

# 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 12

December 2025

### BOARD OF DIRECTORS for 2025

President:	Phyllis Covey	608-284-9070
Vice President	Debbie Grundgeiger	608-767-2220
Secretary:	Gail Gordon	608-692-9348
Treasurer	Mary Juckem	608-358-0608
Archives	Kim Andruss	608-212-9536
Hospitality	Harry Andruss	608-697-5389
Publications:	Yvonne Sorge	608-221-3926
Publicity	Mike Lambert	608-577-1057
Programs:	OPEN POSITION	

### SAS'S VERY BUSY 2025

2025 brought us renewed hiking enthusiasm with two leaders—Diane Schwartz and Kim Andruss who lead 20 walks from January through December.

Bike leaders Bob Brooks and Harry Andruss plus a number of other biking enthusiasts scheduled about 31 rides from April through November.

From May through September Kim and Harry Andruss lead 6 Kayaking events.

Karen Scheele led Tennis which rotated members in as they showed up on Mondays, Wednesdays, and Fridays during Spring, Summer and Fall.

Lois Langenfeld scheduled Tennis Sets for people who registered with her on the previous Sunday for Tuesday and Thursday play. also during Spring, Summer and Fall. She has continued to do this for play at Neilson Tennis Stadium during the Winter although times will vary depending on availability.

Golfing was scheduled for every Wednesday with Ann White at Nine Springs.

Every Thursday varying golf courses were played and members Mary O'Brien, Richard Damon, and Lee Schuchart took over in place of a volunteer leader.

### 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 [yvonesor@gmail.com](mailto:yvonesor@gmail.com).

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### 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 Member Directory online here: <https://sportsforactiveseniors.org/members-portal/>. Contact any board member if you misplace that password. The membership directory has been updated as of 12/1/2025.

If you have suggestions or feedback about the website, please email: [debsimon.tango@gmail.com](mailto:debsimon.tango@gmail.com)

### POTENTIAL ACTIVITIES

Are you eager to get out there with Ski's. Snowshoes, Ice Skates, Bowling Ball, Mall walking? Just send me a note with your contact information, time, place and activity and chances are very good that another SAS member would love to join you. I will send the information by email as well as by newsletter. [yvonesor@gmail.com](mailto:yvonesor@gmail.com)

*Happy NEW YEAR!!!*

## TENNIS

**Set tennis** has moved to UW's Nielsen Tennis Stadium for the Winter . We will continue to play on Tuesdays and Thursdays, but times will vary depending on availability. Those interested in playing should contact me at [langenfeldlois@gmail.com](mailto:langenfeldlois@gmail.com) by 4pm on Sundays for the upcoming week.

## 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.

## HIKING/WALKING



*Devil's Lake hike Friday 11/28/25*

## 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.

## 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](mailto: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)

## 2026 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 \_\_\_\_\_