

NEWSLETTER



Meals and Messages for 30 June - 6 July 2025

Issue 248



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 nice weekend!
- Last Monday, Jess lead the Active Stronger Better class in dance Fit! This week, Annette is doing Stretching and Balance on Tuesday!
- Tuesday last week was our CEO's birthday! Happy Birthday Rebecca!
- On Tuesday, 10 of our clients went to Broadmeadow to visit the Wespac Rescue Helicopter Base and had the opportunity of looking around a real helicopter!
- On Thursday this week, the bus trip was to Norah Head for a scenic drive and an optional tour of the Norah Head Light House!
- This Monday, 30th of June, we are launching our Community Garden's BRAND NEW CHICKEN COOP! Thank you to we have our monthly Volunteer Information Session! Come to the HMC hall at 2:30pm if you're interested in becoming a volunteer and would like to learn more! Our next info session for potential volunteers is on the 28th of July.
- We are still accepting volunteer drivers for our meal service! See more information on the Bulletin Board below, as well as our Facebook & Instagram!
- If you would like to join our birthday list or subscribe to our email, please email:

office@huntermulticultural.org.au

Birthday Corner!



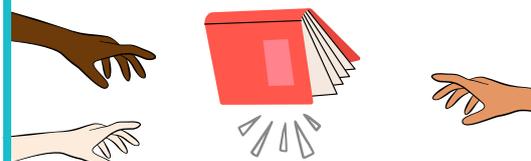
1 July	Judith B
2 July	Margo A
2 July	Edward S
2 July	Zora B
3 July	Maria Sofia S
3 July	Kas P
4 July	Elaine B
5 July	Kathleen Eva M
6 July	Patricia P
6 July	Gerald M
6 July	Marie B

Staff & Volunteer Birthdays!

3 July	Dennis R
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Joke of the Week!

What happens when you read a book about anti-gravity?



You can't put it down!

Calendar of Observances: July

1-31: Plastic Free July
1: Coming of the Light Festival
1: International Tartan Day
4: USA Independence Day
5-6 July: Ashura
6-13: NAIDOC Week
10: Asalha Puja (Dhamma Day)
11: World Population Day
12: Malala Day
14: Bastille Day

15: World Youth Skills Day
18: Nelson Mandela International Day
19-21: Karsa (Mandaean New Year)
20: National Pyjama Day
20: World Chess Day
21: National Lamington Day
26: World Mangrove Day
27: National Tree Day
28: World Conservation Day
30: International Day of Friendship



GARDEN NEWS

30 June 2025

The year is going so fast – tomorrow will be 1st July!!

Wednesday we had a return visit from Students & their Teacher from Callaghan Waratah Campus to assist in weeding some and will be back this week. Last visit for this term, looking forward to their return after the holidays.

Saturday our regular Medieval Group were at the Garden.

Monday 30th June 10.30am The official Opening by Orica of our new Chicken Coop.

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. Strawberry Plants \$1.00 each or 6 for \$5.00. 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.

July is going to be very busy months in the Garden with lots of Bookings, Workshops & Visits. Newcastle City Council's "Children's Composting Workshop" 13th July & on 2nd August a Backyard Chickens Workshop" a first for the HMC!!!

The Registration Forms for the School Holiday Garden Workshops for our "HMC Junior Volunteers" have been sent out & Registrations are already coming in. Application Forms are now available, so visit the HMC or the Garden to pick one up.

The HMC COMMUNITY GARDEN will again be celebrating NAIDOC WEEK 6th – 13th JULY.

On Tuesday I received the very sad news of the sudden Death of Sinaed our Wards Councillor on Newcastle City Council. Sinaed was a very regular visitor & customer to our Garden and on our "Friend of the Garden" List. Vale Sinaed Francis-Coan – Rest in Peace.

