

NEWSLETTER

Meals and Messages for 14 - 20 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!

- We hope you all had a nice weekend and stayed warm during this frosty weather!
- On Monday, some of our clients visited the NAIDOC Community Festival in Foreshore Park!
- Last Week, Jess led Active Stronger Better in Dance Fit on Monday. This week, Annette is leading with Stretching and Balance On Tuesday!
- Last Thursday, some of our clients went on a bus trip to the The Lock Up! See photos below!
- Last Thursday our carpark began upgrades! The first lines have been painted on the concrete!
- 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!



14 July	Billie Ann G
14 July	Patricia C
14 July	Norma B
15 July	Bernie L
15 July	Patty S
17 July	Shui L
17 July	Silvano M
17 July	Dianne T
17 July	Ivana R
18 July	Franz S
19 July	Frances W
19 July	Marilyn W

Staff Birthdays!

18 July	Mackenzie S
19 July	Mariola K
20 July	Juanita G
20 July	Narelle J

Joke of the Week!

What goes up and down but doesn't move?



Stairs!

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

14 July 2025

This is a revised version of last week's Garden News. Please be advised that all garden workshops and activities for July have been cancelled until further notice.
Thank you.

Monday 30th June 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.

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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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 237 500

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: Lanny 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 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 - 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



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**
Newcastle Cathedral
Thursday 17 July 2025

Join us for a trip to Newcastle Cathedral. Afterwards, we will have lunch at 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

BOOKED OUT



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

Join us for a trip to the Wetlands for morning tea. There is an extra \$5.00 for lunch. We will have lunch at Minimi 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 31st 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



 **SENIORS' DAY OUT**
TRIP TO STOCKTON
THURSDAY 7TH OF AUGUST

Join us for a trip to Stockton, where we will enjoy morning tea at The Gladly, followed by an optional stroll and shopping trip. Then, we'll have lunch at The Three Sicilians, where the lunch specials are \$15!

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

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

JULY 2025 at HMC

Tuesday 1st July, 11:30am - 12:10pm

Stretch and balance with Annette

Monday 7th July, 11:00am - 11:45am

Dance Fit with Jess

Tuesday 15th July, 11:30am - 12:10pm

Stretch and balance with Annette

Monday 21st July, 11:00am - 11:45am

Dance Fit with Jess

Tuesday 29th July, 11:30am - 12:10pm

Stretch and balance with Annette

CALL HMC TO BOOK

Ph: (02) 4960 8248

2A Platt Street 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



KEEPING BACKYARD CHICKENS

**FREE WORKSHOP AT HMC COMMUNITY GARDEN
SATURDAY 5TH OF AUGUST**

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



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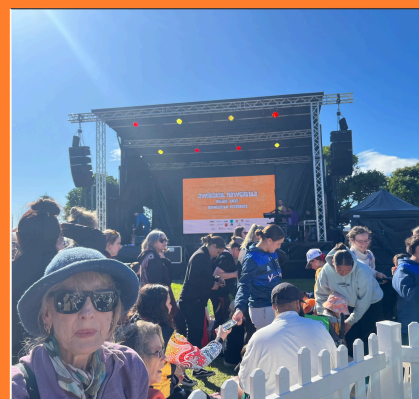
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HMC Photos!



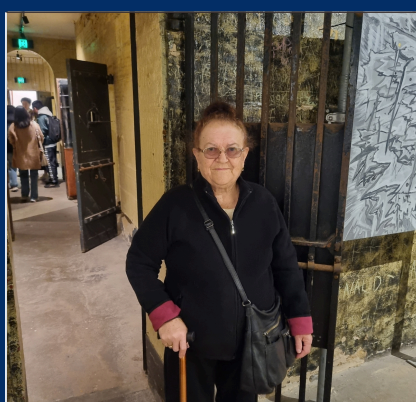
Photos from the NAIDOC
Community Festival! 7/7/25



HMC Photos!



Bus trip to The Lock Up!
Thursday 10/18/2025



Weekly Menu

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)

Week 2, 21 - 25 2025

Orders Closed

Monday 21 July 2025

E: Chicken and Vegetable Soup

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

D: Bavarian Chocolate Cake (V)

Tuesday 22 July 2025

E: Vegetable Pasta Salad (V)

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

D: Pavlova (V)

Wednesday 23 July 2025

E: Minestrone Soup (V)

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

D: Cake with Cream*** (V)

Thursday 24 July 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 25 July 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)

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

**PLEASE NOTE: FROM 21ST - 29TH JULY, THERE
WILL BE SLIGHT CHANGES TO THE MENU**