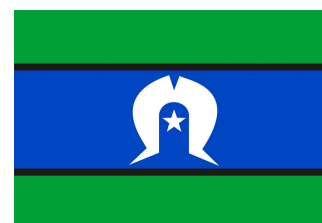


NEWSLETTER

Meals and Messages for 23 - 29 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!

- Last Monday, our walking group enjoyed a stroll along the break wall! See more pictures below!
- On Monday afternoon, HMC hosted a women's empowerment session focused on building women's careers!
- Last Tuesday, Annette lead the Active Stronger Better class in Stretching and Balance on Tuesday! This week, Jess will be leading Dance Fit on Monday!
- Tuesday morning was also the Multicultural Morning Tea held in honour of Refugee Week.
- On Thursday, a group of our clients travelled to the Murrook Cultural Centre to enjoy some history and art.
- 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!



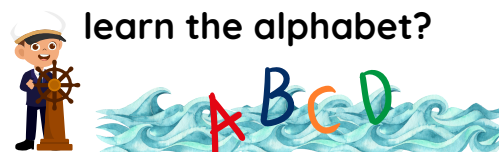
23 June	Lili M
23 June	Leslie N
26 June	Anne C
28 June	Anne W
28 June	Ines P
29 June	Maria D
29 June	Navilia D

Staff & Volunteer Birthdays!

24 June	Rebecca S
27 June	Matilda N

Joke of the Week!

Why couldn't the bad sailor learn the alphabet?



Because he always got lost at "C"!

Calendar of Observances: June

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

23 June 2025

Much better weather through the week, and the Plants, Chickens Visitors & the Gardeners made the most of it.

The last weeks we welcomed Tee to our band of Volunteers so welcome and we look forward to working with you.

Wednesday we had a visit from members of Nova Care Men's Groups of Swansea & Belmont they enjoyed a picnic Morning Tea and a Tour of the Garden, then checked out the Community Shed before having a delicious Lunch in the Hall. Students & their Teacher from Callaghan Waratah Campus returned to assist in weeding a couple of Garden Beds and learnt about "Good Weeds – Bad Weeds" & made friends with the Chickens feeding them the "Good Weeds". I look forward to them joining us again next Wednesday.

Thursday, I had a visit with James from "Challenge Community Services" who are looking for activities for their clients to participate in. We then had a tour of the Garden and discussed the many aspects their clients could take part in. I will be discussing this venture with Rebecca when she returns from her Trip.

Saturday Andrew & his Drumming in the Park celebrated the "Winter Solstice" at the Fire Pit.

Produce for Sale

We still have some Sweet Potato, Trombochinni, Galangal, Shallots, Lemon Grass and a variety of Fresh or Dried Herbs (European & Native Bush Food) for sale from \$2.00 packet. Also still have a few 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 including Herbs & Pots, Mini Succulent gardens for sale too. Jars of Lemon Marmalade & 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, & 2 :Ltrs Worm Juice to feed your plants..

June & July are going to be very busy months 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 are ready & available now & will be sent out to all on my mailing List..

I will be in the Garden this week 9am to 2.00pm on Wednesday, Thursday & until 1pm Sat.

Keep Safe & Well Everyone!!

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

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Mechanical PTY LTD
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Bulletin Board



Scores on Doors
Hygiene and food safety

Excellent
★★★★★

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

Patient Support
support@rarecancers.org.au
P: 1800 207 500

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



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

Proudly Supported By



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 Town Square)

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

Find us on Facebook <https://www.facebook.com/hmc.huntermulticulturalcommunities> / Find us on Instagram <https://www.instagram.com/hmc.huntermulticulturalcommunities>



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

RESCUE HELICOPTER BASE
TUESDAY 24TH JUNE, 2025

BOOKED OUT

Rescue Helicopter Base
tea and tour the base. Low
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



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Hunter Multicultural Communities

SENIORS' DAY OUT

Trip to Norah Head
Thursday 26 June 2025

BOOKED OUT

Norah Head Light House
Light House Bistro! Lunch specials

DEPARTING HMC AT 8:30AM
RETURNING TO HMC AT 3:30PM

Optional Tour of the Light House:
First Level - 24 Steps for \$5.00
Second Level - 96 Steps for \$10

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



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Hunter Multicultural Communities

Seniors' Day Out

Trip to Maitland
Thursday 3rd July, 2025

Join us for a trip to Maitland where we will have morning tea at The Orange Tree Café. Then we will visit the Earth Markets, where we can buy fresh produce and see a free cooking demonstration and tasting. Then we will have lunch at Imperial Hotel, where the lunch specials are \$17!

