

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

MAY 2026

BOARD OF DIRECTORS for 2025

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Hospitality Harry Andruss 608-697-5389
Publications: Yvonne Sorge 608-221-3926
Publicity Mike Lambert 608-577-1057
Programs: OPEN POSITION

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.

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).

SAS By-Laws Update

The Sports for Active Seniors By-Laws have been updated. You will receive a copy of them later today. Please review them before the SAS general Meeting on May 4 when the members will vote on accepting the changes. Changes are indicated in the red print. Please express any concerns you have about them at that time.

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
55

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

MINOQUA/WOODRUFF area get-away

Sun. August 9 - Fri. August 14

Biking, Canoeing/Kayaking and other fun things are planned for August 9-14. Seven SAS members have a cottage reserved from Sunday August 9 thru Friday August 14 just north of Woodruff on Little Spider Lake.

There are many bike trails and lakes in the area. Motels and Firefly and Silver Lake camping grounds are nearby.

A large screened porch at the cottage could accommodate 2 or 3 "campers" who could share evening meals and kitchen and bathroom facilities there.

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



Newbridge's Better Together Health Fair this past March was a successful event!
We'd like to WELCOME all the new members that joined SAS and we'll see you soon!

TENNIS

Set tennis: We will start playing outdoors on Tuesdays & Thursdays at 9 am in May, weather permitting. Those interested in playing should contact Lois at langenfeldlois@gmail.com by 4pm on Sundays for the upcoming week.

Rotation tennis is starting for the season on Monday, May 4th. We play Monday, Wednesday and Friday at Bordner Park. It is located off Rosa Road at 5410 Elder Place.

In May the start time is 10am. In June and for the rest of the season, the start time will be 9am. Please bring a new or slightly used can of balls with your racquet when you come to the park. No sign up is necessary and everyone is welcome.

For more information call Karen Scheele at (608) 238-4430 or email at bkscheele@att.net.

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.

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.



7 OF 10 SAS members pictured here helped celebrate Jesse Kehres 103 birthday on Friday, April 10 at Capitol Lakes.

BOWLING



Bowling April 8 at Dream Lanes

Bowling fun on another Wednesday!

We'll be bowling at Dream Lanes, 13 Atlas Ct., Madison on **Wednesday May 13th** at 1:00 pm. Senior bowl costs \$3.50 a game, plus \$3.50 to rent shoes. Join Mary M-B and Karren D. for an afternoon of SAS bowling. Not a "bowler", no problem, we're just planning on having fun. OR, come join us for an afternoon of visiting! Questions: contact Mary at 608-658-2015,

DINE & DANCE OPPORTUNITY

50+ Mix & Mingle - Goodman Center Ironworks
149 Waubesa St. Thursday, May 14-5:00 – 7:00pm

\$10/person Hit the dance floor, make new friends, and enjoy dinner from Ian's Pizza, beer, wine & door prizes. Open new connections with the older adult program.. Cost includes 1 drink ticket and helps cover the cost of food and the night's DJ Andre. Preregistration & payment required.

Register with Goodman:608-241-1574

BIKING

Thursday April, 30th Olin Park to Lewis Park - Meet at 11 AM at Olin Park second parking lot, NOT at the boat landing, parking lot. We will bike the trail to Lake Farm Park and go over the bridge (Lower Yahara River Trail) across Lake Waubesa (Mud Lake) to Lewis Park. We will stop on the way back and have lunch at the Parkside Pub. Please bring a water bottle, and lock.

Bob Brooks (608) 658-2016 bandalaro@chartermi.net

Easy Riders: A shorter slower part of the ride will be from Lake Farm Park at 11:30am to McFarland.

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

Wednesday May 20th - Ride to Olbrich Biergarten - Meet at 3:30 PM at Burrows Park, 25 Burrows Road, Madison.

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. We will ride to the Olbrich Biergarten at Olbrich beach/park for a bite to eat and something to drink. We will be riding on city streets and bike trails. The route is about 11 miles round trip. Please bring an ID to get into the Biergarten, and a bike lock. Thanks,

Bob Brooks (608) 658-2016 bandalaro@chartermi.net

Tuesday 05/26/2026 - Great Sauk State Trail - 10:30 am

Start at Sauk City River Front Park Easy Ride: asphalt path with no hills. Approximately 18 miles.

Lunch: After Ride: Vintage Brewing Company Dining is optional.

Directions: Hwy 12 to Sauk City: After crossing the bridge over Wisconsin River turn right at the lights on to Water St. The park will be on the right-side down the road.

