

NEWSLETTER

Meals and Messages for 21 - 27 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, our walking group had a nice walk at Stockton!
- Last week, Active Stronger Better was on Tuesday with Annette, this week it will be on Monday with Jess!
- On Wednesday, we had a group from Anglican Care come to visit us! And on Friday, a group from Novacare came to visit too!
- Last Thursday, some of our clients went on a trip to Newcastle Cathedral and had a tour of the grounds!
- Our carpark upgrades are almost finished! Thank you to our Community Shed for helping us make the carpark safer and more accessible!
- We are still accepting volunteer drivers for our meal service! See more information on the Bulletin Board below, as well as our Facebook & Instagram! Our next Volunteer Information Session is coming up in one week on the 28th of July! Come along if you're interested in volunteering!
- If you would like to join our birthday list or subscribe to our email, please email:
office@huntermulticultural.org.au

Birthday Corner!



21 July	Leslye D
22 July	Andrew M
23 July	Krystyna T
24 July	Anna L
24 July	Maria T
26 July	Darja F
26 July	Mark R
26 July	Coral-Lea M

Staff Birthdays!

25 July	Lucia B
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Joke of the Week!

What did the janitor say when she jumped out of the closet?



"Supplies!"

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

21 July 2025

Hi everyone,

No Garden News this week. Please enjoy some beautiful pictures of the Community Garden taken during sunny weather to get us through the chilly winter weather!



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Mechanical PTY LTD
Waratah

colourworks

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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

Patient Support
1800 250 600

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



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 Scholt & 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 Group! 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, Maitland, 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



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!



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.

Seniors' Days Out!



 **hmc**
Hunter Multicultural Communities

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

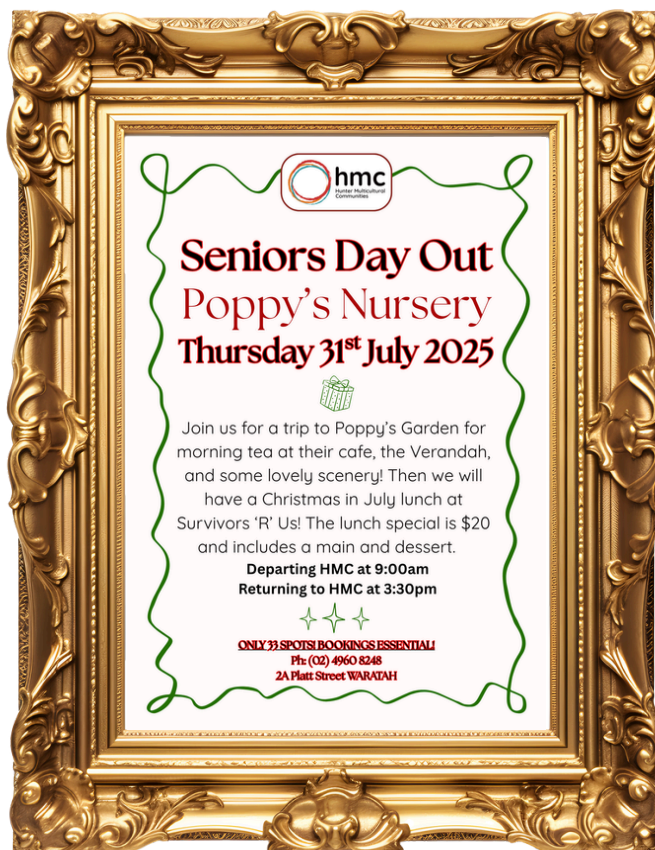
Join us for a trip to the Wetlands where we will have morning tea. The cost is \$5. There is an extra \$5 for lunch. We will have lunch at Minmi Court where the lunch specials are \$20!


BOOKED OUT

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




 **hmc**
Hunter Multicultural Communities

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



 **hmc**
Hunter Multicultural Communities

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



 **hmc**
Hunter Multicultural Communities

SENIORS' DAY OUT
Trip to Wallsend
THURSDAY 14TH OF AUGUST

Join us for a trip to Wallsend, where we will have morning tea at Lucio's, followed by an optional visit to all the stores in the Op Shop Trail. Then for lunch, we are going to Fire Station Hotel, 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 /

Find us on Facebook  / Find us on Instagram 

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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HMC Photos!



Anglican Care visiting HMC!
16/7/25



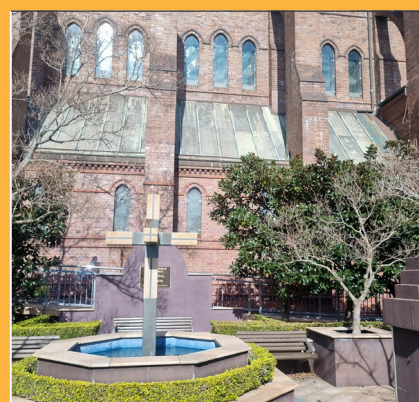
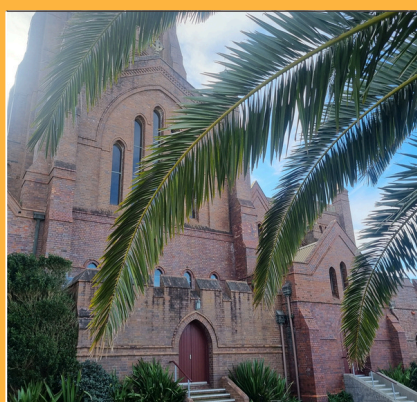
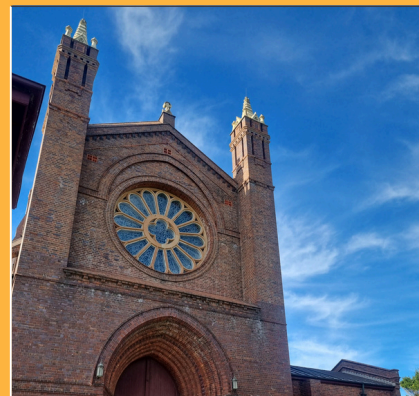
Thursday group with the
Christmas decorations
they made! 17/7/25



HMC Photos!



*Bus trip to
Newcastle
Cathedral, 17/7/25*



Weekly Menu

Week 2, 21 - 25 July 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)

Week 3, 28 July - 1 August Orders Closed

Monday 28 July 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 29 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 30 July 2025

E: Bacon and Corn Chowder
M: Lamb Stew with Chats and Seasonal Vegetables
D: Fruit Salad with Fresh Cream (V)

Thursday 31 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 1 August 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

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