

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 6

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JUNE 2026

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Board of Directors (9 Members)

Officers

President	Phyllis Covey	sonbeam1@gmail.com	C: 909-633-6985
Vice President	Debbie Grundgeiger	debbiegrundgeiger@tds.com	C: 608-767-2220
Secretary	Gail Gordon	gordon.gail@hotmail.com	C: 608-692-9348
Treasurer	Mary Juckem	maj2810@gmail.com	C: 608-358-0608
Past President	Sue Poehlman	cycletour100@gmail.com	C: 608-843-1381

Committee Chairs

Hospitality	Harry Andruss	harryandruss@yahoo.com	C: 608-697-5389
Newsletter	Yvonne Sorge	yvonesor@gmail.com	C: 608-338-5067

Programs

Publicity	Mike Lambert	lambertmichaelj@gmail.com	C: 608-577-1057
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Adjunct Resources

Website	Deb Simon	debsimon.tango@gmail.com	C: 608-219-7734
Archives	Kim Andruss	kim.andruss@yahoo.com	C: 608-212-9536

MEMBERSHIP

People over the age of 55 who are interested in actively participating in sports are invited to join us.

The 2026 updated member directory will be available soon 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 72

SAS PICNIC

The annual SAS picnic will be held on Wednesday August 5 at Lake Farm Park Shelter 2 from 10 am.

Short and longer bike rides will be planned from that site before the picnic begins.

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.

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



Mon May 4 General meeting. Great turnout. Photo by John Heinrichs

TENNIS

Rotation tennis , 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.

Set tennis is playing at Rennebohm Park on Tuesdays and Thursdays at 9 a.m. We may start earlier once the temperatures rise. Those interested in playing should contact Lois

at langenfeldlois@gmail.com by 4pm on Sundays for the coming week. Thanks! Lois

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

KAYAKING

Monday June 8th Upper Mud Lake location : Lottes Park 400 West Broadway Monona at 10 am. Launch Permit required and can be purchased at the park.
RSVP Harry & Kim 608-697-5389

Thursday June 11, 6:00 pm Kayak on Lake Wingra.

Let's kayak on Lake Wingra as the sun sets in June. Rent a boat for two hours in advance from Wingra Boats at 824 Knickerbocker Street madisonboats.com. Rentals are \$28 plus tax and fees. Arrive by 5:30 to have time to get a boat and get in the water by 6 pm. Kayaking is easy and fun to do if you have never done it.

RSVP to Diane Schwartz
getkidsoutside@gmail.com or 608-358-

Monday June 29th Lake Wingra location : Wingra Boats 824 Knickerbocker St Madison at **10 am**. Kayak rentals are available at Wingra boats for \$16 first hour..
RSVP Kim & Harry 608-212-0536

GOLF

NINE SPRINGS SAS golfing is on Wednesdays 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 Mary at: mko1600@yahoo.com If you have questions you can also contact: Richard: at damon9201@yahoo.com.

Thursday Golf presently has no leader so the players take turns making tee times.

We are looking for a few more Thursday golfers so please email Mary if you would like to be on the list for Thursday golfer times. We play different courses.

BIKING

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

SAS Cannonball Ride Wed June 17th 10:30 am

Meet at 10:30 AM at the parking lot that is shared between Culvers and Steinhafels (2164 W Beltline Hwy.) on the frontage road by Fish Hatchery Road and the Beltline.

We will ride the Cannonball Trail which will turn into the Military Ridge Trail. We will ride this to the downtown Verona Trail Head.

The surface will be blacktop except for about the last mile which be the regular trail surface. The ride will be about 16 miles long, round trip. For those who would like a shorter ride, you could start at the Verona trail head and ride towards us until we meet up and then turn around to ride back to Verona.

Please bring a water bottle, sunscreen, and bike lock. We will stop to eat at The Sow's Ear in Verona

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

Tues. June 23 Goodland Park to Olin Park 10 am

We will meet at Goodland Park: 2844 Waubesa Ave, Madison near the bathrooms and bike in the neighborhood than proceed to lower Waubesa Trail connecting with the Capital Trailhead towards Olin Park. The distance is 12 miles and is rated for beginner bikers or those with regular bikes or those simply don't want to bike fast. There're only a few small hills and some slight inclines.

There will be an option to add a few more miles before heading back to Goodland Park. **Trail pass required.**

Information and RSVP Kim 608-212-9536



Verona and Military Ridge trail Friday May 8 – photo by John Heinrichs Weather perfect! Great group!



Thursday April 30 – Olin Park to Lewis Park in McFarland



Olbrich Biergarten Wednesday April 20

Root River Excursion:

Two nights & bike rides in Lanesboro, MN

We plan to arrive by noon on Wednesday June 3 for an afternoon ride. Two rides are planned for the 4th.

Friday the 5th we will bike the third section of the trail to the 3/4-mile tunnel (total 16 miles).

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.

