

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.

***Activities subject to change.**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Friendship Club closed to celebrate the Labour Day public holiday	4 Enjoy pancakes in honour of Shrove Tuesday Afternoon visit to the local op shops	5 Morning tea in the garden games championship, ring toss, golf challenge.	6 Derek Eden 11.00am Word Book Day - Share memories of your favourite novel or author. Visit the local library in Willagee	7 Morning walking group Friendship team appreciation day Celebrate International Women's Day - 8 March
10 Morning tea in the garden Men in Harmony 1pm	11 Movement to music followed with floor and table games in the big hall. Gary Lyn 1pm	12 Visit Manning Park for a stroll and McDonalds for ice-cream in the afternoon	13 Take a drive to Jandakot airport viewing platform Cooking with Dawn	14 Morning walking group. Morning tea in the garden. Test your knowledge or give art a go
17 St Patricks Day - celebrate Irish culture by wearing something green, enjoy Irish music and an Irish themed lunch	18 Harmony Week Flags of the world -How many do you recognize? Dress with a touch of orange to support cultural diversity and inclusiveness	19 Visit Fremantle Arts Centre and enjoy sitting in their garden courtyard	20 International Day of Happiness. Share with the group someone who had great influence in your life.	21 Morning walking group World Poetry Day Share your favourite poem
24 Fish and Chips by the sea on Rockingham Foreshore	25 Visit the WA Maritime Museum or games and quizzes at the club	26 Chair yoga Afternoon tea in the garden	27 Visit the local park for a picnic lunch and walk	28 Afternoon Walking Group Darren Dodd 11.00am
31 BBQ in the garden Afternoon challenge games and quizzes.				

March Birthdays

Charles
Lis
Nelma
Margaret
James
Olive
Albert
Mary



Let us know your thoughts



We are always looking for fun things to do at the Friendship Club and value your input for ideas on outings you might enjoy, activities or a favourite recipe we can share.

Please let our team know your thoughts or ask for a feedback form so we can all enjoy our day at the Friendship Club.

Top facts about Saint Patrick's Day

Saint Patrick's Day is on the same day every year on 17th March. This is the day when Saint Patrick sadly died.

Saint Patrick was born in Britain, during the Roman period. However, he was taken to Ireland to become a slave, against his own will. After he was free, Saint Patrick became a priest and was later made the first bishop of Ireland. It is believed that he brought Christianity to Ireland

Rumour has it, Saint Patrick drove all of the snakes out of Ireland. We're not sure if it's true though... Snakes don't tend to live in places like Ireland. On St Patrick's Day, people love to dress up! One of the most popular costumes is leprechauns. Leprechauns are known as mythical fairy creatures. It is said that they have a pot of gold hidden away and if you capture a leprechaun, he has to tell you where it is.

Every year the Chicago River is turned green to celebrate! In fact, they have been doing this since 1962.

You should always wear green on Saint Patrick's Day! It is believed that if you wear green then you will be invisible to leprechauns. If you aren't wearing green, then a leprechaun will see you and pinch you! This is why it has now become a tradition to pinch anyone who isn't wearing the colour green. Make sure you don't do it too hard. Ouch!

Some of the most traditional Irish foods include shepherd's pie, corned beef and cabbage and Irish stew with soda bread.



Why are Pancakes eaten on Shrove Tuesday?

As the day before Lent, Shrove Tuesday is seen as the last day of merriment and excess. Followers saw it as a day to use up their fats and eggs, with pancakes being a good way to use them up — so the pancake-eating is more of a cultural tradition.

Woman's Weekly best pancake recipe:

2 cup self-raising flour, sifted
1/3 cup caster sugar
1 egg
2 tablespoon melted butter, plus extra for brushing
1 teaspoon vanilla extract
1 1/2 cup milk
ice-cream and maple syrup, to serve

Method:

1. In a large bowl, combine flour and sugar. Make a well in the centre of the dry ingredients and whisk in egg, butter and vanilla.

2. Gradually whisk milk into mixture, until a pouring consistency is achieved.

3. Heat a non-stick frying pan on medium. Brush pan with a little extra butter. Pour 1/4 cup of batter into pan, to make a circle. Cook for 2-3 minutes, or until bubbles start to appear on the surface. Turn and cook a further 1 minute until golden. Cover to keep warm. Repeat with remaining batter.

4. Serve with ice-cream and maple syrup.

What's your favourite topping?