I will be in the Garden this week 9am to 1.00pm on Monday, 9am to 2.00pm Wednesday, Thursday, Friday & 9am - 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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Find us on Facebook / Find us on Instagram



Bulletin Board

We ndis



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

Patent Support
0800 237 600

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



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

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! Meets on Friday at the Hunter Multicultural Communities premises, 2A Platt St Waratah, New South Wales.

Our Services also include:

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

hmc Hunter Multicultural Communities

If you would like to attend a group or are interested in any of our other wonderful services please call 4960 8248



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!




Seniors' Day Out
Trip to Maitland
Thursday 3rd July, 2025

BOOKED OUT

Join us for a trip to Maitland where we will have a fresh produce 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




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

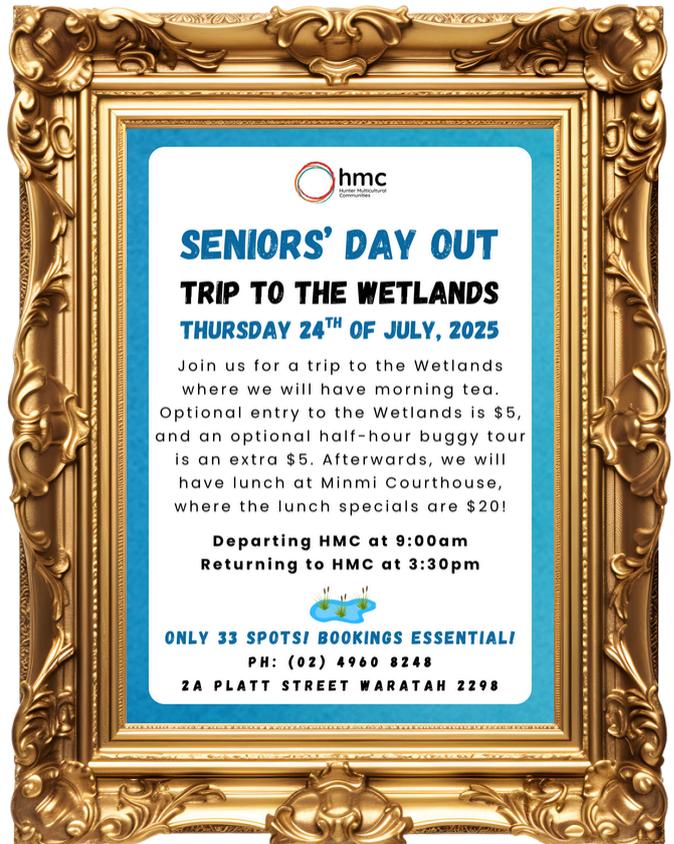



SENIORS' DAY OUT
Newcastle Cathedral
Thursday 17 July 2025

Join us for a trip to Newcastle Cathedral where we will have morning tea followed by a \$15 tour of the cathedral. Afterwards, we will go to the Mary Ellen Hotel for lunch, where the lunch specials are \$18.90!

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




SENIORS' DAY OUT
TRIP TO THE WETLANDS
THURSDAY 24th OF JULY, 2025

Join us for a trip to the Wetlands where we will have morning tea. Optional entry to the Wetlands is \$5, and an optional half-hour buggy tour is an extra \$5. Afterwards, we will have lunch at Minmi Courthouse, where the lunch specials are \$20!

Departing HMC at 9:00am
Returning to HMC at 3:30pm


ONLY 33 SPOTS! BOOKINGS ESSENTIAL!
PH: (02) 4960 8248
2A PLATT STREET WARATAH 2298

Call our office to secure your spot!

(02) 4960 8248



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



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!



Newcastle NAIDOC Community Festival

MONDAY 7th of July, 2025

Join us at Foreshore Park in Newcastle for this year's NAIDOC Community Festival. From 9am, there is a welcome, flag raising and a march to where the rest of the event takes place. Starting from 10am, the free festival consists of a Main Stage, Dreamtime Tent, Dancing Circle, Elders Tent, Mums and Bubs area, Sensory Zone, Rides, Free Sausage Sizzle and Food Vendors. For lunch, we're going to the Queen Wharf Hotel.