For those who are interested, we would drive to Sparta. **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.

Please call the Lanesboro visitor center at 1-507-467-2696 and ask for a visitor's guide and a map of the Root River Trail to be mailed to you.

Questions - Harry: 608 697-5389

HIKING/WALKING

.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.



Saturday 4/25/26 Indian Lake

Wed June 17 Schumacher Farm Summer Lawn Party 6:30 pm - 8:00 pm at 5682 Hwy 19 Waunakee

Let's take a short easy hike on the prairie and then enjoy live music, ice cream and beverages. FREE RSVP to Diane Schwartz, getkidsoutside@gmail.com or 608-3589-8314.

Sat June 20 Cherokee Marsh North 1:00-3:00 pm

Let's hike about 3 miles at this park at 6098 N. Sherman Ave. There is one moderate hill on this hike. We will hike through woods and prairie and see some water. Park in the parking lot by the bathrooms. RSVP to Diane Schwartz, getkidsoutside@gmail.com or 608-358-8314.



Tuesday 4/28/26 – Pheasant Branch Conservancy



Friday 5/15/2026 Culver Springs photo by Jerry Paluch



Saturday 5/2/2026 Gov. Nelson State Park



Saturday 5/23/2026 Pheasant Branch Conservancy



Sat May 9- McCarthy youth & conservation – Cottage Grove

Smart Cycling for Active Older Adults

Event Dates

Friday, 06/05/2026 9:00 a.m. - 11:30 a.m.

Event Description

Rediscover the joy of two wheels! Whether you are returning to cycling after a hiatus or looking to polish your skills for the local trails, this program is designed specifically for the needs and interests of active older adults.

Through a partnership between the Wisconsin Bike Fed and the Heritage Center, we are offering a comprehensive workshop that combines expert-led education with hands-on practice. Our goal is to help you ride with more confidence, comfort, and safety.

We will begin with an indoor classroom session to discuss bike fit and comfort, gear and technology (including e-bike information), rules of the road and safety, as well as considerations specific to active older adults. After our indoor classroom session, we'll head outside! Led by certified instructors, participants will engage in a gentle group ride around the beautiful grounds of the Lussier Family Heritage Center and nearby trails. This is a low-pressure environment to:

- Practice scanning and signaling.
- Improve balance and steady braking.

Build confidence riding in a group setting.

No one gets left behind. This program moves at a comfortable speed suited for all fitness levels! Please bring your own bicycle in good working order, a helmet, and a water bottle. Comfortable athletic clothing and closed-toe shoes are highly recommended. Don't have a bicycle? No problem! Please let us know as we have a limited number of loaner bikes available.

Age: Adult

Cost: \$25

Accessibility and Language Access:

Our department is committed to providing meaningful access to our programs and resources to all individuals, regardless of primary language or ability. If you need language assistance services or an accessibility modification for this program, please [submit this request form](#) a minimum of 10 business days before the program to make the request. Please note, it is not possible for all programs to be modified.

Location

Heritage Center 3101 Lake Farm Rd Madison, WI 53711 [Get Directions](#)

Contact heritagecenter@danecounty.gov

Smart Cycling Group Ride May 30, 2026, 9am-Noon,
WI55 S Gammon Rd, Madison, WI 53717

REGISTER

Smart Cycling Group Ride

Learn the basics about bikes, rules of the road & handling skills while we take a group ride to the Madison West Side Farmer's Market! Bring your bike and helmet. Helmets are required.

Lussier Community Education Center

55 S Gammon Rd, Madison, WI 53717 **Limited spots available**

Smart Cycling Group Ride (Madison West Side Farmer's Market)

Free REGISTER HERE

<https://sportsforactiveseniors.org/wp-content/uploads/2026/05/Marketplace-Drive-parking-for-Badger-State-Trail-3.pdf>

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Marketplace Drive
parking for Badger !

Map to meeting location at end of Marketplace Drive

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 _____

SAS Bikers Criteria It is time to schedule summer bike rides

Date, Time, and Place to start the ride. The approx. distance of the ride, the type of terrain (trail, streets, roads, or combination). If you are going to stop for a bite to eat (lunch, picnic lunch, etc. What type of equipment to bring along if necessary. When the ride begins, to appoint a sweep person. Contact phone number and or E mail address.

If the ride you have planned happens to have alternate starting points, please include them. This will enable riders who wish ride shorter distances to take advantage of your ride/destination. Bike rides for the newsletter are due 20th of previous month for the newsletter.

If you want to lead a ride at the spur of the moment or that has not been scheduled or published, you can contact me or Yvonne and we will send the ride out by email: bandalaro@chartermi.net or Yvonne yvonesor@gmail.com.

We are also looking for members to lead some of our other activity's. These could be canoeing, kayaking, bowling, hiking/waling. These activities could be scheduled or as an impromptu. Please send info to Yvonne Sorge. Her email is listed above.

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

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.