

NEWSLETTER

Meals and Messages for 25 - 31 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 Monday AND Tuesday! This week it will be Stretch and Balance with Annette on Tuesday!
- On Thursday last week, some of our clients went on a bus trip to Wallsend and enjoyed shopping along the Op Shop Circuit! This week, our clients are heading to Blackbutt. See flyers for more upcoming trips in the pages of this newsletter!
- Menu 9 of our meal service will be coming out this week! If you are receiving a meal from us this week, it will be delivered to you with your meal. All permanent orders will carry over. Otherwise, please contact us to place your meal orders for Menu 9 as soon as possible. Menu 9 begins from September 8th, 2025.
- 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're interested in volunteering at HMC, our next info session is on Monday the 25th of August!
- We've been celebrating so many birthdays lately! If you would like to join our birthday list or subscribe to our email, please email:

office@huntermulticultural.org.au

Birthday Corner!



25 August	Maureen Z
25 August	Kathleen R
26 August	Robert S
26 August	Dianne M
28 August	Kevin S
28 August	Kerry M
29 August	Lynette R
30 August	Margaret W
30 August	Sybil D
31 August	Greg B

Volunteer & Board Birthdays!

26 August	Marcus
28 August	Nikolas
29 August	Tyene
30 August	Bryan

Joke of the Week!

How many tickles does it take to make an octopus laugh?



Ten-tickles!

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

25 August 2025

Getting sick of all this rain – Everything is waterlogged and very difficult to keep dry while attending to the very necessary Garden chores.

I have been trying to keep out of the rain and have been busy harvesting & re-planting some Tumeric, striking & dividing clumps of plants and potting them up and they are now ready for sale. Come on over to see what we have to offer.

Spring is just around the corner, so now while the soil is damp, to get out & tidy up and introduce new plants into your garden.

Plants & 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. Fresh Tumeric, Parsley, Saltbush, Lemon Myrtle & Warrigal Greens to cook with. Variety potted Herbs & Strawberries plus Native Warrigal Greens @ \$2.00 each or 2 for \$3.00, Native Atherton Raspberries \$10 ea. – a Selection of Indoor & Outdoor Plants – various prices. I am striking some Native Mulberries and they will be ready for Sale in a few weeks for \$10.00 ea 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.

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
& Jay – HMC Garden Manager

Bluey's Tyre, Exhaust and
Mechanical PTY LTD
Waratah

colourworks

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PREMIUM WHOLESALE

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



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 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, 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 - 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

Visiting Blackbutt Reserve

THURSDAY 28TH OF AUGUST

Join us for a trip to Blackbutt Reserve where we'll have morning tea at their café, Durr'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



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Hunter Multicultural Communities

SENIORS' DAY OUT!

Sculpture on the Farm

FRIDAY 29TH AUGUST 2025

Join us for a trip to Dungog, where we will have morning tea at the Dungog Hotel and visit the Sculpture on the Farm.

BOOKED OUT

Departing HMC at 9:00am
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



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Hunter Multicultural Communities

SENIORS' DAY OUT

Trip to Hamilton

WEDNESDAY 3RD 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



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SENIORS' DAY OUT

TRIP TO TORONTO

THURSDAY 4TH OF SEPTEMBER

Join us for a trip to Toronto where we will have morning tea at Boulevard Cafe Larder Gifts and Fragrances, then to Toronto Diggers for lunch, where the specials are \$17.00!

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

ONLY 30 SPOTS! BOOKINGS ESSENTIAL!
PH: (02) 4960 8248
2A PLATT ST WARATAH 2298

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

ACTIVE STRONGER BETTER CLASSES

AUGUST 2025 at HMC

Monday 4th August, 11:00am - 11:45am
Dance Fit with Jess

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

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

Monday 18th August, 11:00am - 11:45am
Dance Fit with Jess

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

Tuesday 26th August, 11:30am - 12:10pm
Stretch and balance with Annette

CALL HMC TO BOOK
Ph: (02) 4960 8248
2A Platt Street WARATAH 2298

SENIORS' DAY OUT TEA PARTY IN DUNGOG THURSDAY 11TH OF SEPTEMBER 2025

Join us for a trip to Dungog where we will be going to the Tea Party Exhibition! First, we'll have morning tea at Royal Dungog Hotel, followed by the Tea Cozy Competition at James Theatre. Then we will have lunch at Dungog Memorial RSL.



Departing HMC at 8:45am
Returning to HMC at 3:30pm



**ONLY 30 SPOTS AVAILABLE!
BOOKINGS ESSENTIAL!**

Ph: (02) 4960 8248
2A Platt Street WARATAH

SENIORS' DAY OUT Trip to Elmore Vale Wednesday 17th of September



Join us for a trip to Elmore Vale where we will have morning tea at the Elmore Vale Community Centre. This is a great opportunity where you can have some social time 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

Seniors' Day Out Trip to Newcastle Art Space Thursday 18th of September

Join us for a trip to Newcastle where we will be visiting the Art Space to see their new exhibition. They also have morning tea for \$5.00 per person! Afterwards, we will go to Northern Star Hotel for lunch, where the lunch specials are \$20.00!

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

ONLY 30 SPOTS! BOOKINGS ESSENTIAL!

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

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 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!**



SAVE THE DATE!

RIPPIT GOLF FUNDRaiser

SATURDAY 8TH OF NOVEMBER 2025, 12:00PM - 4:30PM
RIPPIT GOLF, 20 CURLEY RD, BROADMEADOW



HMC needs a bus for our seniors!

**BBO
LUNCH
STALL!**

**MINI GOLF
IN TEAMS
OF 4!**

**BEST
DRESSED
AWARD!**

**RAFFLE &
LUCKY
DOOR
PRIZES!**

For more information:

Hunter Multicultural Communities
(02) 4960 8248
2a Platt St Waratah 2298



HMC Photos!



*Bus trip to
Wallsend around
the Op Shops!
21/8/25*



Weekly Menu

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

Week 4, 1 - 5 September 2025 Orders Closed

Monday 1 September 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 2 September 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 3 September 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 4 September 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 5 September 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