





Melville Friendship Club offers a range of interesting activities\* every weekday in Willagee. It's a great way to get together regularly, maintain friendships and make new friends.

**Contact the Friendship Club by phone on 9319 0900 or email: [friendshipclub@melvillecares.org.au](mailto:friendshipclub@melvillecares.org.au).**

**\*Activities subject to change.**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Public Holiday	<b>2</b> Happy New Year  What's your New Year resolution?	<b>3</b> Morning walking group  Happy Hour with Karaoke sing-a-long
<b>6</b> Morning Tea in the garden and outdoor games  <b>Derek Eden Concert 1pm - 2pm</b>	<b>7</b> Movement to music followed with floor & table games in the big hall. It happened In January Quiz	<b>8</b> Put on your Blue Suede Shoes as we celebrate the King of Rock and Roll. Elvis Presley's Birthday	<b>9</b> Mini Golf/Scrabble Let's Bake - Fork Cookies (only 3 ingredients)	<b>10</b> Morning walking group  Whiteboard  Quiz/Hoy Bingo
<b>13</b> Fitness fun in the big hall Join our golf competition and see if you can get your name on the champion's ladder	<b>14</b> "Guess that Baby" Bring in your baby photo, pin it on our board and guess who it is!	<b>15</b> Share your fondest memories like your first teacher or your first job  <b>Darren Dodd Concert 1 - 2pm</b>	<b>16</b> Test your knowledge as we separate into teams to answer the brain teaser quiz	<b>17</b> Morning walking group Fitness fun in the big hall Hoy Bingo/Scrabble
<b>20</b> We'll look at the Life of a Penguin (short film and interesting facts)	<b>21</b> Let's get physical with Chair Yoga and floor/table games in the big hall	<b>22</b> Morning tea in the garden with a chat and outdoor lawn games. Bingo with a Bang	<b>23</b> Arts and Crafts paint wooden clapping sticks - traditional percussion instruments used by Indigenous Australians.	<b>24</b> Morning walking group. Celebrate upcoming Australia Day with a BBQ lunch, an Aussie slang quiz and rubber thong toss
<b>27</b> Australia Day	<b>28</b> Gentle exercise to music and floor/table games in the big hall. Test your anagram skills	<b>29</b> Play Mahjong and learn about the Year of the Snake. Chinese New Year "Year of the Snake"	<b>30</b> Poetry/Book Club in the garden, or relax with a hand massage	<b>31</b> Morning walking group. Join us for a hot or cold chocolate treat with various toppings. National Hot Chocolate Day

## January Birthdays

**Hilda**  
**Denise**  
**Dennise**  
**Maria**  
**Betty**  
**Robert**  
**Dorothy**  
**Ken**



## Friday Walking Group

**Love to get outside and enjoy  
the great outdoors?**

Each Friday whilst the weather permits, those of us that are keen will start the day with a short walk in our local park.



## January Folklore

**January was named for the Roman God "Janus" known as the protector of gates and doorways, who symbolises beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future.**

**Here are some fun things to celebrate in January:**

- **1st January:** Z Day (On this day, those whose last name begins with "Z" get to go first instead of last.)
- **3rd January:** International Chocolate-Covered Cherry Day
- **6th January:** International Bean Day
- **10th January:** International Houseplant Appreciation Day
- **14th January:** International Dress Up Your Pet Day
- **20th January:** International Penguin Day
- **29th January:** International Puzzle Day
- **31st January:** National Hot Chocolate Day

### Eat Lucky Food for 2025

- In Spain, people attempt to eat 12 grapes during the 12 strokes of midnight. Tradition says that if they succeed before the chimes stop, they will have good luck for all 12 months of the coming year.
- In the southern US, black-eyed peas and pork foretell good fortune.
- In Scotland Hogmanay is a time to enjoy food and drink like fruitcake, shortbread and black buns. Scots also hold bonfire ceremonies where people parade while swinging giant fireballs on poles.
- Eating any ring-shaped treat (such as a doughnut) symbolises "coming full circle" and leads to good fortune.
- The Irish enjoy pastries called bannocks.
- Germans and Pennsylvania Dutch eat Sauerkraut on New Year's Day for good luck in the coming year.
- In India and Pakistan rice promises prosperity.
- Apples dipped in honey are a Rosh Hashanah (Jewish New Year) tradition.
- In Swiss homes dollops of whipped cream, symbolising the richness of the year to come, are dropped on the floors – and allowed to remain there!

## 29th January 2025 - Chinese New Year "The Year of the Snake"



The birth years for the Year of the Snake are 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013 and 2025.

### Symbolism of the Snake

**Transformation and Renewal:** Letting go of past mistakes and embracing new opportunities.  
**Wisdom and Cunning:** The snake is associated with wisdom, intuition and charm.

People born in the Year of the Snake are believed to be intelligent, perceptive and insightful. Snakes are also connected with mystery and grace.

## Fork Cookies- 3 Ingredients



### Ingredients

100g softened butter  
50g caster sugar  
150g self-raising flour



### Method

Preheat the oven to 180°C. Lightly butter two baking trays. Measure the butter into a bowl and beat to soften. Gradually beat in the sugar and then the flour. Bring the mixture together with your hands to form a dough. Form the dough into 16 balls about the size of a walnut and place spaced well apart on the prepared baking trays. Dip a fork in a little water and use this to flatten the biscuits. Bake in the preheated oven for 15–20 minutes until a very pale and golden. Lift off the baking tray and leave to cool on a wire rack.