

Newsletter

Weekly messages and meals

Issue 223: 2-8 December 2024



Call Today: 4960 8248



The HMC acknowledges the Traditional Custodians of Country throughout our region and their connections to land, sea and community. We pay our respect to their Elders past, present and emerging and extend that respect to all Aboriginal and Torres Strait Islander Peoples.



Our Acting CEO Rebecca has returned from a well - deserved break, regaling us with tales of her USA adventure! HMC had their AGM last Thursday evening and had 20+ members attend. Thank you to all involved in preparing for the AGM. Congratulations to our Staff Members for the month of October and November – Mackenzie and Lonny! Our Thursday outing, saw our Seniors' head out to The Pudding Kitchen at Adamstown with lunch at Sunnyside Tavern Broadmeadow. This week, Most of our outings are now booked for December. Our Client Christmas Party is still open for bookings until Friday 13 December and we would love to see you there!

Looking for gift ideas? The Community Garden Christmas sale is on until 21 December 2024 and our office has a selection of books authored by our community members for sale.

MEAL SERVICE: We are on the countdown to the end of the year, with a few weeks left before our annual shutdown. All Orders for Meal delivery is now closed for the year! We do have a few selected frozen meals on offer if you would like extra over our shut down. Call our office to place your order. Our last Meal delivery for 2024 is Wednesday 18 December with a Christmas dinner and we will resume back on the Week 2 Menu on Monday 6 January 2025, all permanent orders will return from this date. If you are away and do not require meals, you will need to advise us before Wednesday 18 December 2024. Chef and I are working to create the next menu to be issued before the annual shut down. Meal contact hours are **9:30am-2:00pm** Monday to Thursday and **9:30am -1:00pm** Friday if you would like to discuss anything relating to your meal plan please **call 4960 8248, 0425 316 735**, email:

denise@huntermulticultural.org.au **Payment via EFTPOS or Direct Deposit Account Name: HMC MEALS BSB: 637 000 Account Number: 713 770 Reference: Invoice Number or Name**

HAPPY BIRTHDAY CORNER

Heather J 2 December John M 7 December
Beth G 3 December Raymond H 7 December
Frank B 3 December Miroslava K 8 December
Maria T 4 December Dzierzyslawa J 8 December
Edward Q 7 December



Joke of the Week

Q: How do you invite Santa to a party?

A: You request his presents!



Garden News 2 December 2024

This week we are preparing some **Mini Succulent Gardens** which will be available and suitable for Christmas Gift Giving – so place your orders as to NOT miss out. Prices will be variable depending on size.

We still have many Plants for Sale, suitable for garden, pots & hanging baskets including Tree Dahlia Tubers **for sale \$5.00 each!!**, This week we have added Yellow/Orange Canna Lillies, “Egyptian Walking Onions” (use like Spring Onions), Oregano, Amaryllis Bulbs, Isabella Grape Vines (Heritage), Borage plants (necessary to attract the Bees & *the Borage Flowers are edible*), Bush Tucker Plants & Herbs, so come on over and check out what we have to offer and **sample our Lemon Myrtle Tea or Cordial** !!. Many Fresh Herbs & Bay Leaves, including Native ones for sale. **Happy Gardening Everyone!!**

I am usually in the Garden on Wednesday, Thursday & Saturday – or by appointment on other days, so why not call in to see what we have **growing & have For Sale**

Margaret – HMC Garden Co-ordinator – 0413 229 740
westwick1@dodo.com.au
 & Jay – HMC Garden Manager



Calendar of Observances

6 December – Sinterklaas Day
 8 December – Bodhi Day



Did you know?

Are looking for a great gift idea for the holiday season? Did you know we have published authors in the HMC Community? The books are for sale at HMC Office!

Beneath the Shadows of Mount Molly Morgan - \$65
 Alek Schulha



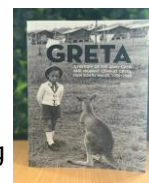
Cut: 10 Years Of the Stencil Art Prize - \$50
 Jacinta Fintan



Freedom to Belong - \$25
 Elsa A. Licumba PhD



Greta - \$25
 Christopher Keating



Thank you to the following Companies for their on-going support in our day to day operations **Bluey's Tyre, Exhaust and Mechanical PTY LTD Waratah**



Seniors Day Out

Join us for
Morning tea at The Grumpy Baker,
followed to do shopping at The Junction Fair
Newcastle a 200m walk via Glebe Rd, and
lunch at The Green Roof Hamilton.

