

# NEWSLETTER

## Meals and Messages for 4 - 10 August 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!

- Last week, Active Stronger Better was on Tuesday with Annette! This week it will be Dance Fit with Jess on Monday!
- Last Monday, we held our monthly Volunteer Information Session! We had some lovely people come meet us! If you're interested in volunteering at HMC, our next info session is on the 25<sup>th</sup> of August!
- On Tuesday, some of our clients went on a trip to Port Macquarie!
- Last Thursday, some of our clients went on a trip to Poppy's Garden!
- 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!
- 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!



4 August	Georgia R
4 August	Oleksandra S
6 August	Maria-Luisa M
7 August	Mercedes B
7 August	Leon A
8 August	Christopher R
8 August	Ezio M
9 August	Fay J
10 August	Ida M
10 August	Peggy H
10 August	Lynette M

#### Staff & Volunteer Birthdays!

7 August	Hayden P
8 August	Callon M
10 August	Ruza R

### Joke of the Week!

What do you call a magician who has lost his magic?



**IAN!**

# Calendar of Observances: July



- 1: World Scout Day
- 1: World Wide Web Day
- 4: National Aboriginal and Torres Strait Islander Children Day
- 6: Hiroshima Day
- 9: Nagasaki Day
- 9: International Day of the World's Indigenous Peoples
- 9: Raksha Bandhan
- 15: Feast of the Assumption of the Blessed Virgin Mary
- 16: Krishna Janmashtami
- 18: Never Give Up Day
- 18: International Homeless Animal Day
- 18: Vietnam Veterans Day
- 24: Independence Day of Ukraine
- 25: Australian South Sea Islanders National Recognition Day
- 26-27: Ganesh Chaturthi



## GARDEN NEWS

4 August 2025

Here we are, it's August!!

Our Birthday Girl and her Friends had a wonderful Birthday Party in the Garden last Saturday, and 2 of her friends enjoyed it so much, they have booked the Garden to have their Parties with us & the Chickens.

On Saturday 2<sup>nd</sup> August – Newcastle City Council held their Backyard Chicken Workshop at the Garden, if you missed out just watch this space for details of the next one.

### 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. Variety potted Herbs & Strawberries @ \$2.00 each or 2 for \$3.00. A Selection of Indoor Plants – various prices.

This week in the Garden:

Wednesday: Students from Callaghan Campus to learn about Potting up Plants.

Saturday: Mordenvale Medieval Group, and Andrew & Drumming Circle.

I will be in the Garden this week, Wednesday 9am to 12 noon, Thursday & Sat 9am to 2pm.

**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**

Bluey's Tyre, Exhaust and  
Mechanical PTY LTD  
Waratah

**colourworks**

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OUR SUPPLIERS!



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**Williams**  
PREMIUM WHOLESALE

02 4960 8248 / Waratah Community Reserve, 2a Platt St, WARATAH NSW 2298

[office@huntermulticultural.org.au](mailto:office@huntermulticultural.org.au) / [www.huntermulticultural.org.au](http://www.huntermulticultural.org.au) /

Find us on FaceBook / Find us on Instagram





# Bulletin Board



## ActiveStrongerBetter Classes at Hunter Multicultural Communities



### Classes

#### August

Monday 4th 11-11:45am: Dance Fit with Jess  
 Tuesday 5th 11:30-12:10pm: Stretch and Balance with Annette  
 Tuesday 12th 11:30-12:10pm: Stretch and Balance with Annette  
 Monday 18th 11-11:45am: Dance Fit with Jess  
 Tuesday 19th 11:30-12:10pm: Stretch and Balance with Annette  
 Tuesday 26th 11:30-12:10pm: Stretch and Balance with Annette

#### September

Monday 1st 11-11:45am: Dance Fit with Jess  
 Tuesday 2nd 11:30-12:10pm: Stretch and Balance with Annette  
 Tuesday 9th 11:30-12:10pm: Stretch and Balance with Annette  
 Monday 15th 11-11:45am: Dance Fit with Jess  
 Tuesday 16th 11:30-12:10pm: Stretch and Balance with Annette  
 Tuesday 23rd 11:30-12:10pm: Stretch and Balance with Annette  
 Monday 29th 11-11:45am: Dance Fit with Jess  
 Tuesday 30th 11:30-12:10pm: Stretch and Balance with Annette

Proudly funded by NSW government



## 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\*

Scores on Doors  
Hygiene and food safety

Excellent



**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](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 (between 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 - Kurn/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

Find us on Facebook, Instagram, and Twitter



## 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!



**hmc**  
Hunter Multicultural Communities

**SENIORS' DAY OUT**  
**TRIP TO STOCKTON**  
**THURSDAY 7<sup>TH</sup> OF AUGUST**

**BOOKED OUT**

Join us for a trip to Stockton, where we will have a morning of 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**  
**Morning of Music in Windale**  
**THURSDAY 14<sup>TH</sup> 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



**hmc**  
Hunter Multicultural Communities

**SENIORS' DAY OUT**  
**Trip to Wallsend**  
**THURSDAY 21<sup>ST</sup> 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



**hmc**  
Hunter Multicultural Communities

**SENIORS' DAY OUT**  
**Visiting Blackbutt Reserve**  
**THURSDAY 28<sup>TH</sup> OF AUGUST**

Join us for a trip to Blackbutt Reserve where we'll have morning tea at their café, Durk's Café and Eatery followed by an optional stroll around the park. For lunch, we will be going to Blackbutt Hotel, where the lunch specials are \$20!

