

SOARING WITH SAS

Sports for Active Seniors

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

Volume 31 Issue 4

APRIL 2026

BOARD OF DIRECTORS for 2025

President:	Phyllis Covey	608-284-9070
Vice President	Debbie Grundgeiger	608-767-2220
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Hospitality	Harry Andruss	608-697-5389
Publications:	Yvonne Sorge	608-221-3926
Publicity	Mike Lambert	608-577-1057

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 51

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

Jesse Keheres turns 103

It's another post 100 year old party for Jesse Keheres who turns 103 in April. A celebration will be held at Capitol Lakes Grand Hall at 333 W. Main St from 2 to 5 pm on Friday April 10. All SAS members who know him are invited to attend.

IN MEMORIAM

NANCY DAVIS

April 27, 1934 - March 10, 2026

TENNIS

HIKING/WALKING

Hike Blue Mound State Park, Sun. March 29, 1:30-3:30 pm

We will hike the Pleasant Valley and Weeping Rock trails for a total of about 3.5 miles. There are some hills on this hike. We will hike through the woods and the prairie. Meet at the trailhead by the pool and Friends Shelter. There is a large parking lot at 4350 Mounds Park Road, Blue Mounds. RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com.

Hike Ferry Bluff State Natural Area, Sat, April 4, 2 pm - 4 pm

We will meet at the trail head at E9974 WI-60, Sauk City . The trail is at the end of a gravel road off of hwy 60 on Ferry Bluff Road. The trail is short and steep (takes about 20 minutes) and takes you to a beautiful view of the Wisconsin River. If you have never been here, you are in for a treat. Pasque flowers may be blooming. We may see migrating birds so bring binoculars if you have them. RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com.

Woodcock, Crane and Snipe Hike, Fri. April 10, 7:30 - 8:30 pm, Cherokee Marsh North

Join us for this annual tradition of looking and listening for the Woodcock. The Woodcock is a funny little bird that Peents on the ground and then does a sky dance. We will also likely see and hear other birds like sandhill cranes and snipe. This is an easy hike. Park at 6098 N. Sherman Ave. Madison (the end of Sherman Ave north by the bathrooms). RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com.

Olin-Turville Conservation Park Madison on Monday, April 13th at 10 AM.

Meet in the 3 hour parking lot near the sign. This hike is a two miles long loop that provides fantastic views of the Capital. Hike is rated moderate difficulty. Please wear appropriate hiking shoes.

RSVP Kim Andrus: 608-212-9536

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.



Hike at Indian Lake near Cross Plains on Sunday March 8.



Saturday March 14—Lake Farm Park hike



Sunday March 22— Cherokee Marsh hike



Monday March 23—Token Creek hike

BIKING



Mon. March 9 McFarland ride. Perfect weather!

Bike the Arboretum Mon. Mar. 30 - 1:30 pm

Meet at Olin Turville 3-hour Parking Lot (not the Boat Launch). The distance is 10 miles and the weather forecast is for partly sunny, breezy and 65 degrees. It is a nice easy ride through the arboretum. Bring a snack if desired.

GOLF

Nine Springs SAS golfing will begin Wednesday May 6 at 9 am. Please call Ann White at 608 - 271-2950 if you would like to play or have questions.

BOWLING

Another Bowling Afternoon!

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

We'll be bowling at Dream Lanes, 13 Atlas Ct., Madison on **Wednesday April 8th** 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,



Wednesday March 4—Bowling at Dream Lanes

Root River Excursion: A two-night stay, bikrides in Lanesboro, MN

We plan to arrive by noon on Wednesday June 3 for an afternoon ride. Two rides are planned for the 4th. For those who are interested, we would drive to Sparta. Friday the 5th we will bike the third section of the trail to the 3/4-mile tunnel (total 16 miles). **Bring a rain poncho and flashlight. You'll need both while walking through the tunnel!**

Harry has reserved some rooms at the **Cottage House Inn in Lanesboro** where some of the members have stayed prior to covid. They have 5 rooms available at 125 dollars/ night/ 1 or 2 people. Some rooms may only have one bed. Total cost with taxes \$275.94. No refrigerators in four of these rooms. Only room 11 has a refrigerator in the new addition. There's a common room next to the lobby with a refrigerator to store food if you would like. They have 2 apartments with full kitchens if so desired. Price is \$165.00 + taxes a night/ two bedrooms, Second room with a full kitchen \$180.00 + taxes a night. Both units sleep 4. The second bedroom has a trundle bed in the common area of the room.

If you are interested in reserving a room at the Cottage House Inn Robin, the assistant manager provided us with this: group code (SAS). You may register online at cottagehouseinn.com using the code or call **Robin at 507 467-2577 with the code**. She was happy to **hold the rooms until March 31**. You are welcome to find your own accommodations.

The Cottage House Inn has added a new storage shed with electrical outlets for charging making it easier to maintain our batteries. The Cottage House Inn has added a new storage shed with electrical outlets for charging making it easier to maintain our batteries. It's important to bring all the necessary bike gear and extra tubes in case of flats. **There's no night riding**. We will be patronaging the local restaurants. You are responsible for providing your own meals and any creature comforts at your desire.

Whether you bike or not, all will be invited. **Only SAS members are allowed to participate in this event.**

If you want information on Lanesboro/Waylon, please call the Lanesboro visitor center and ask for a visitor's guide and a map of the river Trail to be mailed to you. The phone number is. 1-507-467-2696

Harry (Questions: 608 697-5389)

IMPROMPTU SAS BIKE RIDES

With warmer weather approaching and thoughts of biking, it's time to keep tabs on your emails and watch for AND/OR plan impromptu bike rides between our monthly newsletters. Just send the information to Bob Brooks at bandaloro@chartermi.net or Yvonne at: yvonesor@gmail.com

Please include: day and date, time, starting location, approximate mileage, contact person, and any other details you might like to add. Bike rides for listing in the newsletter are due the 20th of each month.

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

252 Fairview Circle Unit 301A

Waunakee WI 53597

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
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 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

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