

Newsletter

Weekly messages and meals

Issue 225: 16 Dec 2024 – 5 January 2025



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.



The year that was....

Can you believe we are saying goodbye to 2024? This year saw a changes within the organisation, with our CEO and Business Development Manager moving on. Our current Acting CEO Rebecca has worked diligently and has continued to do an amazing job at the helm and we look forward to all the amazing things that are in store for HMC in 2025.

Social Support Groups Tuesday – Wednesday and Friday: Our Groups are continuing to grow with our clients enjoying their time in the hall with new friendships being made.

Seniors Day Out: Saw over **2000 bookings** for our weekly events of exploring our region! We had 41 weeks of fun and frivolity with friendships made along the way!

Meal Service: Our Meal Service sent out over **8100 meals** during our operational dates, a massive effort from our Kitchen and Support Staff from Flexible Options.

Walking Group: Our walking group started in July with an amazing **300% increase by December!**

Community Garden: The Garden turned 10 this year, with Margaret at the helm, along with Hayden. Margaret has been busy creating these amazing mini succulent gardens plus pot plants and herb sale for last minute gifting – please see the Garden for pricing. The Garden is opened until 23 December.



Community Shed: The Shed has been busy throughout the year, doing projects within the community, and having fun in the process! The Shed has made equipment for our friends at Tilly's Childcare and

Multicultural Friendship Group: Lucia has continued hosting our MFG program in the Kurri Kurri, Cessnock, Maitland and Salamander Bay areas on a rotating schedule.

Centre Based Respite and Flexible Respite: in 2025 we will be focussing on building our services in these areas.

Transport: Our transport was very popular this year and we are at capacity for new clients. We will continue providing transport to all our current clients to meet their individual needs.

Youth Nations: Our Youth had some great outings this year, including, ice skating, and Fire Pit Movie Night while their Coordinator Marwa completed her bachelor studies in Dental Hygiene.

For more information on all our services, please contact our office on 4960 8240 – on behalf of HMC, we wish you all a wonderful break and enjoy this time spent with loved ones!



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

colourworks



HMC were Grant Recipients from the following organisations; with their extra funding we are able to continue with services and special projects. Thank you to the following organisations!



Thank you to the following businesses that supported HMC throughout the year with hosting, gifting and being awesome.



Special Mention to all Individuals who contributed personally for our prize pools





The Bulletin Board



HAPPY BIRTHDAY CORNER

Antonia S 16 December	Rosario P 1 January
Judith T 17 December	Rosemary K 1 January
Steven S 18 December	Lynne H 3 January
Dianne L 19 December	Jelena G 4 January
Luz S 20 December	Patricia C 4 January
Susan H 20 December	Paul R 4 January
Brian N 21 December	Elizabeth R 5 January
Sally M 22 December	Fikreta T 5 January
Isobel H 25 December	
Danuta S 26 December	
Maria P 26 December	
Carmel B 27 December	
Annie M 29 December	

Calendar of Observations

- 16-24 Dec – Las Posadas
- 18 Dec – International Migrants Day
- 24 Dec – Christmas Eve
- 25 Dec – Christmas
- 25 Dec – 2 January Hanukkah
- 26 Dec – 1 January – Kwanzaa
- 31 Dec – New Years' Eve
- 1-2 Jan – Feast of St Basil
- 1 January – New Year Day

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

Hunter Multicultural Communities
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

Inner Light TEA ROOMS

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

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

Join us as a Volunteer



Would you like to make a difference in your community?

- At Hunter Multicultural Communities we value the contributions of our volunteers.
- The benefits of volunteering with us include:
 - Meet new people and make a difference in your community
 - Enjoy a free lunch with the group (fresh 3 course meal)
 - Volunteer recognition program
 - Free training and ongoing support
 - Volunteers are covered by insurance
 - Subsidised expenses relevant to duties
- If you are interested to volunteer your time to help us with other members of your community, we would love to hear from you.
- To find out more and register call Hunter Multicultural Communities on **4960 8248**



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 Gardens
- 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 [f](https://www.huntermulticultural.org.au) Visit [huntermulticultural.org.au](https://www.huntermulticultural.org.au)

