

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 31 Issue 3

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March 2026

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

April 15 Board Meeting

The SAS board of Directors will meet Wednesday April 15 at the Monona Library 1000 Nichols Road at 10:30 am, in their 1st floor Board Room. Interested members and friends are always welcome to come and offer their ideas for the organization

Monday, MAY 4 GENERAL MEETING

Spring activities are already off to a good start! A general meeting of Sports for Active Seniors will be held at, 11:00 am, at Our Saviour's Lutheran Church at 1201 Droster Road, Madison, WI 53716 on Monday, May 4. Guests are welcome!

It will be a Pot Luck, eating at 12:00 noon with plates, utensils, napkins, coffee and lemonade provided. Please bring a dish to pass.

It is a great time for our new members and guests to meet the leaders and other participants of the sports they are interested in joining. There will be an opportunity to pay dues, still \$25.00.

DIRECTIONS; From Stoughton Rd. (Hy 51) Turn East on Buckeye (at Dean Care Clinic). Continue to Droster Rd. (2 blocks before bridge over I-90). Turn left on to Droster and pass Droster Park on the right and continue to the church which is also on the right.

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.

Membership
2026
45

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 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

NEWBRIDGE Health Fair

Thurs March 12 - 11:30 AM-2:30 PM at Warner Park Community Recreation Center located at 1625 Nothport Drive, Madison, WI 53704

I have attached the flyer information about this event. Bob & Mary Brooks plan to be at the SAS booth for much of the event..

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.

HIKING/WALKING



Hiking at Gov Nelson State Park on Valentine's Day Sat February 14, 2026

Saturday, March 14 from 1:30-3:30 pm at 3113 Lake Farm Road Madison.

Let's hike about 4 miles along Lake Waubesa and the lower Yahara River Trail. This is a scenic hike with lots of water. It is flat so it's an easy hike. Let's hope for another nice day. Meet in the parking lot by the shelters. **RSVP to Diane Schwartz at getkidsoutside@gmail.com or 608-358-8314.**

SAS walk/hike on Monday , March 23rd at 1:30 PM. Token Creek County park. Please meet at shelter #2 and bring appropriate foot wear as soil may be wet and soggy.

Hike will be 2 miles rated easy to moderate. Please **RSVP 608-212-9536 Kim Andruss**

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 by 4pm on Sundays for the upcoming week.

IMPROMPTU

ACTIVITIES

Unpredictable weather must NOT stop you from your favorite activities. Just send me a note with your contact information, time, place and activity choice and chances are very good that other SAS members would love to join you. I will send the information by email as well as by newsletter.
yvonesor@gmail.com

BIKING



First SAS Bike ride of the year. Monday, February 16

BOWLING

Join Mary M-B and Karren D. for an afternoon of bowling fun.

We'll be bowling at Dream Lanes, 13 Atlas Ct., Madison on Wednesday March 4th, at 1:00 pm.

Senior bowl costs \$3.50 a game, plus \$3.50 to rent shoes.

Not a "bowler"? No problem, we're just planning on having fun!

Not a "bowler"? Join us for camaraderie, and visiting. Questions: contact Mary at 608-658-2015, or m.machtbrooks@gmail.com

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 _____

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.

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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