

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 29 Issue 1

JANUARY 2024

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BOARD OF DIRECTORS for 2024

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

2024 DUES DUE

It's time to renew membership for 2024. Over 1/3 of our members have already renewed.

WINTER ACTIVITIES

As we enter into the New Year and make New Year's resolutions, think about the things you could be doing with companions from SAS if only there were a leader for that activity! BE THAT LEADER!

Volunteer NOW to lead :

BOWLING

CROSS-COUNTRY or DOWNHILL SKIING

DANCING

ICE SKATING

INDOOR TENNIS

MALL WALKING

YOUR FAVORITE

Contact yvonesor@gmail.com or 608-221-3926 if you can lead any of the above. We'll get the word out by newsletter or email!

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 2024 33

SAS WEBSITE

www.sportsforactiveseniors.org

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

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.

In Memoriam

DAN EGGERDING

December 4, 2023

B, BL

HAPPY NEW YEAR!!!

CAMPING

Prospective campers: Save the dates: Sunday
Sunday July 28 to Friday August 2, 2024

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

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.

HIKING &/or SNOWSHOEING

Candlelit Snowshoe Hike

Aldo Leopold Nature Center
330 Femrite Drive, Monona
Saturday, January 13, 2024
5:00 pm - 6:30 pm

Hundreds of softly glowing lights illuminate the trails of Aldo Leopold Nature Center, Edna Taylor Conservancy, and Woodland Park. Join us for a hike and enjoy a roaring bonfire outside the beautiful Aldo Leopold Nature Center. In partnership with Madison Parks and Monona Parks & Recreation, all ages and abilities are welcome to this FREE snowshoeing event! After snowshoeing, warm up by a roaring fire; and enjoy a cup of hot chocolate, coffee, or tea (Concessions available on site!) This is a FREE event with FREE parking and a FREE shuttle from the Ahuska Park parking lot (400 W. Broadway). Portable and indoor restrooms available. We will meet in the main entryway to the Nature Center at 5 pm. Please allow time to find us. RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com. We will hike if there is no snow.



Sarah, Diane, Betty Jean and Sarah enjoyed a mild Sunday afternoon December 17 with a two and a half mile hike in Cherokee Marsh.

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)

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 _____