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

ONLY 12 SPOTS! BOOKINGS ESSENTIAL!

Ph: (02) 4960 8248

2A Platt St WARATAH 2298



CHRISTMAS IN JULY!

TUESDAY 22ND JULY 2025 & WEDNESDAY 23RD OF JULY 2025

HMC is doing Christmas in July!
Join us at the center for a special Christmas lunch, Bingo, karaoke, and a raffle!

9:00AM - 2:00PM
2A Platt St Waratah



LIMITED SPOTS AVAILABLE!
BOOKINGS ESSENTIAL!

Ph: (02) 4960 8248
2A Platt Street WARATAH 2298

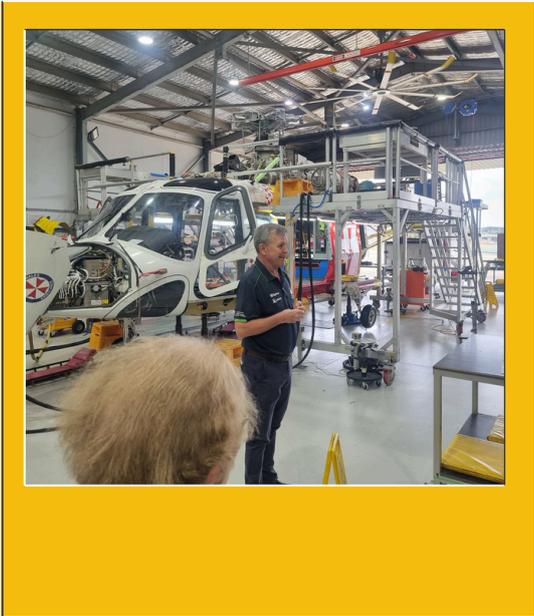




HMC Photos!



*Bus trip to the Wespac Helicopter Rescue Base!
24/06/25*



*Cake to celebrate Refugee Week!
24/06/25*



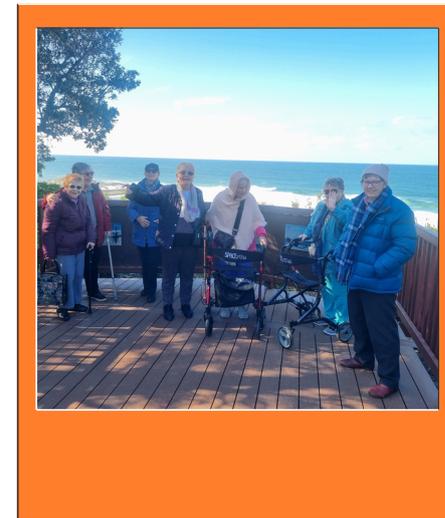
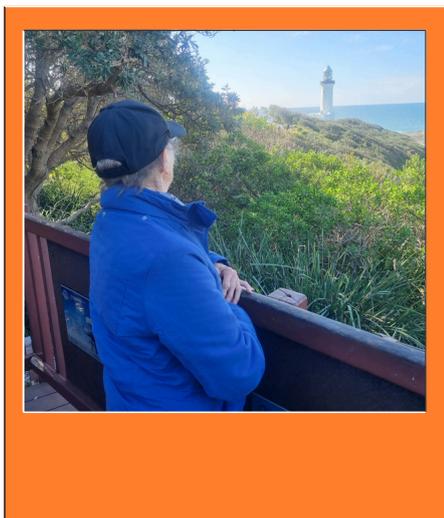
HMC Photos!



Our Wednesday Group enjoying some BINGO fun! 25/06/25



Bus trip to Norah Head! 26/06/25



Weekly Menu

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

Week 4, 7 - 11 July 2025

Orders Closed

Monday 7 July 2025

E: Vegetable and Barley Soup (V)

M: Beer Battered Fish with Thick Cut Chips, Seasonal Vegetables and Tartare Sauce

D: Mud Cake with Cream (V)

Tuesday 8 July 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 9 July 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 10 July 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 11 July 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)

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