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

**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

AUGUST 2025 at HMC

Monday 4<sup>th</sup> August, 11:00am - 11:45am  
Dance Fit with Jess

Tuesday 5<sup>th</sup> August, 11:30am - 12:10pm  
Stretch and balance with Annette

Tuesday 12<sup>th</sup> August, 11:30am - 12:10pm  
Stretch and balance with Annette

Monday 18<sup>th</sup> August, 11:00am - 11:45am  
Dance Fit with Jess

Tuesday 19<sup>th</sup> August, 11:30am - 12:10pm  
Stretch and balance with Annette

Tuesday 26<sup>th</sup> August, 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](mailto:April.Dimmock@uon.edu.au) or phone: 0400 312 808.



**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!



# SENIORS' DAY OUT Trip to Elmore Vale Tuesday 16<sup>th</sup> of September



Join us for a trip to Elmore Vale where we will have morning tea at Elmore Vale Community Centre for Scone Time! This is a free event where you can have some scones and tea while meeting new friends! Afterwards, we will go to lunch at Elmore Vale Hotel, where the lunch specials are \$18!

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



**ONLY 10 SPOTS AVAILABLE! BOOKINGS ESSENTIAL!**

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

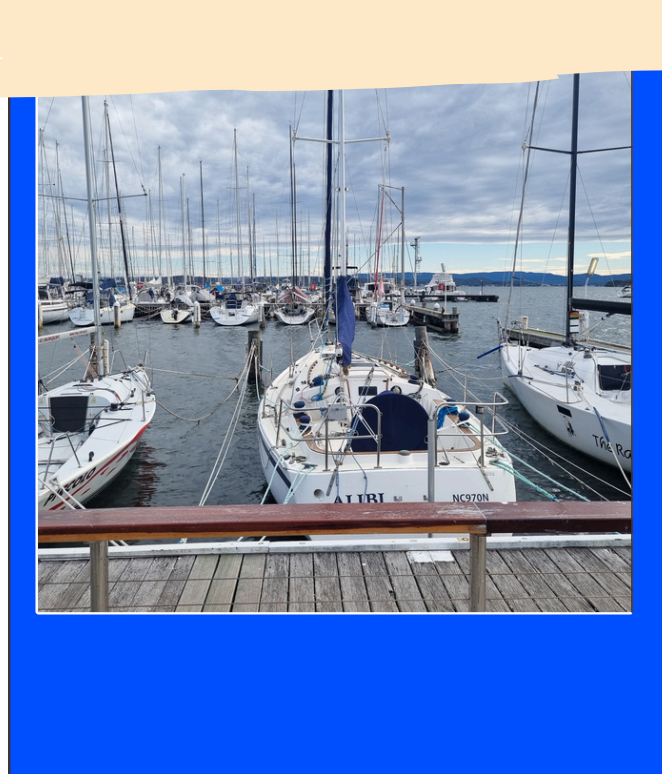
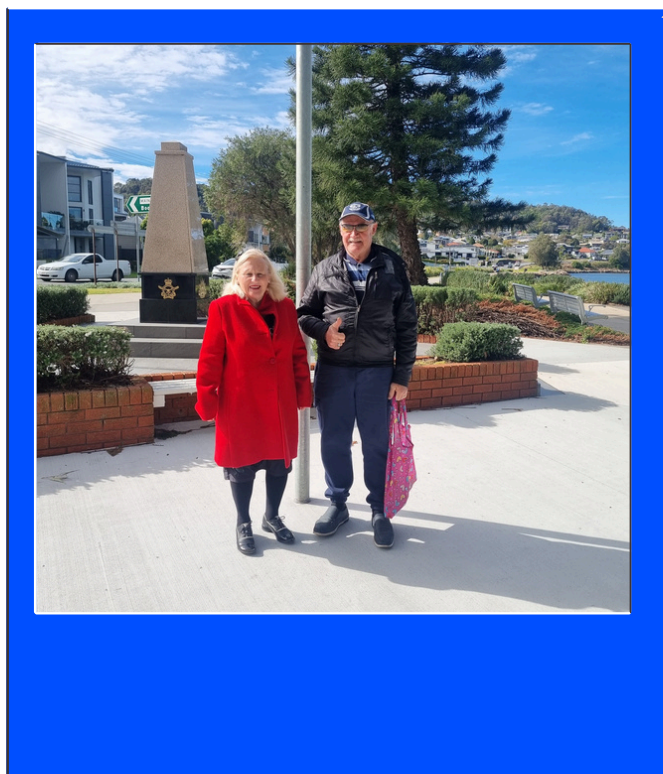




# HMC Photos!



*Outing to Lake Macquarie  
29/07/25*







# HMC Photos!



*Christmas in  
July at Survivors  
R Us! 31/7/25*





# Weekly Menu

## 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)

## Week 1, 11 - 15 August 2025 Orders Closed

### Monday 11 August 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 12 August 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 13 August 2025

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

### Thursday 14 August 2025

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

### Friday 15 August 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