Departing HMC at 8:45am
Returning to HMC at 3:30pm

PLEASE NOTE: The cooking demonstration is subject to cancellation if there is bad weather

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



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Hunter Multicultural Communities

Seniors Day Out

The Lock Up
Thursday 10th of July 2025

Join us for a trip to Newcastle, where we will visit The Lock Up! There is morning tea there for \$5 per person, and plenty of art to see around the gallery space! Afterwards, we will go for lunch at The Albion Hotel, where the lunch specials are \$18!

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

ONLY 33 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 /

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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

Carpark Upgrades Have your say

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

Info About Free Bowel Cancer Screening Test Kits

The Cancer Institute NSW has launched a campaign to motivate people aged 50 to 74 to do the free test when they receive it in the mail. People aged 45 - 49 can request a kit.

For more information about the campaign and the free kit, please scan the QR code below to be taken to Cancer Institute NSW's website, or search this link:

<https://www.cancer.nsw.gov.au/dothetest/>



HMC Chicken Coop Launch



Join us for morning tea in our community garden to celebrate the launch of our new chicken coop which has kindly been supported by Orica.

10am, Monday 30 June 2025
Hunter Multicultural Communities
2A Platt Street, Waratah



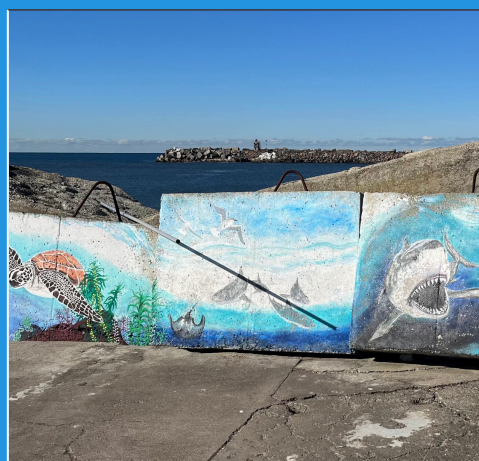
The HMC Community Garden is getting a new coop for our chickens! Please come along for the launch at 10AM on 30th of June!



HMC Photos!



Monday Walking Group!
16/06/25

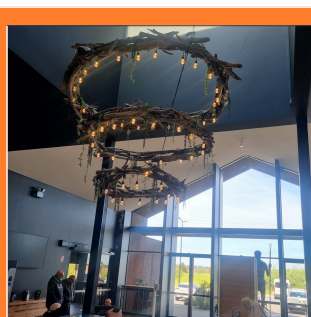




HMC Photos!



*Bus trip to Murrock Culture Centre!
19/06/25*



What a wonderful
week at HMC!



*Salamander Bay Group celebrating
Philippines Independence Day!*

Weekly Menu

Week 2, 23-27 June 2025

Orders Closed

Monday 23 June 2025

E: Chicken and Vegetable Soup

M: Mild Chilli con Carne with Steamed Rice and Seasonal Vegetables

D: Bavarian Chocolate Cake (V)

Tuesday 23 June 2025

E: Vegetable Pasta Salad (V)

M: Shepherds Pie topped with Mash Potato, with Seasonal Vegetables

D: Pavlova (V)

Wednesday 23 June 2025

E: Minestrone Soup (V)

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

D: Pineapple Cake with Cream (V)

Thursday 23 June 2025

E: Crumbed Chicken Tenders with Side Salad and Aioli

M: Corn Beef, Mash Potato, Seasonal Vegetables and White Sauce

D: Sticky Date Pudding with Butterscotch Sauce (V)

Friday 23 June 2025

E: Potato, Leek and Bacon Soup

M: Pork Steak with Mustard Cream Sauce, Potato Chats and Seasonal Vegetables

D: Apple Strudel and Custard (V)

Week 3, 30 June - 4 July 2025

Orders Closed

Monday 30 June 2025

E: Spaghetti and Meatballs in Napolitana Sauce

M: Pan Fried Chicken with a White Wine Sauce, Saute Potato and Seasonal Vegetables

D: Berry Cheesecake (V)

Tuesday 1 July 2025

E: Creamy Vegetable Soup (V)

M: Beef Lasagne with Sweet Potato Wedges and Seasonal Vegetables

D: Coconut Sponge Cake with Buttercream Icing (V)

Wednesday 2 July 2025

E: Bacon and Corn Chowder

M: Lamb Stew with Chats and Seasonal Vegetables

D: Fruit Salad with Fresh Cream (V)

Thursday 3 July 2025

E: Mushroom Soup (V)

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

D: Steamed Golden Syrup Pudding and Custard (V)

Friday 4 July 2025

E: Warm Roast Pumpkin, Caramelised Onion and Feta Salad (V)

M: Country Chicken & Bacon Pie with Mash Potato and Seasonal Vegetables

D: Jellied Fruit

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