2025 MEAL SERVICE

<p>MENU 6: Week 2 :16 -18 December 2024 Orders Closed</p> <p>Monday: 16 December Entrée: Roast Pumpkin Soup Main: Sweet and Sour Pork with Rice and Veg Dessert: Jellied Fruit</p> <p>Tuesday 17 December Entrée: Chicken and Rice Soup Corned Beef with Mash Potato, Cabbage, Vegetable and White Sauce Dessert: Pavlova</p> <p>Wednesday: 18 December Entrée: Charcuterie Selection Main: Roast Turkey, Baked Ham, Roast Potato and Roast Pumpkin with Vegetables, Gravy and Cranberry Sauce Dessert: Christmas Pudding with Brandy Flavoured Custard</p> <p><small>Disclaimer: menu subject to change without notice</small></p> <p><small>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</small></p>	<p>MENU 6: Week 2: 6-10 January 2025 Orders Close: Thursday 19 December 2024</p> <p>Monday: 6 January 2025 Entrée: Roast Pumpkin Soup Main: Sweet and Sour Pork with Rice and Veg Dessert: Jellied Fruit</p> <p>Tuesday 7 January Entrée: Chicken and Rice Soup Corned Beef with Mash Potato, Cabbage, Vegetable and White Sauce Dessert: Pavlova</p> <p>Wednesday: 8 January Entrée: Red Lentil Soup Main: Roast Chicken Dinner with Roast Potato and Roast Pumpkin with Vegetables, Dessert: Fruit Salad</p> <p>Thursday: 9 January 2025 Entrée: Green Vegetable Soup Main: Lamb Souvlaki with Greek Salad and Tzatziki Dessert: Coffee Cake</p> <p>Friday: 10 January 2025 Entrée: White Bean Soup Main: Crumbed Fish with Mash Sweet Potato and Veg Dessert: Pannacotta with Passionfruit Coulis</p> <p><small>Disclaimer: menu subject to change without notice</small></p> <p><small>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</small></p>	<p>MENU 6: Week 3: 13-17 January 2025 Orders Close: Thursday 19 December 2024</p> <p>Monday: 13 January 2025 Entrée: Mushroom Arancini Main: Parmesan Crusted Fish with Gnocchi and Vegetables Dessert: Custard Tart</p> <p>Tuesday: 14 January 2025 Entrée: Carrot and Coconut Soup Main: Honey Soy Chicken Stir Fry with Hokkien Noodle and Vegetables Dessert: Strawberry Shortcake</p> <p>Wednesday: 15 January Entrée: Tuna Pasta Salad with Vinaigrette Dressing Main: Mild Lamb and Spinach Curry with Vegetables and Steamed Potato Dessert: Ricotta and Pear Tart</p> <p>Thursday: 16 January 2025 Entrée: Potato & Leek Soup Main: Roast Beef Dinner Dessert: Fresh Melon</p> <p>Friday: 17 January 2025 Entrée: Chicken Noodle Soup Main: Pork San Choy Bow Dessert: Chocolate Mousse</p> <p><small>Disclaimer: menu subject to change without notice</small></p> <p><small>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</small></p>	<p>MENU 6: Week 3: 20-24 January 2025 Orders Close: Friday 10 January 2025</p> <p>Monday: 20 Jan 2025 Entrée: Mild Mexican Corn Soup Main: Chicken & Leek Pie with Vegetables Dessert: Pancakes with Maple Syrup and Cream</p> <p>Tuesday: 21 Jan 2025 Entrée: Chicken Shawarma Main: Grilled Fish with Side Salad and Sweet Potato Wedges Dessert: Scones with Jam and Cream</p> <p>Wednesday: 22 Jan Entrée: Bacon & Tomato Soup Main: Pastitsio with Salad and Wedges Dessert: Crème Brulee</p> <p>Thursday: 23 Jan 2025 Entrée: Mushroom & Spinach Crepe Main: Honey Garlic Pork, with Chats and Veg Dessert: Apple Tea Cake</p> <p>Friday: 24 Jan 2025 Entrée: Pea & Mint Soup Main: Roast Lamb Dinner Dessert: Fresh Fruit Salad</p> <p><small>Disclaimer: menu subject to change without notice</small></p> <p><small>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</small></p>
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2024 in Pictures – Oh! What Fun!