Thursday 5th December 2024

DEPARTURE TIME 9:00AM FROM HMC **Lunch Special**
RETURNING BY 3:00PM AT HMC **\$16 - \$18 per person**

Please note
Max only 25 spots

Bookings Required
(020 49608248
2a Platt Street, Waratah

JOIN US FOR

Christmas Eve Party

THURSDAY | **19 DEC** | AT 10AM - 2PM

EAGLE ROCKS DANCE LIVE MUSIC
DRINK - FOOD - RAFFLE GAMES-
LUNCH \$15 PER PERSON
AT
HUNTER MULTICULTURAL COMMUNITIES HALL

BOOKINGS REQUIRED
(02)49608248

SENIORS DAY OUT

Join us for a trip to Nelson Bay,
where we will enjoy morning tea at
The Inner Light Tea Rooms, followed by
lunch at The Game O Bistro in Shoal Bay.

Thursday 16th of January 2025

DEPARTURE AT 8:45AM FROM HMC
RETURNING AT 3:30PM AT HMC

BOOKINGS REQUIRED
(02) 49608248
2A PLATT STREET, WARATAH

ACTIVITIES IN DECEMBER 2024

Let's celebrate the end of the year together at HMC!

- Friday 13** - LAST DAY for FRIDAY GROUP, LAST DAY for COMMUNITY SHED
- Monday 16** - LAST DAY for WALKING GROUP, Senior Outing to Queen's Wharf
- Tuesday 17** - LAST DAY for SOCIAL SUPPORT GROUP
- Wednesday 18** - LAST DAY for SOCIAL SUPPORT GROUP
- Thursday 19** - CHRISTMAS PARTY! OPEN TO ALL CLIENTS (RSVP by midday 13 Dec)
- Friday 20** - NO GROUPS

MONDAY 23 DEC - FRIDAY 3 JAN:
Office closed during this period.
Community Garden open 9am-12pm Mon-Fri

PH: (02) 4960 8248
2A Platt Street, Waratah
www.huntermulticultural.org.au
*note: bookings are required for Outings

ACTIVITIES IN JANUARY 2025

Let's celebrate the beginning of the new year together at HMC!

- MONDAY 6** - MEAL DELIVERY SERVICE RETURNS
- Thursday 16** - Special Senior's Outing NELSON BAY
- Monday 20** - ALL SOCIAL SUPPORT GROUPS RETURN

MONDAY 6 JAN - FRIDAY 10 JAN
Mystery Outing!
Details to be advised.

We're looking forward to a new year with all of you!
Happy Holidays and Happy New Year!

See you in 2025!
PH: (02) 4960 8248
2A Platt Street, Waratah
www.huntermulticultural.org.au

Stay at home for as long as possible with the help of the Hunter Multicultural Communities



The Hunter Multicultural Communities is an all-inclusive organisation catering to the needs of people in the community who are over 65.

We offer a safe environment where you can make friends and have a nutritional multicultural 3 course meal.

Come along to our Social Support Groups!
Monday to Friday at the Hunter Multicultural Communities premises.
2A Platt St Waratah (opposite Waratah Train Station)

Our Services also include:

- **Social Groups** – activities, outings, special days, exercise, music, art, high tea, Port Stephens, Morisset, Waratah, Maitland
- **Individual Support** – shopping, outings, visiting
- **Flexible Respite** – in-home, community access
- **Individual Transport** – appointments, outings
- **Multicultural Meals Delivery** – 3 course meals delivered
- **Multicultural Friendship Groups** – Kurri/Cessnock, Maitland, Raymond Terrace, Salamander Bay
- **Community Garden**
- **Community Shed**



If you would like to attend a group or are interested in any of our other wonderful services please call 4960 8248
Find out more on Visit huntermulticultural.org.au



There's a fun, free and easy way to feel happy and healthy. It's walking! Come along to our regular walks to meet new friends and boost your health.

Join your local walking group at the date and time below:

Group: Hunter Multicultural Communities

When: Mondays - 9:00am to 11:00am

Where: 2A Platt St Waratah NSW

Morning Tea Included

Organiser: Lorryn Scholl & Adriana Hamemann 4960 8248

Visit walking.heartfoundation.org.au to register or for more information

Project's Supported by



KEY DATES FOR SOCIAL SUPPORT SERVICES

DECEMBER 2024

Friday 20 - LAST DAY for SOCIAL SUPPORT, TRANSPORT & FLEXIBLE RESPITE

MONDAY 23 DEC - FRIDAY 3 JAN:

Office closed during this period.
For access to Social Support, Transport, and Flexible Respite during this period, please contact Mackenzie BEFORE the office closes to book a spot. Bookings are essential. If Mackenzie is unable to take your call, please call the office.

JANUARY 2025

Monday 13 - SOCIAL SUPPORT, TRANSPORT & FLEXIBLE RESPITE RETURN



MACKENZIE PH: 0425 090 670
OFFICE PH: (02) 4960 8248



2A Platt Street, Waratah
www.huntermulticultural.org.au

1-15 December 2024
Fort Scratchley, Newcastle

#WITH LOVE TO UKRAINE



ARTIST
BLACKSMITH'S
ASSOCIATION NSW

Blacksmiths of the world with
the hope for peace in Ukraine



#with love to ukraine

Blacksmiths around the world have been making crosses to express their hope for peace for Ukraine.

