

SOARING WITH SAS

Sports for Active Seniors

You don't stop playing when you get old,
You get old when you stop playing!

Volume 30 Issue 4

April 2025

BOARD OF DIRECTORS for 2025

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
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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	

MAY and AUGUST (ALL SAS MEMBER EVENTS)

Two exciting ALL SAS member events are coming up this Spring and Summer.

In May, we will have our general meeting and season kick off.

In August, we will celebrate SAS's 35th anniversary. The 30th anniversary was cancelled due to the Covid 19 pandemic. Food will be catered for this event.

Dates, locations, and details for both events will be available in the May newsletter

2025 SAS Dues are due NOW.

(Dues follow the calendar year)

If you have not yet paid your SAS dues for 2025, there will be a caption at the top of THIS newsletter saying "Our records indicate that we have not received your dues for 2025". Please note the we no longer use a P.O. box. Send dues payment directly to our treasurer Mary Juckem: 89 Golf Course Road, Unit E, Madison, WI 53704.

JESSE KEHERES turns 102

Holly (Jesse's daughter) has reserved the Grand Hall at Capitol Lakes Retirement Community on Friday April 11th at 2:30 for friends to drop in to wish him a Happy Birthday and have cake and ice cream. He's doing well but pretty much in a wheelchair!

MEMBERSHIP

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

The 2025 updated member directory is available on our web site. It is necessary to use a separate password to access it due to privacy concerns.

To obtain that password or for any other concerns, please contact me at yvonesor@gmail.com or 608-221-3926.

Membership
2025
52

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 **1/17/2025 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

IN MEMORIAM

Mary L. Price

December 24, 1947— February 17, 2026

B,CN,H/W,SS

Wanda V. Williamson

November 3, 1929— March 7, 2025

B,C,CP,D,H/W,XC

BIKING

Wednesday April 2nd—Meet at Burrows Park, 25 Burrows Road, Madison at 12 PM.

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. The restroom is closed, but we will stop at Tenny Park

The ride will be on city streets, and parts of Capital City Trail. We will be going along the Yahara River, Lake Monona (Orton Park/ BB Clarke), to Olbrich Gardens area. We will stop at Garver Feed Mill which is on the bike path. The ride is approximately 10 miles.

Bob Brooks: 608-658-2016

Wednesday April 9 - Noon

Bike to Parkside Pub in McFarland from Harry's home at 2876 Winterhazel Lane, Fitchburg for Lunch. (Cash Only)

Short route – 13 miles

Questions: Harry:608-697-5389

Monday April 14th - 10:30 AM

Meet at Tenny Park by the shelter /tennis courts at 10:30 AM. We will ride around Lake Monona going counterclockwise. We will stop at the Cottage Café for a bite to eat. We will be traveling on streets and bike trails. Approximate distance is about 12 miles.

Bob Brooks 608-658-2016

Wednesday April 23rd – 1:00 PM

Capitol Springs Route. Start: Lussier Family Heritage Center Park at Lake Farm Parking Lot across the road from Lussier.

11 Miles. No Short Route.

Questions: Harry:608-697-5389

HIKING

Woodcock and Snipe Hike - Friday, April 11 at 7:30 pm

Cherokee Marsh North - 6098 North Sherman Ave. Madison 7:30 to about 9:00 PM

Let's visit the marsh at night to listen and watch for interesting spring birds. The woodcock is a little bird that does a sky dance. Snipe makes a ghostly sound at dusk. Go to the far north end of Sherman Ave. Meet at the end of the gravel road by the bathrooms. Trails can be wet so wear appropriate footwear. This is an easy hike with no hills. RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com.

SAS Bikers,

It is time to schedule bike rides for the April newsletter:

- * Date, Time, and Place to start the ride.
- * The approx. distance of the ride, the type of terrain (trail, streets, roads, or combination)
- * If you are going to stop to eat (lunch, picnic lunch, etc.)
- * What equipment to bring along if necessary.
- * When ride begins, to appoint a sweep person.
- * Contact phone number and or E mail address.
- * If the ride you have planned happens to have alternate starting points, please include them. This will enable riders who wish ride shorter distances to take advantage of your ride/ destination.

Bike rides for the newsletter are due the 20th of the previous month.

If you feel you want to lead a ride at the spur of the moment or that has not been scheduled or published, you can contact me and I will send the ride out by email: bandaloro@chartermi.net or Yvonne Sorge yvonesor@gmail.com

We are also looking for members to lead some of our other activity's. These could be camping, canoeing, kayaking, bowling, hiking/walking. These activities could be scheduled or as an impromptu.

Please send your info to Yvonne Sorge (email is listed above). I have attached a membership form. Please use this membership form. There has been an address change to where membership applications are sent. Thanks, Bob Brooks

THURSDAY GOLF

Every Thursday around 10:00AM or later. We play most of the courses in Dane County including the City of Madison. After playing we stop at the clubhouse for refreshments or lunch or go to a restaurant for lunch. We play 9 holes. If you want to be added to our list of players send your email address to Lee at lee.hardt79@gmail.com. If you have any questions you can also contact: Mary at mko1600@yahoo.com or Richard at damon9201@yahoo.com.

THURSDAY GOLF presently has no leader so the players take turns making tee time. Players will be notified by email when we will start (which will be on the first warm day when courses are open for carts).

CAMPING - UP NORTH GET-AWAY

Camping has lost it's leader but we hope to continue with the trip up North to the Minoqua and Boulder Junction areas this summer for biking, canoe & Kayaking, swimming and other fun activities there in late July or early August.

Camp sites at Firefly lake or Silver lake or motels in Woodruff/ Minoqua have worked out well. There are no empty beds at the nearby cottage but you are welcome to sleep on the large screened in porch, in the garage, in your vehicle or to pitch a tent and join cottage dwellers for meals, games & bathroom facilities. The cottage is located on Little Spider Lake between Woodruff and Firefly Lake.

Please let me know if you are interested and what dates would be available for you.

Yvonne: 608-221-3926 or yvonesor@gmail.com

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 _____

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.

DANCE OPPORTUNITIES

Ballroom Basics for Balance is a program using dance movements to improve an individual's balance to reduce the incidence of falls. The program was developed by a physical therapist. The program is celebrating its 10th anniversary with a party at the Madison Senior Center on Saturday April 6th from 11am-3pm. The program is free, but you do need to send a message that you will be attending to dance@ballroombasicsforbalance.org - put "10-Year" in the subject line. There will be plenty of seated and modified dancing options. No partner is needed.

Also Dance Around the World with Ballroom Basics for Balance at their first ever Dance Party Fundraiser! Enjoy an all-ages, intergenerational, dance-around-the world good time! Learn dance steps from their fabulous instructors and have fun moving on the dance floor! Learn Polka, Rumba, Tango, Swing, and Waltz! (Schedule announced soon.) Tickets on sale, Now. Proceeds will support instructors to teach new classes, grow their fun curriculum, and to help subsidize BB4B class fees for those who cannot pay. This fundraiser dance party is being held on Friday, May 2nd from 5:30-8pm at Madison Youth Arts, 1055 E. Mifflin St. Interested parties have to register at <https://ballroombasicsforbalance.org>

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 publish a list of the facilities that do offer it . 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)

PRAIRIE ATHLETIC CLUB: 608-837-4646 (Please call)

TURNERS:608-222-4922 (Please call)

WAUNAKEE VILLAGE CENTER: 608-850-5992

YMCA (east) 608-221-1571

YMCA (northeast - Sun Prairie): 608-857-8221

YMCA (west) : 608-276-6606