

NEWSLETTER

Meals and Messages for 9 - 15 June 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!

Another amazing week within the HMC!

- We hope you all had a wonderful long weekend for the King's Birthday public holiday!
- Last week we held the Active Stronger Better classes on Monday AND Tuesday to make up for the public holiday! Next week, it will be Stretching and Balance with Annette!
- Tuesday 3rd of June was Mabo Day!
- On Thursday, a group of our clients enjoyed a scenic drive around Belmont and lunch at the Tinta.
- HMC has a new sign out the front! Have you seen the new message on it...?
- HMC has changed it's bank details! For more details, see more information in this newsletter.
- We are still accepting volunteer drivers for our meal service! See more information on the Bulletin Board below, as well as our Facebook & Instagram!
- HMC is upgrading it's carpark! If you would like more details or to have your say about the upgrades, see more information in this newsletter or visit the News & Events tab on our website!
- If you would like to join our birthday list or subscribe to our email, please email:
office@huntermulticultural.org.au

Birthday Corner!



9 June	Brian S
9 June	Barbara C
10 June	Gwenyth O
11 June	Rozalia L
11 June	Hector D
11 June	Elsie B
12 June	Tom P
13 June	Elisa S
14 June	Barbara K
14 June	Shirley B
14 June	Yvonne T
15 June	Sharyn G

Volunteer Birthdays!

11 June	Michele M
11 June	Bryan M

Joke of the Week!

How did the hipster burn his tongue?



He drank his coffee before it was cool!

Calendar of Observances: May

1-30: Pride Month
1-3: Shavuot
2: Italian Republic Day
3: Mabo Day
4-9: The Hajj (Pilgrimage) to Mecca, Saudi Arabia
4: World Environment Day
6-10: Eid al Adha
8: Pentecost
8: World Oceans Day

12: Philippines Independence Day
15-21: Refugee Week
20: World Refugee Day
20: Matariki (Māori Lunar New Year)
22: World Rainforest Day
25: Croatia Independence Day
27: Al Hijri (Islamic New Year)
30: Red Nose Day



GARDEN NEWS

9 June 2025

Last Wednesday it was "Winter with a Vengeance", with its icy cold winds & rain.

Looking forward to a few days of Sunshine during this week.

My car is still out of action and a big Thankyou to the HMC Staff & Volunteers who have been picking me up getting me home safely these past weeks.

Produce for Sale

We still have some Sweet Potato, Trombochinni, Silver Beet, Galangal, Shallots, Lemon Grass and a variety of Fresh or Dried Herbs (European & Native Bush Food) for sale from \$2.00 packet. Also some Kent Pumpkins (whole – from \$4.00, half- from \$2.00 or quarters from \$1.00), depending on size).

There are a range of Potted Plants & Pots, Mini Succulent gardens for sale too. Also jars of "Propagating Honey" for \$4.00. Use this when propagating your favourite plants & shrubs instead of the Expensive Commercial Gels & Powders on the market.

June & July are going to be very busy in the Garden with lots of Bookings, Workshops & Visits to & from Tilley's 1 & 2 as well as the construction of our new Chicken Coop. Newcastle City Council's "Children's Composting Workshop" in July & in August, Ncle. CC will be holding a Backyard Chickens Workshop" a first for the HMC!!! ALSO I will be again holding School Holiday Garden Workshops for our "HMC Junior Volunteers" on Wednesdays, Thursdays & Fridays during those 2 weeks. Application Forms will be available from next week.

I will be in the in the Garden this week 9am to 2.00pm on Tuesday, Wednesday, Thursday & Friday.

Keep Safe & Dry Everyone!!

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

& Jay – HMC Garden Manager

Bluey's Tyre, Exhaust and
Mechanical PTY LTD
Waratah

colourworks

THANK YOU TO
OUR SUPPLIERS!



Flexible Options
where you really want to be

E.W.H.
FOOD SERVICES

GSR AUTO TEK
FLEET SERVICING

Initial
The Experts in Hygiene

IRON
MOUNTAIN®

JOB LINKplus

PSP
www.portpack.com.au

Slick Chicks
POULTRY & GAME SPECIALIST

Tenambit
Butchery

TimeIT
solutions

THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

TWP
The Water Place

Williams
PREMIUM WHOLESALERS

02 960 8248 / Waratah Community Reserve, 2a Platt St, WARATAH NSW 2298

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

Find us on FaceBook / Find us on Instagram



Bulletin Board



Cancer Lived Experience Survey

20 minutes of your time can change the future of cancer care



If it matters to you it matters to us

Take part in this national cancer experience survey and help us build a future where survival isn't dictated by cancer type, postcode or financial means.

