

NEWSLETTER

Meals and Messages for 8 - 14 September 2025

Issue 256



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!

- We hope you all had a nice weekend and Happy Fathers' Day to all the wonderful dads out there!
- Last week, Active Stronger Better was on Monday AND Tuesday! This week it will be on Tuesday with Annette!
- Last week, our clients went on an outing to Hamilton and Nobby's on Wednesday, and to Toronto on Thursday!
- 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 begins today!
- HMC has taken our meal service online! Go to hmcmealdelivery.com.au to order meals online, and see more information throughout this newsletter!
- See information on the Bulletin Board below, as well as our Facebook & Instagram if you're interested in volunteering at HMC!
- If you would like to join our birthday list or subscribe to our email, please email: office@huntermulticultural.org.au

Birthday Corner!



8 September	Colin M
11 September	Monika T
12 September	Maria F
14 September	Daphne B
14 September	Cheryl C



Joke of the Week!

What's small, red, and has a rough voice?



A hoarse raddish!



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

8 September 2025

No Garden News this week, but Happy 11th Birthday to the Community Garden! Last Thursday, we celebrated 11 years in the garden with some of our wonderful volunteers and some delicious cake!

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!

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where you really want to be

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 **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



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



Government of NSW

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



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 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



hmc
Hunter Multicultural Communities

Seniors' Day Out!

TRIP TO NOBBY'S BEACH
~~Monday 8th September 2025~~
Monday 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



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Hunter Multicultural Communities

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



hmc
Hunter Multicultural Communities

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

ActiveStrongerBetter Classes at Hunter Multicultural Communities



Classes



August	September
Monday 4th 11-11:45am: Dance Fit with Jess	Monday 1st 11-11:45am: Dance Fit with Jess
Tuesday 5th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 2nd 11:30-12:10pm: Stretch and Balance with Annette
Tuesday 12th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 9th 11:30-12:10pm: Stretch and Balance with Annette
Monday 18th 11-11:45am: Dance Fit with Jess	Monday 15th 11-11:45am: Dance Fit with Jess
Tuesday 19th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 16th 11:30-12:10pm: Stretch and Balance with Annette
Tuesday 26th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 23rd 11:30-12:10pm: Stretch and Balance with Annette
October	November
Tuesday 7th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 4th 11:30-12:10pm: Stretch and Balance with Annette
Monday 13th 11-11:45am: Dance Fit with Jess	Monday 10th 11-11:45am: Dance Fit with Jess
Tuesday 14th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 11th 11:30-12:10pm: Stretch and Balance with Annette
Tuesday 21st 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 18th 11:30-12:10pm: Stretch and Balance with Annette
Monday 27th 11-11:45am: Dance Fit with Jess	Monday 24th 11-11:45am: Dance Fit with Jess
Tuesday 28th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 25th 11:30-12:10pm: Stretch and Balance with Annette

Proudly funded by NSW government

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



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

Long hours? Odd shifts?

We've got you covered with ready-to-heat, hearty meals delivered straight to your door. Perfect for shift workers – miners, transport, medical and hospital staff. Also great for busy families wanting to send healthy, ready-to-eat meals to their elderly or friends in need.

Affordable & filling, real food without the fuss

Skip the expensive takeaway. Our meals are generously portioned, great value, and full of flavour.

Heat and eat – no stress, no mess!

No shopping, chopping, or cooking required.
Just wholesome, satisfying meals you can rely on.



← THREE COURSE MEAL
JUST \$25 DELIVERED TO
YOUR DOOR, AVAILABLE
MONDAY - FRIDAY.

Order today at
hmcmealdelivery.com.au

Every order supports Hunter Multicultural Communities,
a not-for-profit that reinvests back into the community.

HMC2508-01



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Hunter Multicultural
Communities

**MEAL
DELIVERY
SERVICE**

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Newcastle

SAMPLE MEAL PACK

ENTREE: Mild Thai Chicken Salad



MAIN: Lamb Shank, Mash Potato, Seasonal Vegetables, w/ Roast Tomato & Herb Sauce



DESSERT: Spiced Pear & Date Crumble



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!

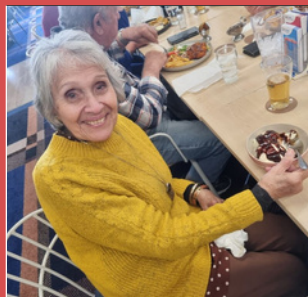
VENDORS WANTED!



HMC Photos!



*Outing to Nobby's Beach!
3/9/25*



Bus trip to Toronto, 4/9/25



*Celebrating Inger's 80th
Birthday! 5/9/25*

Weekly Menu

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

Week 2, 15 - 19 September 2025 Orders Closed

Monday 15 September 2025

E: Pea and Pesto Pasta Salad
M: Beef and Guinness Pie with Sweet Potato Wedges and Seasonal Vegetables
D: Eton Mess

Tuesday 16 September 2025

E: Greek Salad
M: Mild Curry Prawns with Steamed Rice and Seasonal Vegetables
D: Sticky Date Pudding with Butterscotch Sauce

Wednesday 17 September 2025

E: Cream of Broccoli
M: Roast Pork Dinner with Roast Potato, Roast Pumpkin, Seasonal Vegetables, Gravy and Apple Sauce
D: Chocolate Cake with Chocolate Icing

Thursday 18 September 2025

E: Chorizo and Roasted Capsicum Savoury Muffin with Side Salad
M: Butter Chicken with Steamed Rice and Seasonal Vegetables
D: Apple Danish

Friday 19 September 2025

E: Pork Sliders with Slaw and Barbecue sauce
M: Minute Steak with Red Wine Jus, Herbed Chat Potatoes and Seasonal Vegetables
D: Fruit Salad

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