This gesture came about when, shortly after the war began, in 2022, the Ukrainian blacksmith, Sergiy Polubotko, received a cross from his Slovak colleague, Daniel Micles. The cross carried the inscription "for peace and hope for Ukraine".

It gave Sergiy the idea to ask all the blacksmiths around the world to make a cross to commemorate the many victims of the war in Ukraine. The call #WITH LOVE TO UKRAINE resulted in over 200 crosses made of steel, about 500 mm high, combined with copper, bronze or brass, sent from 27 countries. The crosses are made with passion, creativity and craftsmanship, with warm hands and hot hearts and have a soul. The exhibition is travelling around and departed to Norway, and from there, to the Netherlands, Belgium, Sweden and beyond.

Australian blacksmiths had the honour of hosting Sergiy Polubotko, a highly esteemed blacksmith worldwide, when he was invited to run the masterclass at the Artist Blacksmith's Association NSW "Forging in July" event in Port Macquarie in 2012.

THE EXHIBITION RUNS FROM 1 Dec to 15 Dec 2024 IN "THE BARRACKS" AT THE HISTORIC LOCATION OF FORT SCRATCHLEY IN NEWCASTLE

Open from 10am to 4pm (closed Tuesdays) **Free admission**

Official Opening at 12noon
on Sunday 1st December



LAST WEEK IN PICTURES at HMC



STAFF MEMBERS FOR OCTOBER AND NOVEMBER – MACKENZIE AND LONNY



CONGRATULATIONS
Mackenzie and Lonny



**MENU 6:
Week 4 :2-6
December 2024
Orders Close 22
November**

Monday: 2 December

Entrée: Mild Mexican
Corn Soup

Main: Chicken and Leek
Pie with Sweet Potato
Mash and Veg

Dessert: Pancakes with
Maple Syrup and Cream

Tuesday 3 December

Entrée: Chicken
Shawarma

Main: Grilled Fish with
Side Salad and Sweet
Potato Wedges

Dessert: Scones with
Jam and Cream

**Wednesday: 4
December**

Entrée: Bacon &
Tomato Soup

Main: Pastitsio, Salad
and Wedges

Dessert: crème brûlée?

Thursday: 5 December

Entrée: Mushroom &
Spinach Crepe with Side
Salad

Main: Honey Garlic Pork
with Chats and Veg

Dessert: Apple Tea Cake

Friday: 6 December

Entrée: Pea and Mint
Soup

Main: Roast Lamb Dinner

Dessert: Fresh Fruit
Salad

Disclaimer: menu subject to change without notice
Disclaimer: While all care is taken, Please be aware that
our food may contain or be exposed to common allergens,
such as dairy, eggs, wheat, soybeans, tree nuts, peanuts,
fish, shellfish or wheat

**MENU 6:
Week 1 :9-13
December 2024
Orders Close 29
November**

Monday: 9 December

Entrée: Fish Cakes with
Side Salad

Main: Lambs Fry and
Bacon with Mash and
Veg

Dessert: Banana Cake

Tuesday 10 December

Entrée: Chicken and
Rice Soup

Main: Roast Pork
Dinner

Dessert: Fresh Melon

**Wednesday: 11
December**

Entrée: Frittata with
Side Salad

Main: Chermoula Fish
Parcels with Vegetables

Dessert: Petit Fours

**Thursday: 12
December**

Entrée: Minestrone
Soup

Main: Southern Fried
Chicken, Warm Potato
Salad and Veg

Dessert: Profiteroles

Friday: 13 December

Entrée: Miso Soup

Main: Beef Teriyaki,
Noodles and Veg

Dessert: Red Velvet
Cake.

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**MENU 6:
Week 2 :9-13
December 2024
Orders Close 6
December**

Monday: 16 December

Entrée: Roast Pumpkin
Soup

Main: Sweet & Sour Pork
with Rice and Veg

Dessert: Jellied Fruit

Tuesday 10 December

Entrée: Caesar Salad
with Egg

Main: Corn Beef, Mash,
Cabbage, Vegetable and
White Sauce

Dessert: Pavlova

**Wednesday: 18
December**

Entrée: Charcuterie
Board

Main: Roast Turkey and
Baked Ham with Baked
Potato, Baked Pumpkin,
Gravy, Cranberry Sauce

Dessert: Christmas
Pudding with Brandy
Flavoured Custard.

MEALS RESUME

MONDAY 6 JANUARY

2025 on Week 2.

Please call the office

on 4960 8248 by 18

December 2024 if

**there are any changes
to your order.**

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