

NEWSLETTER

Meals and Messages for 15 - 21 September 2025

Issue 258



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, representatives from HMC attended the 50th Anniversary Gala Dinner of Multicultural Communities Council of Illawarra!
- Last week, Active Stronger Better was on Tuesday! This week it will be on Monday AND Tuesday!
- Last Thursday, out clients went on a bus trip to Dungog for a tea party and to see the Tea Cozy Exhibition! Our tea cozy was featured in the Floral Design Section!
- This upcoming Thursday, our clients are going to Warners Bay!
- Our Seniors' Day Outs have been booking out quickly! Our trips for the 17th and 18th of September are booked out, but see our flyers for more upcoming trips in this newsletter!
- 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
- **REMINDER: HMC has changed bank details! Please ensure that you use the new details when paying invoices. See more information in this newsletter.**

Birthday Corner!



15 September	Alicja U
16 September	Anatolia C
17 September	Kerry O
17 September	Liliane B
19 September	Alferio F
20 September	Durda S
21 September	John R

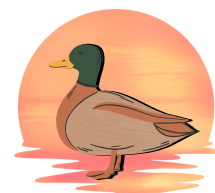
Staff Birthdays!

16 September	Heath
20 September	Ruza



Joke of the Week!

What time does a duck wake up?



At the quack of dawn!



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

15 September 2025

Hope you are all enjoying this lovely SPRING WEATHER & getting out into your Gardens! It is the best time to be in the Garden to get busy in the Garden!! Striking & dividing clumps of plants, weeding, sowing seeds for Spring & Summer crops. We have also been busy in the Garden, so come over and see what we have to offer.

Application Forms are ready for the October School Holidays "Junior Gardening Workshops", so call into the Garden or HMC Office to pick one up. I will be emailing a copy to all who are already on my list.

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 Turmeric, Parsley, Rosemary, Mint, Saltbush, Lemon Myrtle & Warrigal Greens to cook with. Variety of potted Herbs & Strawberries plus Native Warrigal Greens @ \$2.00 each or 2 for \$3.00, Native Atherton Raspberries & Native Mulberries \$10 ea. – a Selection of Indoor & Outdoor Plants – various prices.

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

Keep Safe & 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



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

We ndis

Scores on Doors
Hygiene and food safety

Excellent
★★★★★

ActiveStrongerBetter Classes at Hunter Multicultural Communities



Classes

August

Monday 4th 11:11-11:45am: 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 11:11-11:45am: 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

October

Tuesday 7th 11:30-12:10pm: Stretch and Balance with Annette
 Monday 13th 11:11-11:45am: Dance Fit with Jess
 Tuesday 14th 11:30-12:10pm: Stretch and Balance with Annette
 Tuesday 21st 11:30-12:10pm: Stretch and Balance with Annette
 Monday 27th 11:11-11:45am: Dance Fit with Jess
 Tuesday 28th 11:30-12:10pm: Stretch and Balance with Annette

September

Monday 1st 11:11-11:45am: Dance Fit with Jess
 Tuesday 2nd 11:30-12:10pm: Stretch and Balance with Annette
 Monday 9th 11:11-11:45am: Dance Fit with Jess
 Tuesday 10th 11:30-12:10pm: Stretch and Balance with Annette
 Tuesday 23rd 11:30-12:10pm: Stretch and Balance with Annette
 Monday 29th 11:11-11:45am: Dance Fit with Jess
 Tuesday 30th 11:30-12:10pm: Stretch and Balance with Annette

November

Tuesday 4th 11:30-12:10pm: Stretch and Balance with Annette
 Monday 10th 11:11-11:45am: Dance Fit with Jess
 Tuesday 11th 11:30-12:10pm: Stretch and Balance with Annette
 Tuesday 18th 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

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



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 - Kurn/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



City of Newcastle

Seniors' Days Out!



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



Seniors' Day Out
TRIP TO WARNERS BAY
Thursday 25th of September

Join us for a bus trip to Warners Bay where we will have morning tea at Gardenia Cafe at Lee Rowans Nursery. Then we will go shopping at Bibina, followed by lunch at Warners at the Bay- lunch specials for \$16.00!

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

ONLY 30 SPOTS AVAILABLE!
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



SENIORS' DAY OUT
Trip to Medowie
THURSDAY 9TH OCTOBER

Join us for a trip to Medowie! We will be visiting Medowie Macadamia Farm for morning tea and a tour. Afterwards, we will go for lunch at Bull & Bush, where the lunch specials are \$15!

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

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

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



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

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

FREE PSYCHOSOCIAL Workshop

Psychosocial risks are real, rising and regulated: This workshop gives you the strategies to move from obligation to opportunity


 Wednesday, 17 September
09.30AM-12.30PM

 Hunter Multicultural Communities
2A PLATT ST, WARATAH

 PRESENTERS
NICOLE CATTERSON
FAITH EESON



**"NAVIGATING PSYCHOSOCIAL
SAFETY - IMPACT THROUGH A
SAFETY LENSE"**

 Registration Link:
<https://tinyurl.com/4kdyd9zd>



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



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!

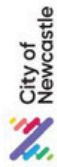
No shopping, chopping, or cooking required. Just wholesome, satisfying meals you can rely on.



hmc
Hunter Multicultural
Communities

**MEAL
DELIVERY
SERVICE**

Supported by



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.

HMC2024-25

HMC New Bank Details

HMC has changed it's bank details. For those who receive services from us and prefer to pay by deposit, please take note of the information below. This information is also included on invoices.

If you are having trouble with the new details, feel free to call our office for help or pay invoices over the phone by calling our office number and speaking to reception.

These are the correct bank details:

BSB: 325 185

Acc: 041 477 44

**Name: Hunter Multicultural
Communities Incorporated**

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!



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:

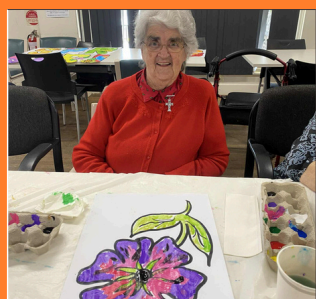
Hunter Multicultural Communities
(02) 4960 8248
2a Platt St Waratah 2298



HMC Photos!



*MCCI 50th Anniversary
Gala Dinner, 5/9/25*



*Monday Group doing
some painting! 8/9/25*



*Happy birthday to one of our
volunteers, Denis! 9/9/25*



*Outing to Dungog for the Tea Cozy,
and Monica's birthday! 11/9/25*

Weekly Menu

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

Week 3, 22 - 26 September Orders Closed

Monday 22 September 2025

E: Pumpkin and sage Risotto Balls with Tomato Sauce

M: Beef Stroganoff with Sweet Potato Mash and Seasonal Vegetables

D: Jelly Fruit

Tuesday 23 September 2025

E: Soft Fish Taco with Slaw and Tartare Sauce

M: Char Siu Pork, Mash Potato and Seasonal Vegetables

D: Apple and Blueberry Turnover with Fresh Cream

Wednesday 24 September 2025

E: Traditional Caesar Salad

M: Seafood Mornay Pie with Mash Topper and Seasonal Vegetables

D: Tiramisu

Thursday 25 September 2025

E: Creamy Tomato Soup

M: Roast Chicken Dinner with Roast Potato, Roast Pumpkin, Seasonal Vegetables and Gravy

D: Mini Cinnamon Scrolls

Friday 26 September 2025

E: Bacon and Vegetable Linguine in a Extra Mild Chilli Sauce

M: Magnolian Lamb with Noodles and Seasonal Vegetables

D: White Chocolate Mud Cake with Chocolate Icing

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