

# 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 7

JULY 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

### MEMBERSHIP

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

Membership  
for 2024  
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### 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 (updated **6/20/2024 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)

### 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 Call Bob: 608-658-2016

### 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.

### HIKING/WALKING

Firefly Hike - Friday, July 19 -8 pm - Indian Lake County Park 8183 Hwy 19 Cross Plains, WI 53528

Join me for a magical walk in search of fireflies. We will hike about two miles on mostly flat terrain and then hopefully we will see lots of fireflies. Bring water and bug dope. The road to the park is under construction but I have been assured that you can get through from highway 12. RSVP to Diane Schwartz at 608-358-8314 or [getkidsoutside@gmail.com](mailto:getkidsoutside@gmail.com) --

### TENNIS

**Set tennis (new location)** will now be located at the Odana courts at 8:30 on Tuesdays and Thursdays for the remainder of the Summer. Please contact Lois Langenfeld: [langenfeldlois@gmail.com](mailto:langenfeldlois@gmail.com) by 4 pm on Sundays if you are interested in playing during the coming week. Please bring a new or slightly used can of tennis balls.

### 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](mailto:vflesch@gmail.com) or 608-873-5906 for further information.

**Rotation tennis** play is Monday, Wednesday and Friday at Bordner Park. It is located off of Rosa Road at 5410 Elder Place. Start time is 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](mailto: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](mailto:bettyjeank312@gmail.com)

## BIKING

### Monday July 1st - Olbrich Biergarten 3:30pm

Meet at Burrows Park, 25 Burrows Road, Madison (This city park is located off of Sherman Ave., near Banzo's Restaurant and Kappels Clock Shop. The parking lot is located on the backside, towards Lake Mendota.)

We will ride to the Olbrich Biergarten at Olbrich beach/park for a bite to eat and something to drink. We will be riding on city streets and bike trails. The route is about 11 miles round trip. Please bring a bike lock, sunscreen, water bottle, and bug spray. More info about the Biergarten is on the website link: <https://www.olbrichbiergarten.com/>

Thanks, Bob Brooks (608) 658-2016

### Wednesday July 10 - 10:30 am Cannonball Trail

Meet at the parking lot that is shared between Culvers and Steinhafels (2164 W Beltline Hwy.) on the frontage road by Fish Hatchery Road and the Beltline.

We will ride the Cannonball Trail which will turn into the Military Ridge Trail. to the downtown Verona Trail Head. The surface will be blacktop except for about the last mile which will be the regular trail surface. It is about 16 miles long, round trip.

Please bring a water bottle, sunscreen, and bike lock. We will stop for a bite to eat at The Sow's Ear in Verona  
Thanks, Bob Brooks (608) 658-2016

For 1/2 ride, meet me at Verona trail head and ride towards group starting at Fish Hatchery Rd. Please RSVP to Yvonne [yvonesor@gmail.com](mailto:yvonesor@gmail.com) or 608-221-3926

### Wed. July 17th - 9:30 AM Deerfield Trail Head to

**Lake Mills** on Glacial Drumlin State Trail.. For a shorter ride meet us at London at approximately 9:20 AM. The route is about 22 miles total. We will be eating lunch at the Cafe on the Park in downtown Lake Mills. There will be street riding for about one mile each way in Lake Mills. Bring your trail pass, sunscreen, bike lock, water bottle, etc.

Bob Brooks (608) 658-2016 ( C )

For 1/2 ride, please join me at Lake Mills at 9:15 AM and ride to meet the group starting at Deerfield. Please RSVP to Yvonne [yvonesor@gmail.com](mailto:yvonesor@gmail.com) or 608-221-3926



Wednesday May 29— 10 SAS bikers on an 18 mile ride stopped briefly along the Great Sauk River Trail.



A dozen SAS members enjoyed lunch following a Middleton area bike ride on June 12.

# 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](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)

## 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.

## 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.