective campers: Save the dates:

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](mailto:bettyjeank312@gmail.com)

# *HAPPY HOLIDAYS!!!*

## HIKING & WALKING

**Winter Hike at Cherokee Marsh**  
6098 North Sherman Ave, Madison WI  
December 17, 2023 at 1:30 pm

Let's take a leisurely hike at Cherokee Marsh North Unit. We'll hike about 2.5 miles on mostly flat terrain. We'll check out the water and hike through woods and prairie. Dress for the weather. If the trails are too icy, we'll cancel, but otherwise, let's stay active in winter. Meet at the far north end of Sherman Avenue by the restrooms. RSVP to Diane Schwartz at 608-358-8314 or [getkidsoutside@gmail.com](mailto:getkidsoutside@gmail.com).



Diane, Phyllis, Cynthia and Karen enjoyed a sunny morning hike around Devil's Lake State Park on Friday November 24 at 10 am

## BIKING

With predictions of an El-Ninio influenced Winter (mild), there may be opportunities for pleasant biking. Watch your email for impromptu events or plan one yourself. Contact Yvonne at [yvonesor@gmail.com](mailto:yvonesor@gmail.com) or 608-221-3926 to email the event to the SAS membership.

## 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](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.

## 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](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)

# 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:  BOARD MEMBER     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 \_\_\_\_\_