Bring your helmet, sunglasses, water bottle and suntan lotion along with regular biking gear. Don't forget tubes in case of a flat. Questions - Harry: 608 697-5389

Monday June 8th Evening Concert Warner Park

Meet at the Warner Park Shelter, (the multi-colored shelter), North Sherman Ave. & Northport Drive at 4:00 PM, on Monday June 8th. We will ride the Northside of Madison, going through Maple Bluff, Governor's Mansion, Tenny Park boat locks, and over towards the Goodman Center, and returning to Warner Park. Approximate distance 10 miles. The ride will be on city streets (some inclines) and bike trail. Following the bike ride, there is a free concert at the Warner Park Shelter. The concert starts at 6:00 PM. The band that is playing is called Universal Sound. (Mary's dance group the Sassy Steppers will be performing during the intermission.) There will be a food cart available to buy refreshments. Please bring your bike lock, chair or blanket, sunscreen, water bottle and bug spray.

Bob Brooks (608) 658-2016 bandalaro@chartermi.net

BIKING & MAINTENANCE REPAIR LEARNING OPPORTUNITIES

There are several options available for free (donations appreciated) bike inspections, repair and learning to maintain your bike in Madison. <https://transportation.wisc.edu/commuter-solutions/bicycling/university-bicycle-resource-center/>

<https://freewheelbikes.org/> **Freewheel** is a charitable organization located in the basement at Neighborhood House located at 31 S. Mills St., Madison which offers an Open Shop from noon until 4pm on the 1st and 3rd Sundays of every month.

www.madisonbikes.org **UW Helen White Library garage.** The University Bicycle Resource Center located in the NE corner of the ground floor of Helen White Library garage provides maps, repair manuals, tools & student expertise for learning to tune-up and maintain your bike. It is open with varying hours M-F afternoon and early evenings.



Lake Farm park To Siggelkow Rd 4/10/2026



Lake loop around Monona Monday April 13

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!**

The Cottage House reservations have been assigned but there are other accommodations in Lanesboro.

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)

HIKING/WALKING

Tuesday, April 28, at 2:30pm Pheasant Branch Conservancy
Plan to meet at the Orchid Heights Park lot, 3960 Valley Ridge Rd, Middleton. We will casually hike the "Fredricks Loop" (without the hill) about 3.2 miles. The trail is mostly flat, packed and some boardwalk, with both wooded and open prairie sections. We'll stop for breaks, relax at the springs, and also, hopefully get a peek at the new eaglet. RSVP with your first name(s) to Jerry @ 920-619-7471 or jpemale@protonmail.com

Saturday May 2, 1:30 - 3 pm Hike Governor Nelson State Park 5140 Co Hwy M, Waunakee

We will hike about 3 miles on mostly flat trails through prairie and some woods. There is one modest hill on this hike. The trail ends with a great view over Lake Mendota. Meet in the beach access parking lot which is the second left after you pass the main entrance. Also, you will need a state park sticker to enter this park. There is a self-service kiosk at the park if you don't have one. RSVP to Diane Schwartz, getkidsoutside@gmail.com or 608-358-8314.

Saturday, May 9, 1:30-2:30 pm Hike McCarthy Youth and Conservation County Park 4841 County Highway TT Cottage Grove,

We will hike about 2 miles on grassy paths at this park. The terrain is mostly open with one very small hill. Please RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com.

Saturday, May 16 from 12:30 pm-2:30 pm Hike Wolf Run Trail 328 Crescent Street, Mazomanie, WI

followed by Coffee and Conversation
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 the hike. See you there for this scenic hike.

Monday May 18th at 10 am – Lake Kegonsa state park

Please meet at camper's showers/ play ground parking lot. Entry park sticker required.
This is a 3 mile hike to the lake shore beach / boat launch and is an easy to moderate hike. RSVP Kim Andruss 608-212-9536

Saturday May 23, 1:30 - 3:00 pm Hike Pheasant Branch Creek Nature Conservancy 4864 Pheasant Branch Rd, Middleton, WI 53562 Let's take a relaxed stroll along the path to see prairie plants and possibly an eagle sitting on a nest. This hike is about 1.5 miles long on a flat crushed limestone path. Meet at the trailhead along Pheasant Branch Creek Road. RSVP to Diane Schwartz, getkidsoutside@gmail.com or 608-358-8314.

Saturday May 30, 1:30-3:30 pm Hike Indian Lake County Park 8183 Hwy 19, Cross Plains

We will hike about 4 miles through prairie and woods. There are some hills on this hike so be prepared. We will meet in the parking lot by the pit toilet. Please rsvp to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com.



Blue Mounds 3/28/2026



Ferry Bluff State Natural Area Sat April 4



April 10 evening HikeWoodcock, Crane & Snipe Hike CherokeeMarsh North



Olin/Tourville hike Friday April 13

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 _____

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.

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