

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 6

JUNE 2024

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
Archives: OPEN POSITION
Hospitality: Vernon Flesch 608-873-5906
Membership: OPEN POSITION
Publications: Yvonne Sorge 608-221-3926
Programs: Larry Neuman 608-271-8657

BOARD MEMBERS NEEDED

Our Membership Chairman has had to resign due to health issues. Our president is retiring from that position after serving for many, many years. Archives have needed a keeper for years. Our membership is increasing but we cannot hold SAS together without leadership. It doesn't take a lot of time but YOUR talents and enthusiasm would be a great gift to SAS. Please consider volunteering to join the SAS Board

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, led by Sarah and Karl, and card and board games following the picnic.

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.

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.

MEMBERSHIP

Membership
for 2024
73

People over the age of 55 who are interested in actively participating in sports are invited to join us.

Questions? Call Yvonne at 608-221-3926

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.

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: Lois at langenfeldlois@gmail.com .

Rotation tennis play is 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.

FIREFLY LAKE CAMPING REGISTRATION

SUNDAY July 28 TO FRIDAY August 2, 2024

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

Great Sauk River Trail :(August Derleth Trail)

Wednesday: May, 29th 10:00 am

Start: Sauk Prairie Chamber of Commerce :
(Across the street from chamber parking lot)

Distance:: about 18 miles

Lunch: Jose Mexican Resturant

Harry: call **608 697-5389** with questions

Friday May 31th-Olin Park to Lewis Park, McFarland
Meet at 10 am 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, and a lock. Estimated distance about 15 miles.

Bob Brooks 608-658-2016 bandalaro@chartermi.net

Wednesday June 5th - Olin Park around Lake Monona

Meet at 10:00 am at Olin Park boat landing parking lot. We will ride around Lake Monona counterclockwise. The ride will consist of city streets and bike trail. The route will be about 12 miles long. We will stop at the Cottage Cafe on Atlas Ave. for a bite to eat. Bring a lock, helmet, and water bottle.

Bob Brooks 608-658-2016 bandalaro@chartermi.net

Monday June 17th-Northside of Madison- 4:00 pm

Meet at the Warner Park Shelter, (the multi-colored shelter) on North Sherman Ave. & Northport Drive. Ride through Maple Bluff, Governor's Mansion, Tenny Park boat locks, and over towards the Goodman Center, and returning to Warner Park. Approximate distance 10 miles. The ride will be on city streets (some inclines) and bike trail.

Following the bike ride, there is a free concert at the Warner Park Shelter. The concert starts at 6:00 PM. The band that is playing is called Frank Martin Busch & the Names.

There will be a food cart available to buy refreshments. Please bring your bike lock, chair or blanket, sunscreen, and bug spray.

Bob Brooks (608) 658-2016 bandalaro@chartermi.net

FOR SALE:

Pickleball Central outdoor pickleball net, ball holder, and transport bag. Good condition. Asking \$75.00

Contact: Mary M-B. (608) 658-2015



May 15—Lunch stop in Deerfield for eleven SAS bikers who started in Cottage Grove



May 9 - Seven SAS bikers enjoyed beautiful Spring weather en route from Lake Farm Park to the Arboretum.

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.