

# NEWSLETTER

## Meals and Messages for 11 - 24 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, the wifi at HMC was down for a few days! As a result, we have decided that this week's newsletter will recount the last two weeks of HMC events! Thank you for your patience and please enjoy this week's newsletter!

Please note that the Garden News for the 11<sup>th</sup> of August is not included in this newsletter, but it has been posted on our social media!

- We've had a great couple weeks in groups with Active Stronger Better, as well as some Drumming and taking part in the Tea Cozy Challenge!
- We've had many birthdays and some great bus trips, see pictures below!
- OUR CARPARK UPGRADES ARE COMPLETE! Thank you to our Community Shed for making HMC a safer place!
- 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!



13 August	Athos R
15 August	Bianca M
15 August	Nevio Mario B
16 August	Donald C
16 August	Domenico D
17 August	Colleen G
17 August	Fonte M
21 August	Jeanne R
21 August	Janet F
22 August	Garry B
23 August	Paula R
23 August	Ondina C
25 August	Maureen Z
25 August	Kathleen R
26 August	Robert S
26 August	Dianne M

#### Staff, Volunteer & Board Birthdays!

11 August	Fahimeh
16 August	Renza
17 August	Tanya
19 August	Farah
23 August	Baily

# Calendar of Observances: August



- 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

18 August 2025

Can you believe it?? We have passed the August half-way mark!! Don't blink, because Christmas will be here before we know it!!

I stayed on for the "Drumming in the Park" and how spectacular the "Full Moon" rising high up into the sky from the horizon to the beat of the Drums. Thank you Andrew & the Drummers for allowing me to be part of such an experience.

### 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. I am striking some Native Mulberries and they will be ready for Sale in a few weeks and I am taking orders, so let me know if you wish to purchase one and I will keep it aside for you.

This week in the Garden: A quieter week, so hope to get lots of work done.

Saturday: Our regular Mordenvale Medieval Group.

I will be in the Garden this week, Wednesday & Thursday 9am to 2.30pm, & Sat 9am to 1pm.

**Keep Safe, Dry & 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**

THANK YOU TO  
OUR SUPPLIERS!



**Flexible Options**  
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AUSTRALIA**

**TWP**  
The Water Place

**Williams**  
PREMIUM WHOLESALE

02 960 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) /

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# 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

★★★★★



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



## 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 - Kun/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!

**hmc**  
Hunter Multicultural Communities

## SENIORS' DAY OUT

### Trip to Wallsend

#### THURSDAY 21<sup>st</sup> OF AUGUST

**BOOKED OUT**

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

**hmc**  
Hunter Multicultural Communities

## SENIORS' DAY OUT!

### Sculpture on the Farm

#### FRIDAY 29<sup>th</sup> AUGUST 2025

Join us for a trip to Dungog, where we will see a range of sculptures at Dungog Common. Then we will have lunch at Dungog Royal Hotel.

Departing HMC at 8:30AM  
Returning to HMC at 3:30PM

**\$10 PER PERSON!**

The entry ticket includes:

- Exhibition Catalogue
- Entry to the marquee
- Rides on the shuttle bus

ONLY 33 SPOTS AVAILABLE!  
BOOKINGS ESSENTIAL!  
PH: (02) 4960 8248  
2A Platt Street WARATAH 2298

**hmc**  
Hunter Multicultural Communities

## SENIORS' DAY OUT

### Trip to Hamilton

#### WEDNESDAY 3<sup>rd</sup> SEPTEMBER

Join us for a trip to Hamilton, where we will have morning tea at Cake Boi followed by an optional shopping trip. For lunch, we'll be going to Brewery Restaurant for a \$15 lunch special, which includes a main and dessert!

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

ONLY 10 SPOTS! 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

# Seniors' Days Out!



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

**hmc**  
Hunter Multicultural Communities

**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

**HMC Group Activities**  
For Mondays and Thursdays in August

MONDAY	THURSDAY
<u>4<sup>th</sup> of August</u> Dancing with Jess Lunch BINGO	<u>7<sup>th</sup> of August</u> Painting Lunch BINGO
<u>11<sup>th</sup> of August</u> Drumming Lunch BINGO	<u>14<sup>th</sup> of August</u> Indoor Bowls Lunch BINGO
<u>18<sup>th</sup> of August</u> Dancing with Jess Lunch BINGO	<u>21<sup>st</sup> of August</u> Senior Citizens' Day Lunch BINGO
<u>25<sup>th</sup> of August</u> International Cat Day Lunch BINGO	<u>28<sup>th</sup> of August</u> "Who Am I?" Quiz Lunch BINGO

# NOTICE:

HMC has a new bank account – We request you use your invoice number for a reference for our finance team to reconcile your account and please note, the account name needs to be exact or unfortunately any payment will be bounce back.

Beyond Bank

Account Name: Hunter Multicultural Communities Incorporated

BSB: 325185

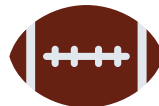
Account Number: 04147744

If your bank has a character limit for Account Names, please call our office to pay over the phone.

Thank you for your patience.

## Joke of the Week!

What did the football coach say to the vending machine?



Give me my quarter back!

Know the warnings for  
bushfires, floods and storms.



Get Ready NSW



Scan the QR Code  
to learn more!

# **FITSTOP OVER 50'S**

Tuesday and Fridays, 10am @ Fitstop Newcastle

Fitstop is opening a new class exclusively for over 50's individuals! If you are a HMC client, and you are interested in participating in the class, please reach out to let us know so we can partner with Fitstop!

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## **The Little Village Market**

**Exciting news! You're invited to be part of a brand new Growers' Market at HMC, created by a passionate local team.**

We are calling on local food growers and makers, whether you grow veggies, bake, pickle, ferment, or create anything delicious and homemade to join this vibrant, community minded market. The more multicultural the offerings, the better! It's a fantastic chance to share your produce, build your presence, and connect with locals who value fresh, diverse, and local food. See details below and spread the word!

If you're considering hosting a stall, email **[Tina@solitaireconsulting.com.au](mailto:Tina@solitaireconsulting.com.au)** or call **0403 487 179** for more information about becoming a stall holder and details about the markets!

**Markets starting in late October 2025, VENDORS WANTED!**



# HMC Photos!



*Bus trip to  
Stockton! 7/8/25*



*Tea Cozy  
Challenge!*



# HMC Photos!



*Fahimeh's Birthday!  
11/8/25*



*Drumming during  
group! 11/8/25*



*Bus trip to  
Waratah! 14/8/25*



*Celebrating birthdays in  
group! 15/8/25*

# Weekly Menu

## Week 2, 18 - 22 August 2025 Orders Closed

### Monday 18 August 2025

**E:** Chicken and Vegetable Soup  
**M:** Mild Chilli con Carne with Steamed Rice and Seasonal Vegetables  
**D:** Bavarian Chocolate Cake (V)

### Tuesday 19 August 2025

**E:** Vegetable Pasta Salad (V)  
**M:** Shepherds Pie topped with Mash Potato, with Seasonal Vegetables  
**D:** Pavlova (V)

### Wednesday 20 August 2025

**E:** Minestrone Soup (V)  
**M:** Roast Chicken with Roast Potato, Pumpkin, Seasonal Vegetables and Gravy  
**D:** Pineapple Cake with Cream (V)

### Thursday 21 August 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 22 August 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, 25 - 29 August 2025 Orders Closed

### Monday 25 August 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 26 August 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 27 August 2025

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

### Thursday 28 August 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 29 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