

SOARING WITH SAS

Sports for Active Seniors

You don't stop playing when you get old,
You get old when you stop playing!

Volume 29 Issue 5

MAY 2024

BOARD OF DIRECTORS for 2024

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SAS 34th Anniversary Party

Calling all SAS members! Long-term members, newbies, come and see old friends and meet new friends. Connect with the awesome members in different activity groups. Let's gather our SAS community together and celebrate an amazing 34 years of SAS!

The 34th SAS anniversary pot luck gathering will be held Tuesday, May 14 at **11 am** at Our Saviour's Lutheran Church at 1201 Droster Road in Madison. Please bring a dish to pass. Paper plates, utensils, napkins, coffee and lemonade will be provided. We'll share a meal at noon. In addition to social time, Cards and Board games will follow the meal for those who are interested.

Guests are welcome. ALL SAS members are encouraged to come for food, fun and fellowship. For your convenience, 2024 dues can be paid at the meeting.

DIRECTIONS: Cottage Grove Road to Thompson Drive (just before bridge over I-90) Turn right and right again at the next street (Droster). Church is on the left further down that block. **DIRECTIONS:** From Stoughton Road and Buckeye Rd (Dean Clinic East is at that intersection), go East on Buckeye to Droster Road and turn left. ((Droster Rd. is 2 blocks before the bridge over I-90). Go past Droster park on the right. The church is on the same side of the street.

GOLF

GOLFING at 9 SPRINGS

Plan on starting May 1st. at 9am. Call me if coming at 608 271 2950. Ann White

THURSDAY GOLF—Variety of Courses

Every Thursday, mid-morning, We play at most of the courses in Dane county area.. Contact :Vern at: vflesch@gmail.com or 608-873-5906 for further information.

MEMBERSHIP

Membership
for 2024
64

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

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

TENNIS

Set tennis will begin on Tuesday, April 23rd, weather permitting. We'll start at 9 am at Rennebohm Park. We'll play on Tuesdays and Thursdays. Those interested in playing should contact me by Sunday, April 21, and on subsequent Sundays in the coming months. Please bring a new or slightly used can of tennis balls. For more information or questions, please contact me at langenfeldlois@gmail.com.

Rotation tennis is starting on Wednesday, May 1st. We play Monday, Wednesday and Friday at Bordner Park. It is located off of Rosa Road at 5410 Elder Place. In May, the start time is 10:00am. June and for the rest of the season, start time will be 9:00am. Please bring a new or slightly used can of tennis balls with your racquet when you come to the park. No sign up is necessary and everyone is welcome. For more information call Karen Scheele at (608) 238-4430 or contact by email at bkscheele@att.net.

ANNUAL SAS PICNIC—August 7

The Annual SAS Picnic potluck will be held at **Lake Farm Park**, Shelter 2, where it has been held in the past, on Wednesday August 7. There will be short and longer bike ride options before the picnic and card and board games following the picnic.

FIREFLY LAKE CAMPING REGISTRATION

SUNDAY July 28 TO FRIDAY August 2, 2023

Name _____ Phone _____

Address _____ City _____ State _____ Zip Code _____

E-mail Address _____

A \$20 non-refundable deposit is required to reserve your space. Any remaining expenses will be determined while camping. Please mail registration and deposit to Betty Jean Grafton, 7 Sugar Maple Trail. Madison, Wi. 53717

CAMPING

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

BIKING

Arboretum Ride:

Thursday 05/02/2024: (Rain date) Monday 05/06/2024

Start: Lake Farm Rd: Parking lot across from Lake Farm RV Park. At 11:00 am. Distance 17 miles

Parking Lot: Purchase Capital City Pass: (Credit Card) Daily: \$5.00 Annual Pass: \$25.00 Porta Potty: Yes

Route:

Paved trails/ roads to Fish Hatchery Road bridge, continue through the woods towards Longford Terrace Road. Series of roads and bike paths to South Seminole Hwy. Approximately 6.3 miles. A good return point for a shorter ride.

Follow Seminole Hwy bike lane across beltline to Arboretum entrance.

Potty break at visitor center.

Continue on Haywood Dr to South Park St.

Stop for Lunch: Choice: The Curve or the La Hacienda Mexican Restaurant.

Finish route through Brittingham Park back to the lot.

Harry: call 608 697-5389 with questions

Shorter ride alternative—Contact Yvonne at yvonesor@gmail.com or 608-221-3926

Glacial Drumlin Trail from Cottage Grove to Deerfield on **Thursday, May 9th**. Be prepared to depart at 10:00 am from the Cottage Grove trailhead
Terrain: Packed dirt. Distance: approximately 14 miles round trip.

Stopping for lunch at **Kurt's Never Inn Bar/Grill** in downtown Deerfield. Bring water, sunscreen and bike lock. **Rain Date Friday May 10 th**

For further information, contact ride leader Mary Juckem (maj2810@gmail.com or 608-358-0608)

Shorter ride alternative—Contact Yvonne at yvonesor@gmail.com or 608-221-3926

Watch your emails for **impromptu bike rides** during this early Spring unsettled weather or plan one that you'd like to do. Contact Yvonne at yvonesor@gmail.com to send an email or phone her at 608-221-3926.

HIKING./WALKING



Deb, Larry and Diane enjoyed a Bird and Woodcock Hike in Cherokee Marsh on Friday April 19.

JESSE 's 101 birthday



Several SAS members joined other well wishers to celebrate Jesse's 101 birthday in April. Picture by John H.

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 _____

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)

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.

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

Please also notify me if you have not received your newsletter by the 28th of the previous month.