

# 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 9

SEPTEMBER 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:	OPEN POSITION	
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  
78

### 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)

### 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.

**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

### BOARD MEMBERS NEEDED

Our membership chairman has had to leave that position due to health reasons.

- 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
- We are pleased that we have potential candidates for president and hospitality who will take over those positions after the November SAS general meeting and election but still need help with Membership and Archives.

### ACTIVITY LEADERS

We also need activity leaders. Our membership continues to grow but we need people to step forward to lead current activities as well as to expand our offerings.

### GOLF

#### GOLFING at 9 SPRINGS

Starting .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.. Various golfers have been setting Tee times since losing Vern.

Questions: Please email either Mary at [mko1600@yahoo.com](mailto:mko1600@yahoo.com), Lee at [lee.hardt79@gmail.com](mailto:lee.hardt79@gmail.com) or Richard @[damon9201@yahoo.com](mailto:damon9201@yahoo.com)

#### *In Memoriam*

### VERNON FLESCH

9/19/41— 8/2/24

B, BL, CN, D, G

## BIKING

### MONDAY, 08/26/2024 - 10 AM ( to Goodland Park)

From My Home, 2876 Winterhazel Lane, Fitchburg, WI to Goodland Park (18 Miles)

**Lunch:** Choice, towards the end of the ride. Benvenuto (Italian) or Laredo's (Mexican)

**Rain Date:** Tuesday, 10 AM, 08/27/2024

Unfortunately, there isn't a short flat route. Sorry bikers. **Harry Andruss** :608 697-5389

### WEDNESDAY 09/11/2024 - 10 AM - Riley to Mt. Horeb

Meet at the at the Riley Military Ridge trail head at 10 AM.

It is a slow climb from Riley to Mt. Horeb on clay packed trail. Round trip is about 13 miles.

Lunch will be in Mt. Horeb (location to be determined)

Questions and info: **Phyllis C.**- Phone: 1-909-633-6985 or sonbeam61@gmail.com

### MONDAY 09/23/2024 - 10 AM - Green Lake, WI (Loop the Lake)

Meet at Green Lake Chamber of Commerce assuming it's the Town Square Trailhead at 550 Mills Street. Parking is free. ( Trail: 23 miles)

**Lunch:** Reilly's Pub & Grill facing the lake.

We will be stopping for lunch. Those that wish to continue riding may do so?

Green Lake from my home is about a 1 hour and 20 minutes' drive. I've never ridden the route, but have heard wonderful things about the ride. Mostly streets and county roads.

The route does run along the lake in some areas. I have a map with street names for us to follow. During a conversation with the chamber they reassured me that the route is well posted.

Any Questions: call **Harry Andruss** :608 697-5389 Looking forward to this fun filled scenic ride!

**Rain Date:** Wednesday 09/27/2024

## IMPROMPTU BIKE RIDES

Watch for AND/OR plan impromptu bike rides between our monthly newsletters. Just send the information to Bob Brooks at [bandalaro@chartermi.net](mailto:bandalaro@chartermi.net) or Yvonne at: [yvonesor@gmail.com](mailto:yvonesor@gmail.com)

Please include: day and date, time, starting location, approximate mileage, contact person, and any other details you might like to add.



Bike ride before SAS picnic Wednesday August 7 Lake



Chris, Deb and Harry had an excellent ride in Milwaukee Monday August 19 on the Hank Aaron Trail.

## HIKING./WALKING

**Sunday, August 25** -1 pm - 2:30 pm

Tour a historic farm house at 5682 Hwy 19 Waunakee WI built in 1906 and then hike the beautiful prairie at Schumacher Farm Park in Waunakee. This is an easy hike on mostly flat trails. We'll hike for about an hour after the tour. RSVP to Diane Schwartz, [getkidsoutside@gmail.com](mailto:getkidsoutside@gmail.com) or 608-358-8314.

## NEWSLETTER ITEMS

The deadline for items, pictures, and address changes for the SAS newsletter is 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 \_\_\_\_\_

# 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)

## 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.