

# NEWSLETTER

## Meals and Messages for 7 July - 13 July 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!

- On Monday we launched the HMC Community Garden's Brand New Chicken Coop! Thank you to Orica for sponsoring the coop and to Habitat Women for building it for us! Our chickens love their new space!
- On Monday our walking group went to Blackbutt Reserve and enjoyed the sights of colourful birds on their stroll.
- We also had our Volunteer Info Session on Monday, and met lots of wonderful candidates! Our next session is July 28<sup>th</sup>, come along if you're interested in volunteering!
- Tuesday 1<sup>st</sup> of July was the first day of group at our Mayfield center! A huge thank you to our staff and clients for making this possible!
- Last Week, Annette led Active Stronger Better in Stretching and Balance on Tuesday, this week Jess is leading Dance Fit on Monday!
- Last Thursday, some of our clients went on a bus trip to the Earth Markets in Maitland and enjoyed the sunny weather!
- This week is NAIDOC Week! We have celebrations and outings coming up, so be sure to check our flyers for more information!
- 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](mailto:office@huntermulticultural.org.au)

### Birthday Corner!



7 July	Lina P
9 July	Nancy B
9 July	Maria T
10 July	Allan L
10 July	Faustina G
10 July	Daniel M

#### Volunteer Birthdays!

7 July	Jesse C
10 July	Lyn Q

### Joke of the Week!

How did the telephone propose to his girlfriend?



He gave her a ring!

# 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

7 July 2025

On Monday 30<sup>th</sup>, the Gardeners & Staff welcomed Visitors to the official Opening of our new Chicken Coop which was sponsored by "Orica". The attendees were invited to partake in a delicious Morning Tea

### 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, Mini Succulent gardens for sale too. Jars of Lemon Marmalade \$5 & 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 give your plants a boost for Winter..

July is a very busy month 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" & all interested Children. Registrations are already coming in and Application Forms are available, so send me an email & I will send one out to you OR visit the HMC or the Garden to pick one up.

The HMC COMMUNITY GARDEN will again be celebrating NAIDOC WEEK 6<sup>th</sup> – 13<sup>th</sup> JULY. With Free Native Bush Food Tastings at the Garden all week!! So why not call in and try the delicious Food made from Native plants growing in our Garden.

I will be in the Garden this week 9am to 2.30pm on Monday, Tuesday, Wednesday, Thursday & Friday plus 9am – 10.30 am Sat.

Keep Safe & Well Everyone!!

Margaret – HMC Garden Co-ordinator – Phone 0413 229 740 [westwick1@dodo.com.au](mailto:westwick1@dodo.com.au)  
& Jay – HMC Garden Manager

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

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# 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

Patient Support  
[support@rarecancers.org.au](mailto:support@rarecancers.org.au)  
P: 1800 237 500

Brought to you by Rare Cancers Australia  
[www.rarecancers.org.au](http://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](http://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](http://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 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 - Kumi/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



### NSW MENTAL HEALTH AND WELLBEING STRATEGY Have Your Say

Click here or scan the QR code to contribute to the new NSW Mental Health and Wellbeing Strategy by completing the survey or providing a written submission.



## 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**  
**The Lock Up**  
**Thursday 10<sup>th</sup> 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 24<sup>TH</sup> OF JULY, 2025**

Join us for a trip to the Wetlands where we will have morning tea. There is an extra cost for the tour. 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

**BOOKED OUT**



  
**Seniors Day Out**  
**Poppy's Nursery**  
**Thursday 31<sup>st</sup> July 2025**

Join us for a trip to Poppy's Garden for morning tea at their cafe, the Verandah, and some lovely scenery! Then we will have a Christmas in July lunch at Survivors 'R' Us! The lunch special is \$20 and includes a main and dessert.

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

**ONLY 33 SPOTS! BOOKINGS ESSENTIAL!**  
Ph: (02) 4960 8248  
2A Platt Street WARATAH

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



# ACTIVE STRONGER BETTER CLASSES

JULY 2025 at HMC

**Tuesday 1<sup>st</sup> July, 11:30am - 12:10pm**

Stretch and balance with Annette

**Monday 7<sup>th</sup> July, 11:00am - 11:45am**

Dance Fit with Jess

**Tuesday 15<sup>th</sup> July, 11:30am - 12:10pm**

Stretch and balance with Annette

**Monday 21<sup>st</sup> July, 11:00am - 11:45am**

Dance Fit with Jess

**Tuesday 29<sup>th</sup> July, 11:30am - 12:10pm**

Stretch and balance with Annette

**CALL HMC TO BOOK**

Ph: (02) 4960 8248

2A Platt Street WARATAH 2298

## Newcastle NAIDOC Community Festival

**MONDAY 7<sup>th</sup> 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



**KEEPING BACKYARD CHICKENS**

**FREE WORKSHOP AT HMC COMMUNITY GARDEN  
SATURDAY 5<sup>TH</sup> OF AUGUST**

For more information, or to book your spot, scan the QR code below to the TryBooking page for the event!



### The Hippocrates Association

Invites you to a

## Special Luncheon

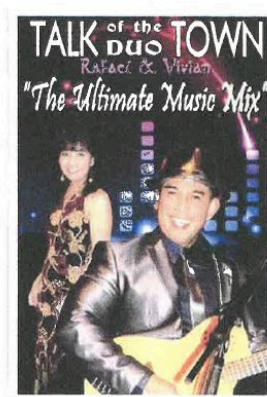
**Sunday 10<sup>th</sup> August 2025**

**12:00 midday**

**At The Hippocrates Function Centre,**

**30 Crebert Street, Mayfield**

**Tickets: \$40 (Children under 12yrs free)**



Live  
entertainment by  
Talk of the Town

Enjoy delicious  
Food  
Sweets  
Tea & coffee

**Join us for a great afternoon of music & dancing**

**Drinks may be purchased at the bar**

*Members and friends all welcome*

Tickets available by calling **0434 716619, 0410 597859**, any committee member or from the office at **Froniditha Care**





# HMC Photos!



Monday Group at  
Blackbutt! 30/6/25



The official launch of HMC  
Garden's BRAND NEW  
Chicken Coop! 30/6/25







# HMC Photos!



HMC is now  
managing the Italian  
Group at Mayfield,  
here are photos from  
the first day! 1/7/25



Bus trip to Maitland!  
3/7/25



# Weekly Menu

## 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)

## Week 1, 14 - 18 July 2025 Orders Closed

### Monday 14 July 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 15 July 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 16 July 2025

**E:** Mushroom Arancini with Tomato Relish (V)  
**M:** Baked Fish with Couscous and Seasonal Vegetables  
**D:** Lemon Meringue Pie (V)

### Thursday 17 July 2025

**E:** Roast Pumpkin Soup (V)  
**M:** Chicken Schnitzel with Herbed Chats, Seasonal Vegetables and Dianne Sauce  
**D:** Sticky Orange Cake (V)

### Friday 18 July 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