

# 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 3

MARCH 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
Treasurer	Mary Juckem	608-358-0608
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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.

## SPRING ACTIVITIES

With the hope of an early Spring, start polishing up the Bikes, Golf clubs, Tennis racquets and Walking shoes and let Yvonne know when you would like to start your activity.

Leaders are also needed for: Canoeing/ Kayaking, Dancing, and whatever else you'd really love to find companions to join you in.

Yvonne: yvonesor@gmail.com or 608-221-3926 will publish your activity in the monthly newsletter or by email.

## WELCOME NEW MEMBERS

Brenda Cullen: B,BL,D, H/W,SS,T

Ann Theriault: B,C,C/K,G H/W,XC,SS,PB

## 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

## SAS WEBSITE

[www.sportsforactiveseniors.org](http://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](mailto:debsimon.tango@gmail.com)

## BOWLING

Join Karren D. and Mary M-B for an afternoon of bowling on **this coming Thursday February 29th, at 1:00 pm.**

We'll meet at **Dream Lanes Bowling Alley, 13 Atlas Ct in Madison.** Senior discount at \$3.00/ game and shoe rental at \$3.50.

All levels of ability are welcome to join us. Don't bowl?? Come to socialize and cheer us on!

Mary (608) 658-2015

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## CANDLELIGHT HIKE



Saturday, February 17, 2024 Ann, Diane and Jeri enjoyed the Candlelight hike at Aldo Leopold Nature Center.

## BIKING

Watch for or plan a favorite impromptu bike ride for an up and coming beautiful Spring day soon! Call or send information to: [yvonesor@gmail.com](mailto:yvonesor@gmail.com) or 608-221-3926

## 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

## 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.

## CAMPING

Prospective campers: Save the dates: 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](mailto:bettyjeank312@gmail.com)

## NEWSLETTER ITEMS

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.

# 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 \_\_\_\_\_