

NEWSLETTER



Messages and Meals for 3-7 Feb 2025



The HMC acknowledges the Traditional Custodians of Australia, and that our office is on Awabakal land. We pay our respect to Elders past, present and emerging, and extend that respect to all Aboriginal and Torres Strait Peoples, with their connections to land sea, and community.



HMC Highlights!

WELCOME BACK!!

Our office is now back to full capacity, as Staff had a staggered start to the new work year! While we had some down time, we had manual handling training, and planning days to further enhance your experiences and ensuring our staff are up to date with training.

Our Meals program started back on 6 January and we are now on Menu 7 Week 2.

Social Support Individual returned mid January with support given to our most vulnerable, Mackenzie did an amazing job, rostering and ensuring our clients were looked after.

Our Seniors Day Out returned, late January with our Nelson Bay trip being altered due to the storm that caused power outages throughout the Hunter Region. Over 25 + people enjoyed catching up and explored the Honeysuckle area. We hope you all were safe and well, during the weather event.

Our Monday walking group, explored the Newcastle Foreshore and ventured to 3 Sicilians' at Stockton for lunch with Lonny, Emmy and Gayle.

All our Social Support Groups for Tuesday, Wednesday and Friday returned from 21 January with many reports of laughter and fun with people getting reacquainted after the break.

Youth Nations: Our Youth are back together with day trips catering to 15-25 Year olds, with their first event to Sydney in the last week of January.

Our Acting CEO, Rebecca had the honour of being part of the Australia Day Citizenship Ceremony, welcoming 91 citizens to Australia from 31 Countries.

Birthday Corner!

1 February - James W

1 February - Teresa F

2 -February - Cecily B

2 February - Esad Z

2 February - Narelle O

2 February - Youcef H

5 February - Ismet T

6 February - Margaret C



Joke of the Week!

Q:How does NASA plan a party?

A: They planet...





Calendar of Observances

February

6: Waitangi Day
 12: Makha Bucha
 12: Lantern Festival
 14: Valentine's Day

15: Nirvana Day
 20: World Day of Justice
 21: International Mother Language Day
 24: Masnytsia

26: Maha Shivaratri
 27: Start of Ramadan
 28: Tibetan New Year



GARDEN NEWS

Well here we are, nearly at the end of January already!!

The weather has been horrendous over the past 2 weeks and has NOT been kind to the Chickens, Gardeners or the Plants, the Garden look like a disaster area and will take another week to undo the damage caused and get back to normal. We have many Plants for Sale, suitable for garden, pots & hanging baskets for sale \$5.00 each!!, 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!!

Children's Gardening Workshops. During the past 3 weeks I have held Children's Garden Workshops with most of the Children coming each week.

Week 1: "Seed Raising" - Sweet Corn & Snow Peas - Plus Egyption Walking Onions.

Week 2: "Making a Mini Succulent/Cacti Garden

Week 3: "Edible Flowers" Potted up a Callendular Plant (Petals are edible & used in Salads etc).

The Children have been so attentive and excited and have been bringing me some fantastic photos of their fast growing plants. Last week 2 very excited Tilly & Augie showed me some photos of their plants that they propagated in the October Workshops - they are looking great. The children fed the Chickens, gathered & feasted on the "Tiny Tom Tomatoes", planted some Sweet Corn & Snow Pea Seeds and learnt about the "Egyptian Walking Onions" and potted up some to take home & grow in their own Garden.

I can't wait until the next school Holidays to do it all again!!

I am working on a Special Project at the moment and looking for Dried Seed Pods, Gumnuts, Gum Leaves, Bark etc. especially Natives. If you have some growing or you go on Bush Walks etc. and find any, I would love to receive them. Place them in a paper bag with your Name & Contact No (so I can thank you) and drop them off to the Office or Garden for me. Thank you to the ones who have already done so

I am usually in the Garden 9am to 2.00pm on Wednesdays, Thursdays & Saturdays or by appointment at other times.

Margaret - HMC Garden Co-ordinator - 0413 229 740 westwick1@dodo.com.au

& Jay - HMC Garden Manager

Bluey's Tyre, Exhaust and Mechanical PTY LTD
Waratah

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02 4960 8248 / Waratah Community Reserve, 2a Platt St, WARATAH NSW 2298

office@huntermulticultural.org.au / www.huntermulticultural.org.au /

Find us on FaceBook f / Find us on Instagram



Bulletin Board



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**




HUNTER MULTICULTURAL COMMUNITIES

WEEKLY ACTIVITIES

MON 10AM-1PM	Walking group & light lunch, Community Garden, Community Shed
TUE 9AM-2PM	Social group, Community Garden, Community Shed
WED 9AM-2PM	Social group, Community shed (supervised), Community Garden
THUR TIMES VARY	Social Group Outing, Community Garden, Community Shed
FRI 9AM-2PM	Social group, Community Garden, Community shed (supervised)

ph: 4960 8248

2A PLATT ST, WARATAH.
WWW.HUNTERMULTICULTURAL.ORG.AU

note: Bookings are required for Thursday Social Group Outings

Scores on Doors

Hygiene and food safety

Excellent

★★★★★




Walking together towards a healthier heart

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: Lonny Scholl & Adriana Hannemann 4960 8248

