

NEWSLETTER

Meals and Messages for 1 - 7 September 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! This week it will be on Monday and Tuesday, see more upcoming dates for more dates in September!
- On Thursday last week, some of our clients went on a bus trip to Blackbutt Reserve, and on Friday they went to Dungog! This week they'll be visiting Hamilton and Toronto!
- Our Seniors' Day Outs have been booking out quickly! Our trips for the 3rd, 4th, 11th and 17th of September are booked out, but see our flyers for more upcoming trips in this newsletter!
- Menu 9 of our meal service has been sent out last week. Please call or email our office if you would need a copy or if you would like to place a meal order!
- See information on the Bulletin Board below, as well as our Facebook & Instagram if you're interested in volunteering at HMC!
- 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!



1 September	Betty C
1 September	Maureen S
1 September	John M
2 September	Alice M
3 September	Hilma D
3 September	Gabrielle B
3 September	Tome S
5 September	Ingeborg S
5 September	Marguerite D
6 September	Margaret C
6 September	Robert D
6 September	Bernice O
6 September	Dana M
7 September	Elodia V
7 September	Carol C

Board Birthdays!

3 September	Alan
-------------	------

Joke of the Week!

What do you call a shoe made out of a banana?



A slipper!



Calendar of Observances: September

1-30: National Biodiversity Month
1: National Wattle Day
3: Indigenous Literacy Day
4-5: Onam
5: Mawlid Al-Nabi
(Birth of the Prophet Muhammad)
7: Father's Day
7: National Threatened Species Day

11: RUOK Day
11: Enkutatash (Ethiopian New Year)
11: Nayrouz (Coptic New Year)
17: Australian Citizenship Day
19: Talk like a Pirate Day
20: International Coastal Cleanup Day

21: International Day of Peace
22-24: Rosh Hashanah
27-29: Durga Puja
28: World Rivers Day
29 Sep - 4 Oct: Dashain
30: Save the Koala Day



GARDEN NEWS

1 September 2025

SPRING IS HERE!! The best time to be in the Garden!!

Time to get busy in the Garden!! Striking & dividing clumps of plants, weeding, sowing seeds for Spring & Summer crops. We have been busy in the Garden, so come over and see what we have to offer.

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

Thank you to those who have dropped off Garden Tools, Plants, Pots, Stakes etc. during the past 2 weeks, all will be put to good use.

This week the HMC Community Garden will be celebrating its' 11th Birthday, so call in around 11am this Thursday 4th to drink a toast & have a piece of Birthday Cake to celebrate the occasion.

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

THANK YOU TO
OUR SUPPLIERS!

Flexible Options
where you really want to be

E.W.H.
FOOD SERVICES

GSR AUTO TEK
FLEET SERVICING

Initial
The Experts in Hygiene

IRON MOUNTAIN®

JOBLINKplus

City of Newcastle

PSP
www.portpack.com.au

Slick Chicks
POULTRY & GAME SPECIALIST

Tenambit Butchery

TimeIT solutions

THE UNIVERSITY OF NEWCASTLE

TWP
The Water Place

Williams
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



Scores on Doors
Hygiene and food safety

Excellent
★★★★★

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



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: Lanny Scholl & Adriana Hannemann 4960-8248

Visit 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, 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/Casbrook, 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

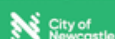
- ✓ Give back to the community
- ✓ Flexible Commitment
- ✓ Volunteer Experience



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



Volunteers call 4960 8248 to get in touch!

Seniors' Days Out!



Seniors' Day Out!
TRIP TO NOBBY'S BEACH
Monday 8th September 2025
Thursday 22nd September 2025

Join us for a trip to Nobby's Beach! We will have morning tea at Swell Kiosk, followed by a walk and ride with Cycling Without Age. Then for lunch, we will go to Queen Wharf Hotel.

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

We'll be going on this trip two different days in September! Book in so you don't miss out!

ONLY 10 SPOTS PER TRIP! BOOKINGS ESSENTIAL!

Ph: (02) 4960 8248
2A Platt St 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 3:00pm

ONLY 30 SPOTS! BOOKINGS ESSENTIAL!

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



SENIORS' DAY OUT
Trip to East Maitland
THURSDAY 2ND OF OCTOBER

Join us for a trip to East Maitland, where we will have morning tea and go shopping at Organic Feast Café. Afterwards, we will have lunch at The Windsor Castle, where the lunch specials are \$18!