Why participate?

- Your voice drives real change. Findings will be used to improve services for people with cancer
- A better experience for all. Findings will help us to advocate for equal access to care for everyone, regardless of their cancer type, location, or finances

Who can take part?

- Any adult, living in Australia, who:
 - currently has cancer
 - has had cancer in the past
 - is the primary carer for a person with cancer
 - has cared for someone who had cancer who has died

Brought to you by Rare Cancers Australia www.rarecancers.org.au



HUNTER MULTICULTURAL COMMUNITIES

WEEKLY ACTIVITIES

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

ph: 4960 8248

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

note: Bookings are required for Social Group Outings

Scores on Doors
Hygiene and food safety

Excellent



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: Lanny Scholl & Adriana Hannemann 4960-8248

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



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 3 course meal.

Come along to our Social Support Group! Meets 1st 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, Murrumbidgee, 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 - Kurni/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

hmc Hunter Multicultural Communities



VOLUNTEERS NEEDED

We're looking for friendly, reliable volunteers to help **deliver meals** to people in our community who need a little extra support

BENEFITS

- ✓ Give back to the community
- ✓ Flexible Commitment
- ✓ Volunteer Experience



Volunteers call 4960 8248
to get in touch!

Seniors' Days Out!



hmc
Hunter Multicultural Communities

SENIORS' DAY OUT
Trip to Belmont
Thursday 5 June 2025

BOOKED OUT

Departing HMC at 8:30AM
Returning to HMC at 3:00PM

ONLY 33 SPOTS! BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A PlattSt WARATAH 2298



hmc
Hunter Multicultural Communities

SENIORS' DAY OUT
TRIP TO BONNELLS BAY
Thursday 12 June 2025

BOOKED OUT

Departing HMC at 8:30AM
Returning to HMC at 3:30PM

ONLY 33 SPOTS! BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A PlattSt WARATAH 2298



hmc
Hunter Multicultural Communities

Seniors Day Out
Murrook Culture Centre
Thursday 19th June 2025

BOOKED OUT

Departure from HMC: 8:30am
Return to HMC: 3:00pm

Bookings Essential! Only 33 Spots!
Ph: (02) 4960 8248
2A Platt St WARATAH 2298



hmc
Hunter Multicultural Communities

SENIORS' DAY OUT
RESCUE HELICOPTER BASE
TUESDAY 24th JUNE, 2025

Join us for a trip to Broadmeadow where we will visit the Westpac Rescue Helicopter Service for morning tea and tour the base! Entry is \$15 per person!

Then we will have lunch at Northern Star Hotel in Hamilton!

Departing HMC at 9:00am
Returning to HMC at 3:00pm

ONLY 10 SPOTS!
BOOKINGS ESSENTIAL!
PH: (02) 4960 8248
2A PLATT ST WARATAH 2298

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

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

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

Find us on Facebook  / Find us on Instagram 

ACTIVE STRONGER BETTER CLASSES

JUNE 2025 at HMC

Tuesday 3rd June, 11:30am - 12:10pm

Stretch and balance with Annette

Monday 9th June - KING'S BIRTHDAY

No class due to Public Holiday

Tuesday 17th June, 11:30am - 12:10pm

Stretch and balance with Annette

Monday 23rd June, 11:00am - 11:45am

Dance Fit with Jess

CALL HMC TO BOOK

Ph: (02) 4960 8248

2A Platt Street WARATAH 2298



MULTICULTURAL EVENT
Community Festival

INVITING ALL COMMUNITIES

15TH JUNE 2025
11AM - 4PM

HUNTER MULTICULTURAL COMMUNITY CENTRE
2A PLATT STREET, WARATAH, NSW 2298

LIVE BBQ COFFEE CAKES HALWA PURI	LIVE BOLLYWOOD CONCERT BY SASH BOYS	CLOTHES JEWELLERY ART & CRAFT KIDS ACTIVITIES
---	--	--

TRADITIONAL STREET FOOD

FUN FOR THE WHOLE FAMILY
FOR STALL INQUIRIES & BOOKINGS
MSG 0434286892



BUILDING WOMEN'S CAREERS EMPOWERHER PATHWAYS



Come and join us to
promote this amazing
program that has just
been launched to
promote young women
into a career!