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



NEPALESE COMMUNITY OF NEWCASTLE PRESENTS

HOLI MELA

LIVE BAND | DANCE
FOOD | LIVE DJ | DRINKS



RENOWNED ARTIST / LOCAL ARTIST

13TH MARCH | 1PM
2A Platt St, Waratah NSW 2298

VENUE: Hunter Multicultural Communities Inc

SCAN QR CODE, BE A MEMBR & GET 25% OFF TICKET PRICE



Tickets offer

- \$20 FOR NON-MEMBER
- \$15 FOR MEMBER

CONTACT: NCON977@GMAIL.COM

0412793986, 0406247122, 0451667051, 0414554823, 0415252937, 0410305575, 0452667387

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 Group! 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 - Kum/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 www.huntermulticultural.org.au

Seniors' Days Out!


SENIORS DAY OUT
EDOGAWA COMMEMORATIVE GARDEN & GOSFORD REGIONAL GALLERY TOUR
 THURSDAY 6TH
 FEBRUARY 2025

JOIN US FOR A TOUR OF EDOGAWA COMMEMORATIVE GARDEN & GOSFORD REGIONAL GALLERY TOUR. FOLLOWED BY MORNING TEA AT THE TOP POINT CAFÉ AND LUNCH AT THE RAILWAY HOTEL.

LEAVING HMC AT 8:45 AM	RETURN TO HMC AT 6:50 PM	\$20 LUNCH
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BOOKINGS ARE ESSENTIAL ON
 (02) 49608248 OR
 2A PLATT ST WARATAH


Seniors' Day Out
MORNING TEA AND LUNCH
 Thursday 13 Feb, 2025



\$18 Lunch Specials!

LEAVING HMC AT 8:45AM.
 RETURNING TO HMC AT 8:30PM

JOIN US FOR MORNING TEA AT THE WICKHAM BOATSHED, AND THEN FOR LUNCH AT THE YOUNG STREET HOTEL.

BOOKINGS ARE ESSENTIAL
 PH: (02) 4960 8248
 ADDRESS: 2A PLATT ST WARATAH


SENIORS' DAY OUT
AT WYEE NURSERY
THURSDAY 20 FEBRUARY 2025

Join us for a self-guided tour of Wye Nursery to look at the greenery! Morning tea will be at Benny's Café at the nursery, and lunch will be at Tempt, Doyle for \$17.

Leaving HMC at 8:45am, and returning at 3:30pm.



BOOKINGS ESSENTIAL
 ph: (02) 4960 8248
 2A Platt St WARATAH


SENIORS' DAY OUT
MORNING TEA, MORPETH DELI, & LUNCH
THURSDAY 27 FEB 2025

Please join us for morning tea at Common Ground, followed by a visit to Morpeth Deli and lunch at The Commercial Hotel!
 Lunch specials are \$17!



LEAVING HMC AT 8:45AM.
 RETURNING TO HMC AT 3:00PM

BOOKINGS ARE ESSENTIAL
 PH: (02) 4960 8248
 ADDRESS: 2A PLATT ST WARATAH

Call our office to secure your spot!
(02) 4960 8248



Last month at HMC!



Weekly Menu

Week 2, 3-7 February 2025

Orders Closed:

Monday 3 Feb 2025

E: Cauliflower and Tahini Soup (V)

M: Beef Stroganoff with Mash and Vegetables

D: White Chocolate Mud Cake (V)

Tuesday 4 Feb 2025

E: Zucchini Slice (V)

M: Chicken Parmigiana with Potato Bake and Vegetables

D: Pavlova (V)

Wednesday 5 Feb 2025

E: Potato and Leek Soup

M: Roast Pork Dinner

D: Sticky Date Pudding with Butterscotch Sauce (V)

Thursday 6 Feb 2025

E: Tomato, Olive and Feta Pasta (V)

M: Sesame Crusted Tofu with Broccoli and Rice (V)

D: Lemon Cheesecake (V)

Friday 7 Feb 2025

E: Mushroom Soup (V)

M: Lamb Ragu with Mash and Vegetables

D: Strawberry Panacotta (V)

Week 3, 10-14 February 2025

Orders Closed:

Monday 10 Feb 2025

E: Artichoke Pesto with Pasta (V)

M: Steamed Fish with Soy and Ginger, with Vegetables and Rice

D: Cinnamon and Vanilla Rice Pudding (V)

Tuesday 11 Feb 2025

E: Vegetable and Barley Soup (V)

M: Beef Goulash with Pasta and Vegetables

D: Apple Turnover with Cream (V)

Wednesday 12 Feb 2025

E: Vegetable and Cottage Cheese Frittata (V)

M: Lamb Moussaka with Vegetables and Sweet Potato Mash

D: Pineapple Upside Down Cake (V)

Thursday 13 Feb 2025

E: Pumpkin Soup (V)

M: Roast Chicken Dinner

D: Chocolate Cake with Whipped Cream and Chocolate Icing (V)

Friday 14 Feb 2025

E: Roasted Pumpkin, Feta and Spinach Crepes with Side Salad (V)

M: Pork Adobo with ash and Vegetables

D: Caramel Tart and Cream (V)

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