Departure from HMC at 9:00am
Returning to HMC at 3:30pm

ONLY 30 SPOTS! BOOKINGS ESSENTIAL!

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



OKTOBERFEST
TUESDAY 21ST OF OCTOBER

COME CELEBRATE
OKTOBERFEST AT HMC!
- SPECIAL GERMAN LUNCH -
- MUSIC BY BRUCE HAMILTON -
- AND A RAFFLE! -

\$20 per person
10:00AM - 2:00PM
Hunter Multicultural Communities
2A Platt Street Waratah 2298
Ph: (02) 4960 8248

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

SEPTEMBER 2025 at HMC

Monday 1st September, 11:00am - 11:45am
Dance Fit with Jess

Tuesday 2nd September, 11:30am - 12:10pm
Stretch and balance with Annette

Tuesday 9th September, 11:30am - 12:10pm
Stretch and balance with Annette

Monday 15th September, 11:00am - 11:45am
Dance Fit with Jess

Tuesday 16th September, 11:30am - 12:10pm
Stretch and balance with Annette

Tuesday 23rd September, 11:30am - 12:10pm
Stretch and balance with Annette

Monday 29th September, 11:00am - 11:45am
Dance Fit with Jess

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

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

SPONSORS & DONATIONS NEEDED

ZAMBIA NEWCASTLE'S AFRICAN FOOTBALL TEAM

23
LOCAL
PLAYERS



SUPPORT
US!

AFRICAN AUSTRALIAN FOOTBALL
ASSOCIATION (AAFA) PRESENTS

11 OCT - 7 DEC 2025
RYDALMERE PARK, SYDNEY

AFCON NSW FOOTBALL
TOURNAMENT

SUPPORTED BY HUNTER MULTICULTURAL COMMUNITIES

@ZAMBIA_NSW

HMC New Car Park!

As you may already know, HMC has upgraded it's car park! The upgrades were completed a couple weeks ago by our Community Shed! We wanted to share some photos of our stunning new car park and show our appreciation for our Shed's hard work, as well as thank our clients for their patience!

The HMC Car Park is now a safer place for everyone!



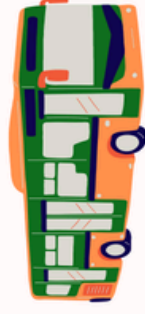
The Little Village Market

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!

For more information:

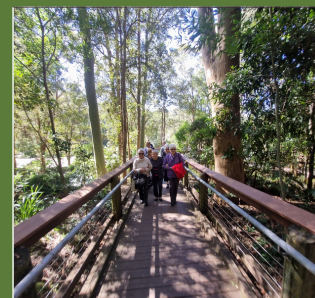
Hunter Multicultural Communities
(02) 4960 8248
2a Platt St Waratah 2298



HMC Photos!



*A Support Cat visiting for
International Cat Day
25/8/25*



*Bus trip to Blackbutt Reserve,
28/8/25*



*Bus trip to Sculpture on the
Farm in Dungog, 29/8/25*

Weekly Menu

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)

Week 1, 8 - 12 September 2025 Orders Closed

Monday 8 September 2025

E: Vegetable Spring Rolls with Sweet & Sour Sauce
M: Crumbed Pork Schnitzel with Mash Potato and Seasonal Vegetables
D: Peaches and Custard

Tuesday 9 September 2025

E: Summer Split Pea Soup
M: Roast Lamb Dinner with Roast Potato, Roast Pumpkin, Vegetables, Gravy and Mint Sauce
D: Pancakes with Maple Syrup and Cream

Wednesday 10 September 2025

E: Mushroom, Cheese and Herb Mini Quiche with Side Salad
M: Mild Massaman Beef Curry with Rice and Seasonal Vegetables
D: Banoffee Pie

Thursday 11 September 2025

E: Gnocchi with Napolitana Sauce
M: Grilled Chicken Scallopini with Mushroom and Masala Wine Sauce, Mash Potato and Seasonal Vegetables
D: Mango and Rice Pudding

Friday 12 September 2025

E: Chicken and Corn Soup
M: Mediterranean Fish Bake with Saffron Rice and Seasonal Vegetables
D: Strawberry Mousse

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