

# 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 12

December 2024

### BOARD OF DIRECTORS for 2024

President:	Sue Poehlman	608-843-1381
Vice President	Harry Andruss	608-697-5389
Secretary:	Kathleen Beckett	608-772-1992
Treasurer	Mary Juckem	608-358-0608
Archives	Kim Andruss	608-212-9536
Hospitality:	Phyllis Covey	608-284-9070
Membership:	Pam Danielsen	608-335-0161
Publications:	Yvonne Sorge	608-221-3926
Publicity	Mike Lambert	608-577-1057
Programs:	OPEN POSITION	

### 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](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)

### ANNUAL MEETING UPDATE

A very successful SAS Annual Meeting produced six enthusiastic and helpful new board members to help our organization succeed and thrive through 2025.

Plans have been made to celebrate SAS's 35<sup>th</sup> anniversary next May with a committee of Deb Simon, Harry Andrus, Mary Juckem and Phyllis Covey volunteering to plan that. Please contact one of them with any input you may have on that.

Deb Simon, in charge of the SAS website, plans to add spread sheets of members interests, which will be accessible to activity leaders to the site.

SAS will no longer have a P.O. Box. Membership forms and dues will go directly to the treasurer, Mary Juckem at 89 Golf Course Rd/ Unit E, Madison, WI 53704 to eliminate P.O. Box expense.

SAS expenses continue to increase beyond the revenue causing a need to increase dues to \$25 for 2025.

Bob Brooks, as past president of SAS, has volunteered to assist in any way he may be needed.

### THANK YOU BOB BROOKS!

He served for 14 years as president of SAS. Bob became vice-president under Grant Ringlien in 2009 then took over the presidency in 2010.

### HIKING/WALKING

#### HIKE AROUND DEVIL'S LAKE STATE PARK

Meet at South Shore of Devil's Lake Fri., Nov. 29 at 10 am. Lunch after the hike.

This is an opt-outside hike for the day after Thanksgiving. We will start at the South Shore Parking lot at Devils Lake State Park. We will hike up the Balanced Rock Trail, then on the East Bluff Trail to the North Shore, and then back on the Tumbled Rocks Trail. The Balanced Rock Trail is challenging and consists of a steep uphill of about 20 minutes. We will go slow, but you must be able to hike uphill on rocks. The rest of the hike is flat or moderate. Total miles is about 4.5 miles. Wear good footwear and bring water and snacks.

RSVP to Diane Schwartz at 508-358-8314 or [getkidsoutside@gmail.com](mailto:getkidsoutside@gmail.com). There is spotty cell coverage at the park so I may not get your text or calls once I'm at the park.

Plan to arrive early to find us on the South Shore. Don't go to the North Shore. There may be a few other folks on this hike from another group that I lead with. We will go out to eat afterwards.

# HAPPY HOLIDAYS!

## BIKING



Fitchburg to Goodland Park - Tuesday  
10/29/2024 An excellent bike ride!!

## IMPROMPTU ACTIVITIES

With the increasing uncertainty of Wisconsin Winters, it is sometimes more practical to schedule impromptu activities. You are encouraged to contact me with last minute plans at [yvonesor@gmail.com](mailto:yvonesor@gmail.com) or 608-221-3926 and I can forward your information to SAS members between newsletters. Yvonne Sorge

## WINTER ACTIVITIES

The ice and snow have arrived. It really is Winter! It's time to get serious about those Winter activities!

Volunteer NOW to lead :

**BOWLING**

**CROSS-COUNTRY or DOWNHILL SKIING**

**DANCING**

**ICE SKATING**

**INDOOR TENNIS**

**MALL WALKING**

**YOUR FAVORITE**

Contact [yvonesor@gmail.com](mailto:yvonesor@gmail.com) or 608-221-3926 if you can lead any of the above. I'll get the word out by newsletter or email!

This Space for an activity **YOU** could plan!

## 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

# 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 \$25 each.

Please complete this application and return with a check made out to SAS for \$25 per member.

**Mail to: Mary Juckem, SAS Treasurer**

**89 Golf Course Road Unit E**

**Madison, WI 53704**

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 \_\_\_\_\_

## 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.

## 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.