

TRANSITIONS

Alice Mayo Society Friendship Club Newsletter

TRANSITIONS IS GOING ONLINE

This is the last edition of Transitions that will be mailed to homes. We are switching to e-mail for future newsletters. If you want to stay informed of the wonderful activities organized by the Alice Mayo Society, please send your name and email address to mayoalumni@mayo.edu. Please put "Alice Mayo Society" in the subject line to get on the email list for the quarterly Transitions newsletter and Alice Mayo Society/Friendship Club events. The newsletter is always available online at www.mayo.edu/alumni/ams.html. If you have any questions, please contact Sara Gettman at amspresident@gmail.com.

Specific activity mailing lists (Play Group, Lunch Bunch, etc.) are still maintained by each coordinator.

REMINDER: all Alice Mayo Society members can participate in Friendship Club activities.

100 YEAR ANNIVERSARY OF ALICE MAYO SOCIETY

We are celebrating! Did you know that the Alice Mayo Society was formed in 1911? Originally called the Magazine Club, it began as a way for the wives of Mayo doctors to keep their minds sharp, socialize, and support one another after moving to Rochester. One hundred years later, after a myriad of brunches, teas, choral performances, theatre groups, fashion shows, article reviews, and book clubs, our goal is still to reach out to the spouses of staff, residents, and fellows. Please join us as we celebrate 100 years!

**100 YEAR ANNIVERSARY KICK OFF BRUNCH
WEDNESDAY APRIL 20, 9:30 - 11:30 AM,
THE FOUNDATION HOUSE,
701 4TH STREET SW**



We have an extraordinary program for our April Brunch. Come and Meet Dr. Jack, a miniature pinscher service dog

at the Mayo Clinic. Learn from author Matt Dacy, illustrator Bob Morreale, and trainer Marcia Fritzmeier how Jack has drawn national attention for his role in the Animal Assisted Therapy program. To celebrate, we have reserved 150 complimentary books that will be available for signing. Looking forward to seeing you there!



GOURMET GROUPS

Gourmet Groups have been a very successful and long running activity for Alice Mayo Society members . We would really like to know of existing groups to keep the groups informed of changes and get new people in touch with them. If one person in your group would please send an email to Maribeth Peller (mbpeller@mac.com) with the following information, we'd appreciate it.

- How many members are in your gourmet group and optionally, names?
- Are you interested in adding new members to your group?
- Do you prefer your dinners to be: adults only, adults and children (age range of children), weekdays/weekends, doesn't matter, other constraints?
- Would you like Gourmet Group menus emailed directly to you? Note: menus are available on the Friendship Club website.
- Do you have any suggestions for future menus?

Also, if you'd like to join a Gourmet Group, we'd love to hear from you. Groups operate in different ways. Some make their own menus and some pick and choose; it's a great way to make new friends, gain confidence making new dishes, and share a love of food.

Upcoming Themes: April - Breakfast for Dinner, May Painter's Palate, Summer - Texas BBQ

PLAY GROUP

Hello Play Group,

I'd like to take an opportunity to send a big THANK YOU to Jennifer Burkhart for helping schedule activities for us to enjoy these past couple of years. I'm excited about meeting new members and seeing all of you play group regulars again soon! I'll be sending reminders and further details or any changes about the events via the play group email list. If you'd like to be included on that list or if you have suggestions or questions please email me at ams.playgroup@gmail.com.

Thanks! ~Amanda Ward

Thursday, April 7, 10am: Toddler Time at House of Bounce

Friday, April 22, 2pm: Easter egg hunt at Stonehedge Park

Thursday, May 5, 10am: Cinco de Mayo Pinata Party

Wednesday, May 25, 10am: Zollman Zoo at Oxbow Park

Wednesday, June 15, 10am: meet at LARK Toys in Kellogg, MN.

Monday, June 27, 10am: strawberry picking at Sterling Berry Farm (This may change based on strawberry availability)

GET ON TENNIS LIST

If you have participated in prior Saturday night tennis mixers at the RAC or would like to attend future tennis mixers, please send your name and email to David Rider (riderd@mac.com).

