

NEWSLETTER

Meals and Messages for 28 July -3 August 2025

Issue 252



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 week, Active Stronger Better was on Monday with Jess! This week it will be Stretching and Balance with Annette!
- On Tuesday and Wednesday, we celebrated Christmas in July with wonderful lunches and Christmas spirit!
- On Thursday last week, one of our clients turned 102 years old! Happy Birthday to Anna!
- Last Thursday, some of our clients went on a trip to the wetlands!
- Our carpark upgrades finished! A huge thank you to our Community Shed for making our carpark safer for everyone!
- 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!



28 July	Shirley F
28 July	Anne Christine J
29 July	Ian H
29 July	Freny M
29 July	Maria R
29 July	Raymond C
30 July	Kassandra F
30 July	Antionietta B
31 July	Ruth C
31 July	Adele O
1 August	Fahimeh S
1 August	Angelo R
1 August	Maylene D
1 August	Evelyn Ruth H

Staff & Volunteer Birthdays!

28 July	Suzanne Q
30 July	Stefano G

Joke of the Week!

What did the worker at the rubber band factory say when he was fired?



"OH, SNAP!"

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

28 July 2025

The year is going so fast – one day it's the 1st July & in a blink of an eye we are nearly at the end of July!!

It is great to be back in the Garden after 2&1/2 weeks break as I was spending precious time with my youngest Son who was very ill and on Life Support. Michael passed away 12th July in the John Hunter Hospital and his Funeral was held on Friday 18th July. Michael had suffered much pain for over 22 years after he had a horrific accident and now he is Pain free. He knew how much I loved gardening & the Chickens, however he never got the opportunity to see what we were achieving at the HMC.

On behalf of my 3 Sons, Bert, Jeffrey & Darrell, I wish to thank you for caring and for all the phone calls, emails & cards we have received.

Sadly I had to cancel the Naidoc Week Food Tastings & the Children's Holiday Workshops, so sorry, I will make it up to you next time.

Now it's back to work!! Saturday the Garden was host to our regular visitors from the Mordenvale Medieval Group plus a very Birthday Party for a 3yr old girl. She had her 2nd Birthday Party with us and wanted to have her Party her again with the Chickens.

Wednesday will see the return of the Students & their Teacher from Callaghan Waratah Campus to assist in weeding and learning about some of our unusual plants.

Saturday 2nd August 10am – 12pm – Newcastle City Council will be holding their Backyard Chicken Workshop, this is a first for the HMC- Limited spaces, so please book direct with the NCC Waste Services Unit – khiggins@ncc.nsw.gov.au. Or Phone 4974 6120.

Produce for Sale

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, & 2Ltrs Worm Juice to feed your plants..

I will be back in the Garden this week, 9am to 2.30pm Wednesday & Thursday, & 9am - 2pm 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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TWP
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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



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
0800 134 628
1800 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



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

Financially Supported By



Government of NSW

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 (between 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!

Warm and Efficient Homes

Keep the chill out and slash your energy bills this winter

Wednesday 30 July 2025
5.30pm - 6.30pm
City of Newcastle, 12 Stewart Avenue Newcastle West



Seniors' Days Out!


Seniors Day Out
Poppy's Nursery
Thursday 31st July 2025

BOOKED OUT

Join us for a morning of music and some lovely scenery. 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 AVAILABLE! 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


SENIORS' DAY OUT
Morning of Music in Windale
THURSDAY 14th AUGUST

Join us for a trip to Windale, where we will have a morning of music and morning tea at Windale Hub, seeing the Waratah Warblers sing in their choir! Then we will go to Lake Macquarie Tavern for lunch, where the lunch specials are \$15!

Departure from HMC at 9:00am
Return to HMC at 3:00pm

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


SENIORS' DAY OUT
Trip to Wallsend
THURSDAY 21st 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

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

Participate in Research

Researchers from the University of Newcastle are investigating how creative practices inform migrants' experiences of home in Australia. We are exploring traditional craft practices, how they support ongoing connections to a country of origin, how they may have changed or adapted since migrating, and how such practices help build community and experiences of place after arriving in Australia.

If you answer yes to the following, we would love to speak with you!

- Born overseas
- Over the age of 18
- Have a conversational level of English
- Currently living in the Greater Newcastle area (Newcastle, Lake Macquarie, Maitland, Port Stephens & Cessnock)
- Have lived or plan to live in Australia for more than 1 year (i.e. not on a working holiday or tourist visa)
- Practice a traditional craft (weaving, painting, knitting, crochet, textiles, woodwork etc)

What's involved?

- One on one research interview or small group conversation with friends/family. The interview will take approximately one hour and be conducted at a place and time convenient for you.
- Sharing an item that represents your creative practice to show the researcher at the time of the interview (this may be a finished piece of traditional craft, a tool used to make with, a pattern, materials or something else that represents your craft).

Where will it take place?

- In person at a location that is best suited to you, whether this is at a University campus, local café, park or home.

Interested in participating or more information? Please contact April Dimmock (PhD Student Researcher) via email on: April.Dimmock@uon.edu.au or phone: 0400 312 808.



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!



HMC PODCAST LISTENING SESSION

Proudly supported by



HMC'S MEAL DELIVERY PROGRAM

PODCAST LISTENING SESSION



Thursday 31 July

1:00-1:30pm

HMC Community Hall, 2A Platt Street Waratah

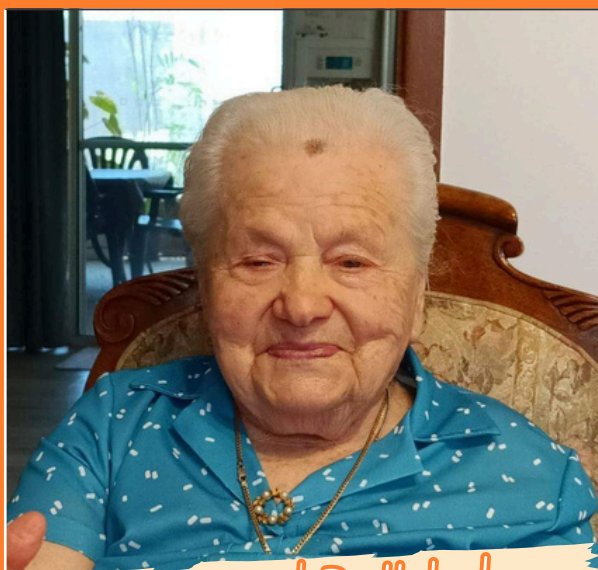
Join us for stories from our Meal Delivery Program Podcast Series — connecting culture, care, and community.

Tea, coffee & light refreshments provided. All welcome!





HMC Photos!



Anna's 102nd Birthday!
25/7/25



Christmas in July at HMC
22/7/25, 23/7/25

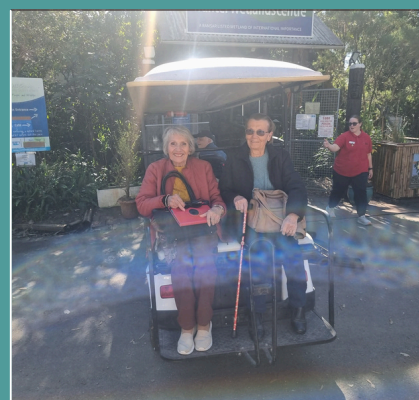




HMC Photos!



*Bus trip to the
Wetlands,
24/7/25*



*What a wonderful week
at HMC!*

Weekly Menu

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

Week 4, 4 - 8 August Orders Closed

Monday 4, August 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 5 August 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 6 August 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 7 August 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 8 August 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

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