SOARING WITH SAS

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

Volume 31 Issue11 NOVEMBER 2026

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 yvonnesor@gmail.com.

NOVEMBER GENERAL MEETING

Thursday November 12 we will have a general meeting of Sports for Active Seniors with set up,10:00 am, at Our Saviour's Lutheran Church at 1201 Droster Road, Madison, WI 53716, Guests are welcome!
It will be a Pot Luck lunch, eating at 12:00 noon with plates, utensils, napkins, coffee and lemonade provided. Please bring a dish to pass.
Election of officers will take place. Our membership has grown with 24 new members during the past year bringing our total to 92. Our founder, 36 years ago, expressed the hope that SAS would be "Fun for All but NOT work for a few". ". We need to have volunteers to fill the positions of President, Vice-President, and Secretary for 2027 and hope to do so at this meeting to not put SAS in jeopardy. If you would like to volunteer but cannot make the meeting or have questions, please contact our current president Phyllis at: *sonbeam1@gmail.com*.

Ideas for winter activities will be discussed along with an interest in the opportunities to get together occasionally for Breakfast or Lunch at a restaurant,

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 which will be $30.00, for 2027.

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.

SAS WEBSITE

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.

SPORTS FOR ACTIVE SENIORS—BOARD OF DIRECTORS

Officers :			
President:	Phyllis Covey	sonbeam1@gmail.com	C. 909-633-6985
Vice President:	Debbie Grundgeiger	debbiegrundgeiger@tds.net	C: 608-767-2220
Secretary	Gail Gordon	gordon.gail@hotmail.com	C: 608-692-9348
Treasurer	Mary Juckem	maj2810@gmail.com	
Committee Chairs			
Hospitality	Harry Andruss	harryandruss@yahoo.com	C:608-697-5389
Newsletter	Yvonne Sorge	yvonnesor@gmail.com	C:608-338-5067
Publicity	Mike Lambert	lambertmichaelj@gmail.com	C:608-577-1057
Adjunct Resources			
Website:	Deb Simon	debsimon.tango@gmail.com	
Archives:	Kim Andruss	kim.andruss@yahoo.com	C:608-212-9536

TENNIS

ROTATION TENNIS:. Our season will end Nov. 1st. For more information call Karen Scheele at (608) 238-4430 or email her at bkscheele@att.net.

SET TENNIS is playing indoors at Neilson Stadium on Tuesday and Thursday mornings at 9 a.m. Times vary with court availability. Those interested in playing should contact Lois at langenfeldlois@gmail.com by 4pm on Sunday.

GOLF

NINE SPRINGS SAS golfing is on Wednesdays at 9 am has ended for the season. See you in Spring. Ann White

THURSDAY GOLF

Golfing on Thursdays around 10:00AM or later continues on a week to week basis in November. 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.

BIKING

November Bike rides will be impromptu due to unsettled weather patterns. Watch for e-mails!

HIKING

Hike Donald County Park Saturday, Oct 31 at 1 pm - 3 pm 1945 Wis Hwy 92 Mount Horeb WI

Let's hike about 4 miles at this scenic park. We will meet in the main parking lot off of hwy 92. We will hike past a beautiful spring and then hike up a hill into the woods and then go past some prairie. There is a beautiful oak tree on this hike that stands out on the prairie. There is a moderate hill on this hike as we hike into the woods. Donald County Park is a 775-acre park located in the Town of Springdale, southeast of Mt. Horeb off Highway 92, just west of Mt. Vernon. The park contains oak woods, intriguing rock outcroppings with scenic vistas and springs. The park is also known for its hiking & equestrian trails and trout streams; Deer Creek and Frye Feeder, and Mt. Vernon Creek.

RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com.

Thursday November 5th at 1 PM meet at Indian Springs Park located at 513 Engelhart Drive Madison. Enjoy a late fall easy mostly flat 2.25 miles walk among prairie, wooded area ,on paved Capital city trail and paved Baxter spur trail .. Park on the street near sign. Please be advised there are no rest rooms at park but a gas station is near by on Rimrock Rd. Please RSVP Kim Andruss 608-212-9536

Saturday, November 7, 1:30 pm - 3:30 pm Indian Lake County Park

Hike about 3.5 miles on trails that do have some hills, but not too bad. If there is time we will also visit the chapel. Meet in the parking lot by the bathrooms. RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com

Tuesday November 10 at 1 PM meet at Lewis Nine Springs E-Way trail head located at 1949 Moorland Road. Enjoy a late fall 2 mile walk among the prairie , woods and along Nine Springs Creek. This 7 miles environmental corridor that we will be walking in was envisioned by Professor of landscape Phil Lewis. Dane County has a nice website for you to learn about his and Libby Lewis's contributions to the Dane County Park System. RSVP Km Andruss 608-212-9536

Saturday, Nov 14, 1 pm -2:30 pm Cherokee Marsh North

Let's take an easy 2.5 mile hike at this popular location. Trail is easy with one moderate hill.Cherokee Marsh Conservation Park 6098 N. Sherman Ave. Madison North Unit has trails that explore restored prairie, oak savanna, and woodland. Boardwalks with observation decks offer views of the upper Yahara River, deep marsh, and sedge meadow. A pier provides canoe/kayak access (1/4 mile carry-in from the parking area). RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com Dress for the weather.
Also, dogs are not allowed at this park so please leave the pups at home. :(

Saturday, Nov 21, 1 pm-2:30 pm Picnic Point Meet at Parking Lot 130,2000 University Bay Drive (with overflow parking on UW Lot 60 at 801 Walnut Dr.) Let's hike Picnic Point on a November Day. The hike is 2 miles and is all flat trails. There are great views of the lake on this hike. Park in parking lot 130 and meet at the trailhead by the kiosk. RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com

Saturday, Nov 28, 1:30-3 pm Pheasant Branch Creek Nature Conservancy 4864 Pheasant Branch road. Let's take a leisurely 2 mile stroll at this conservancy. The trail is flat and easy. RSVP to Diane Schwartz at 608-358-8314 or getkidsoutside@gmail.com.





UW Madison Lakeshore trail Sun. 10/11/2026



Blue Mounds State Park Sat. 10/3/2026

Baxter Hollow Sat. 10/24/2026

NEWSLETTER ITEMS

The deadline for items, pictures, and address changes for the SAS newsletter lis 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 yvonnesor@gmail.com

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 yvonnesor@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.

SPORTS for ACTIVE SENIORS (SAS)

2027 Membership Application

The SAS Release of Liability clause requires us to have a separate Membership Applica on form for each member. Couples may send one check to cover both memberships at $30 each.
Please complete this applica on and return with a check made out to SAS for $30 per member.

Mail to: Mary Juckem, SAS Treasurer
252 Fairview Circle Unit 301/A
WAUNAKEE, WI 53597

NAME_____

ADDRESS_____

CITY_____STATE_____ZIP _____
CELL PHONE_____HOME _____

EMAIL AD DRESS_____
__Retired __Semi-Retihred __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_____

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. yvonnesor@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