

SOARING WITH SAS

Sports for Active Seniors

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

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Volume 30 Issue 5

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MAY 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
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.

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

63

SAS General Meeting

Wednesday May 14, 2025

The SAS General Meeting will be a Pot Luck held at 11:00 AM at the Fitchburg Public Library at 5530 Lacy Road. Please join us for Fun, Fellowship and planning for our celebration of 35 years of SAS.

In planning for our 35th anniversary party, we need members to volunteers to help with set up and clean up. We also need people to help with games, mixers, equipment for games (volley ball, bingo, etc.) and some "white elephant" donations for prizes. Technical help to run ongoing pictures of past SAS events would be appreciated. Current pictures from Tennis, Golf, Camping, Canoeing, Bowling, etc. would really be a great addition to our collection. Please remember to snap some and send them to: yvonesor@gmail.com.

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

SAS 35th Anniversary

Celebration

Theme: "Play Young, Stay Young"

SAS turns 35 years old this year! We're looking forward to this celebration of friendships and fun experiences enjoyed over the years. The 35th Anniversary Celebration will be held on **Tuesday, August 5, 2025. Mark your calendar!**

The **Tenney Park John Wall Family Pavilion** is the setting for our celebration. This beautiful indoor facility is on the Yahara River near the Lake Mendota shore. We'll gather at 11:00 a.m., with a **catered lunch** served at noon, followed by social activities. Cost is \$5.00 per person.

All SAS members, current and former, and significant others are invited! More details will follow.

The planning committee would like to express our appreciation to the leaders of our activity groups who provided their suggestions and insights to help make this an event that all will enjoy.

JESSE turns 102 years old



Sixteen SAS members who wished Jesse Kehres a Happy 102 Birthday on Friday April 11 were treated to Birthday Cake and Ice Cream.

HIKING

Wolf Run Trail 328 Crescent Street, Mazomanie, WI

followed by Coffee and Conversation

Saturday, May 17 from 12:30 pm - 2:30 pm

This is an easy flat hike that traverses along the beautiful Black Earth Creek. Meet at the trailhead on Crescent Street. We will hike for about an hour and then head to the 1855 Coffee house for drinks and conversation. The coffee shop is located at 1 Broadhead Street. There is no bathroom at trailhead so use the bathroom beforehand or at the coffee shop.

Please rsvp to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com. There may be a few other people from another group on this hike. See you there for this scenic hike.

TENNIS

Rotation tennis is starting for the season Monday, May 5th.
We play Monday, Wednesday and Friday at Bordner Park. The park is located off Rosa Road at 5410 Elder Place. In May, the start time is 10:00am. In June and for the rest of the season, the start time will be 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 information call Karen Scheele (608) 238-4430



Hiking at Governor Nelson State Park on Sunday April 6.

GOLF

NINE SPRINGS

We plan to start Wednesday May 7 at Nine Springs at 9am. I have a new email address 2494amw@gmail.com
See you then,

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.

Sunday April 27th

Starting at **Lake Farm parking lot** at **11 am**. We will start from Lake Farm road parking lot across from Lussier Center and cross the Yahara River bridge to Mc Daniel park in McFarland and travel out Siggelkow road and eventually back to McDaniel park and the Parkside Pub (cash only) for lunch. Distance: 13 miles.

Questions: Harry: 608-697-5389

Short Route: Parking lot to Parkside Pub – Distance 5.5 miles round trip.

Please contact Yvonne: yvonesor@gmail.com if interested in the short route.

Wednesday April 30

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

Monday May 5th

10:30 AM Arboretum Ride

We will start from Olin Park (Capital City Parking Lot). Distance 13 miles. Lunch at Laurel Tavern. Short Route: Olin to Vilas Zoo - 6 miles round trip.

Questions: Harry Andruss: 608-697-5389

Monday May 19

Meet at 11:00 am at the Olin Park Boat Launch Parking Lot.

Bike the Monona Loop , approximately 12.6 miles clockwise.

Short ride follows the Capitol City Trail towards Williamson St. Lunch stop to be decided at the ride.

Questions: Harry Andruss: 608-697-5389

BIKING



Biker stop for Lunch at Garver Feed Mill



Burrows Park ride Friday April 4

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.

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

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 -Friday, May 2nd

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! No partner is needed! Learn the Waltz 5:30 pm, Polka 6:00pm, Tango 6:30 pm, Swing 7:00pm, and Rumba 7:30 pm.

Tickets and registration (\$15 in advance from dance@ballroombasicsforbalance.org or 608-692-8794 thru <https://www.paypal.com/ncp/payment/2CLAKXHZHO>.) or Pay \$20 at the door.

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

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 _____