LUNCH BUNCH

The Lunch Bunch meets at a different restaurant each month on the **3rd Tuesday at 11:30 am**. It is a fun, casual group and you are not obligated to attend every month. We welcome anyone to join us for a mid-day break for food, fun and conversation.

Contact Sara Staab at jps.sms@q.com for more information. Please let Sara know if you will join us at any of the following places so we know how many people to look for (and can get reservations if necessary).

Tuesday, April 19: Road trip to the Hubbell House, 502 North Main Street, Mantorville, MN

Tuesday, May 17: Road trip to the Lanesboro Pastry Shoppe, 202 Parkway Ave N, Lanesboro, MN. Note the Pastry Shoppe opens Tuesday "sometime in May" so we might have to find another place in Lanesboro to eat.

Tuesday, June 21: Zzest, 1190 16th St SW, Rochester (We ate there last summer - hope the weather is nice to eat on the patio.)

BOOK CLUB

The Friendship Club Book Club meets at **7pm the 1st Sunday** of each month at Caribou north. Anyone is welcome.

If you have any questions please contact Shannon Carter (heecy2u@hotmail.com) or Jean Binkovitz (jbinkovitz@gmail.com)

Our upcoming books/meetings are:

Sunday, April 3rd: "The Battle Hymn of the Tiger Mom" by Amy Chua

Sunday, May 1st: "Unbroken" by Laura Hillenbrand

Sunday, June 5th: TBA

GET INVOLVED!

We are always in search of new activities to offer. If you are interested in hosting a game night, a morning coffee get together, bunco group, needlers group, cooking class, outing of some sort or any other activity, please let Sara Cima know at cimas5@aol.com and she can help you get organized.

Also, if you'd like to volunteer to help with existing AMS groups or want to serve on the board, please contact our current AMS president, Sara Gettman, at amspresident@gmail.com.

Please send your name and email address to mayoalumni@mayo.edu with "Alice Mayo Society" in the subject line to stay informed about AMS events.

WALKING WEDNESDAYS

Do you have Cabin Fever? Are you ready to tell "Old Man Winter" to hit the road? Well, "Walking Wednesdays" is back by popular demand. Join us at **9:30 a.m. on April 27, May 4th, May 11, May 18, and May 25th** on the trails by Quarry Hill Nature Center for some fun, exercise and socializing. This session, we will be meeting at Quarry Hill Park (NOT Quarry Hill Nature Center). This is open to all AMS members and children are also welcome.

The Park is located at 9th St. NE and 19th Ave NE. We will meet in the parking lot near the tennis courts. By meeting here instead of at the Nature Center, we can take advantage of the trails without having to double back. Need directions? Type "Quarry Hill Park, Rochester, MN" in Google Maps (<http://maps.google.com>) and you will find it. Contact Kathleen Murphy at murphykat2000@yahoo.com for questions or more information.

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APRIL

- 3rd:** **Book Club** - "The Battle Hymn of the Tiger Mom" by Amy Chua at Caribou North
- 7th:** **Play Group** - Toddler Time at House of Bounce
- 19th:** **Lunch Bunch** - Road trip to the Hubbell House
- 20th:** **Alice Mayo Society** - 100 year anniversary brunch at Foundation House
- 22nd:** **Play Group** - Easter egg hunt at Stonehedge Park
- 27th:** **Walking** - Quarry Hill

MAY

- 1st:** **Book Club** - "Unbroken" by Laura Hillenbrand at Caribou North
- 4th:** **Walking** - Quarry Hill
- 5th:** **Play Group** - Cinco de Mayo Pinata Party
- 11th:** **Walking** - Quarry Hill
- 17th:** **Lunch Bunch** - Road trip to the Lanesboro Pastry Shoppe
- 18th:** **Walking** - Quarry Hill
- 25th:** **Walking** - Quarry Hill
- 25th:** **Play Group** - Zollman Zoo at Oxbow Park

JUNE

- 5th:** **Book Club** - Book TBA at Caribou North
- 15th:** **Play Group** - meet at LARK Toys, Kellogg, MN
- 21st:** **Lunch Bunch** - Zzest
- 27th:** **Play Group** - Strawberry picking at Sterling Berry Farm (This may change based on strawberry availability)