MONDAY 16TH JUNE

4:00PM - 5:30PM

2A PLATT ST WARATAH

REFRESHMENTS PROVIDED

RSVP BY 11TH JUNE



MULTICULTURAL
MORNING TEA

17TH JUNE 2025
11AM-1PM

A SELECTION OF SANDWICHES AND SWEET TREATS
AS WELL AS TEA AND COFFEE

JOIN WESLEY MISSION'S CARE FINDER
PROGRAM & HMC'S CARER SUPPORT GROUP
FOR A FREE COMMUNITY MORNING TEA TO
CELEBRATE REFUGEE WEEK

BELLBIRD COMMUNITY HALL PARK
2A CROSSING STREET, BELLBIRD NSW 2325

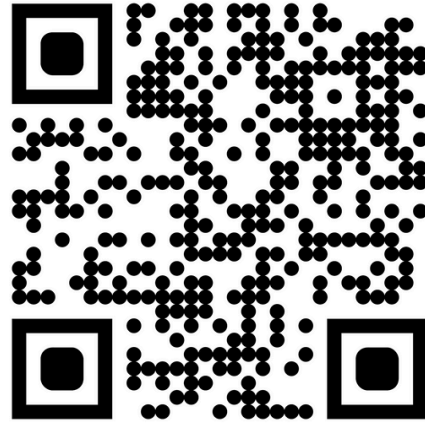


wesley mission
driven to do more good



HMC is upgrading it's carpark! If you would like to have your say, scan the QR code below to fill out a feedback form, or get a physical copy of the feedback form from Reception.

The option to provide feedback will close at 5pm on the 26th of June.



HAVE YOUR SAY

HMC New Bank Details

We have sent out the invoices for the month of May, and if you have already received yours, you may have noticed that our banking details have changed.

A few of our clients have called to confirm that these details are correct, and we would like to make sure everyone is aware of the change.

Below are our new bank details.

BSB: 325 185

Acc: 041 477 44

**Name: Hunter Multicultural
Communities**



HMC Photos!



Celebrating Rosemarie's Birthday 3/06/25!



*Bus trip to Belmont for a scenic drive
5/06/2025*



Weekly Menu

Week 4, 9 - 13 June
Orders Closed

Monday 9 June 2025

KING'S BIRTHDAY

**NO MEAL SERVICE FOR
THE PUBLIC HOLIDAY**

Tuesday 10 June 2025

E: Mild Thai Chicken Salad

M: Lamb Shank with Mash Potato,
Seasonal Vegetables, Roast Tomato and
Herb Sauce

D: Spiced Pear and Date Crumble Tart
(V)

Wednesday 11 June 2025

E: Carrot and Coconut Soup (V)

M: Pork Schnitzel with Warm Potato
Salad and Seasonal Vegetables

D: Scone with Jam and Cream (V)

Thursday 12 June 2025

E: Zucchini and Corn Fritters with Side
Salad and Tomato Chutney (V)

M: Curry Beef Sausages with Steamed
Rice and Seasonal Vegetables

D: Oreo Cheesecake (V)

Friday 13 June 2025

E: Cream of Chicken Soup with Croutons
(V)

M: Roast Lamb with Roast Potato,
Pumpkin, Seasonal Vegetables and
Gravy

D: Mixed Berry Panna Cotta (V)

Week 1, 16 - 20 June 2025
Orders Closed

Monday 16 June 2025

E: Quiche Lorraine with Side Salad (V)

M: Lamb & Rosemary Sausages with
Caramelised Onion and Gravy, Mash
Potato and Seasonal Vegetables

D: Peach Cobbler with Custard (V)

Tuesday 17 June 2025

E: Miso Soup (V)

M: Pork Roast with Roast Potato,
Pumpkin, Seasonal Vegetables, Apple
Sauce and Gravy

D: Carrot Cake with Cream Cheese
Frosting (V)

Wednesday 18 June 2025

E: Mushroom Arancini with Tomato
Relish (V)

M: Baked Fish with Couscous and
Seasonal Vegetables

D: Lemon Meringue Pie (V)

Thursday 19 June 2025

E: Roast Pumpkin Soup (V)

M: Chicken Schnitzel with Herbed Chats,
Seasonal Vegetables and Dianne Sauce

D: Sticky Orange Cake (V)

Friday 20 June 2025

E: Penne Carbonara

M: Sweet & Sour Pork with Steamed Rice
and Vegetables

D: Custard Tart (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