

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 10

OCTOBER 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
85

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 (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

TENNIS

Set tennis will continue at the Odana courts at 9:00 AM on Tuesdays and Thursdays for as long as the weather permits. Please contact Lois Langefeld: 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 will continue through October on Monday, Wednesday and Friday at Bordner Park. It is located off of Rosa Road at 5410 Elder Place. Start time is 9:00am. It will end in November. 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.

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

Wednesdays - Starting at 9:00 am as long as weather permits. 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, Lee at lee.hardt79@gmail.com or Richard @damon9201@yahoo.com

IN MEMORIAM

George Zimmerman

July 7, 1932 - September 3, 2024

Biking, Golfing, Cross-country Skiing

BIKING

Thursday 09/26/2024 - 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: Friday 09/27/2024



Wednesday September 11 Bike ride from Riley to Mt. Horeb.

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 or Yvonne at: 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 rides for listing in the newsletter are due the 20th of each month.

HIKING./WALKING

Sunday, Sept 29, Lake Farm County Park, 1 pm-3:30 pm

Let's enjoy fall at William T. Lunney Lake Farm County Park . 4330 Libby Rd, Madison, WI 53711.

We will hike about 4 miles on flat trails. The trail is along the lake and we will hike across the Yahara Trail which is very pretty. Meet in the parking lot by the shelter.

RSVP to Diane Schwartz

at getkidsoutside@gmail.com or 608-358-8314.

Sunday, October 20, Hike Baxter's Hollow Conservancy, 1-3:30 pm

Stones Pocket Road, North Freedom

Baxter's Hollow is a Nature Conservancy property located in the Baraboo Hills. It's a beautiful place and this weekend should be in peak color. There is a mature stand of maples that should be bright yellow!

The hike will be about 2 hours and is mostly flat. Meet at the end of Stone's Pocket Road at the gate by the trailhead. There will likely be some other people there from another group as well.

RSVP to Diane Schwartz, 608-358-8314 or getkidsoutside@gmail.com.



Monday August 26

Bike ride from Fitchburg to Goodland Park.

Sunday September 8

Impromptu bike ride from Deerfield to Lake Mills.



Friday September 20 - Impromptu bike ride from Olin Park to Lewis Park in McFarland

SPORTS for ACTIVE SENIORS (SAS)

2025 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 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

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