NEWSLETTER



Meals and Messages for 25 - 31 August 2025

Issue 255



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 Kathlleen R 26 August Robert S 26 August Dianne M Kevin S 28 August 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



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. FreshTumeric, 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 <u>westwick1@dodo.com.au</u> & Jay – HMC Garden Manager

Bluey's Tyre, Exhaust and Mechanical PTY LTD Waratah



THANK YOU TO OUR SUPPLIERS!





























这种是一种的人,但是是一种的一种。 第一种的一种的一种,是一种的一种的一种,但是一种的一种的一种。

ndis

ActiveStrongerBetter Classes at **Hunter Multicultural Communities**









Classes



August

4th 11-11:45am: Dance Fit with Jess

uesday 5th 11:30-12:10pm: Stretch and Balance with Annette

resday 12th 11:30-12:10pm: Stretch and Balance with Annette

uesday 19th 11:30-12:10pm: Stretch and Balance with Annette sday 26th 11:30-12:10pm: Stretch and Balance with Annette

September

Tuesday 2nd 11:30-12:10pm: Stretch and Balance with Annette uesday 9th 11:30-12:10pm: Stretch and Balance with Annette day 15th 11-11:45am: Dance Fit with Jess

resday 16th 11:30-12:10pm: Stretch and Balance with Annette sesday 23rd 11:30-12:10pm: Stretch and Balance with Annette

day 29th 11-11:45am: Dance Fit with Jess iday 30th 11:30-12:10pm: Stretch and Balance with Annette



HUNTER MULTICULTURAL. COMMUNITIES

WEEKLY ACTIVITIES

MON 9AM-IPM

Walking group (optional)/Gentle exercise & light lunch, Community Garden, Community Shed

TUE 9AM-2PM

Social group (Bingo & Gentle exercise, Community Garden, Community Shed

WED Social group (Bingo), Community Garden Community shed (supervised)

THUR Social Group Outing (optional)*/
TIMES VARY Social Group, Community
Garden, Community Shed

FRI 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

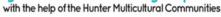
Scores on Doors Hygiene and food safety

Excellent





Stay at home for as long as possible





hmc





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



Warm and Efficient Homes

Keep the chill out and slash you energy bills this winter

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



Volunteers call 4460 8248 to get in touch!

Seniors' Days Out!











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



Trip to Elermore Vale

Wednesday 17th of September

Join BOOKED OUT unity
Centre 1. Where you can have some some will
where you can have some some some will
go to lunch at Elermore 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

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



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







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 30:00pm

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.auor 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!



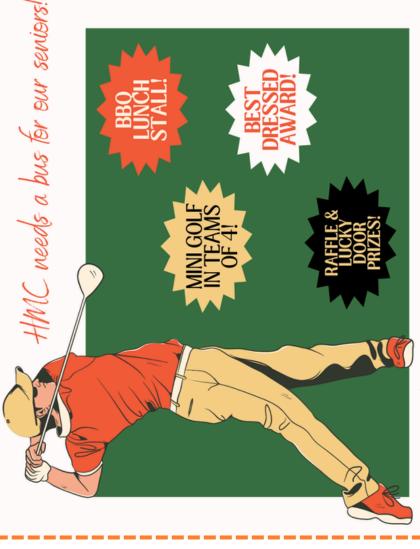




SAVE THE DATE!

RIPPIT GOLF FUNDRAISER

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



For were 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



















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 ad 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