

# NEWSLETTER

## Meals and Messages for 22 - 28 September 2025

Issue 259



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 on Tuesday!
- Last Wednesday, our clients went to Elmore Vale for Scone Time with NovaCare! Then on Thursday, they went on a bus trip to the New Art Space in Islington!
- This upcoming Thursday, our clients are going to Warners Bay for some morning tea and shopping followed by lunch! See the rest of this newsletter for our flyers for upcoming trips with spots available!
- Last Thursday was Talk Like a Pirate Day and our Thursday group all got on board for some buccaneer fun.
- HMC has taken our meal service online! Go to [hmcmealdelivery.com.au](http://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](mailto: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!



22 September	Stanislawa F
22 September	Raffaele I
24 September	Antonia C
25 September	Lorna R
26 September	Elizabeth T
26 September	Peter G
28 September	Anna E

#### Staff and Volunteer Birthdays!

24 September	Mel
24 September	Rebecca



### Joke of the Week!

Why shouldn't you yell into a colander?



You'll strain your voice!



# 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

22 September 2025

SPRING is here and the days are warming up, weeds are growing at a rapid pace, so now is the time to get out into your Gardens! Time to be 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.

School Holidays are only a few weeks away & Application Forms are ready for the October School Holidays "Junior Gardening Workshops", so call into the Garden or HMC Office to pick one up.

### 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, Rosemary, Mint, Saltbush, Lemon Myrtle & Warrigal Greens & Bananas.

Native (Bush Tucker) Plants for Sale.

Native Warrigal Greens (*Tetragonia tetragonia*), Native Basil *Plectranthus graveolens*,

Native Leek (*Bulbine bulbosa*), Coastal Pigface (*Karkalla*) \$4.00 each or 3 for \$10.00.

Native Atherton Raspberries (*Rubus probus*) Native Mulberries (*Pipturus argenteus*) \$10 ea.

A Selection of potted Indoor & Outdoor Plants – various prices.

\*\* A Special thankyou to everyone who have dropped off Newspapers, Pots, Plants, Tools, Food for the Chickens, Scraps for the Compost Bins etc. all are appreciated & are being put to good use.\*\*

It will be another busy week in the garden with some new Groups plus our regular favourites visiting.

I will be in the Garden this week, Tuesday, 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](mailto: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](mailto:office@huntermulticultural.org.au) / [www.huntermulticultural.org.au](http://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

#### October

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

#### November

Tuesday 4th 11:30-12:10pm: Stretch and Balance with Annette  
 Monday 10th 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  
 Monday 24th 11-11:45am: Dance Fit with Jess  
 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](http://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! Meets on Friday at the Hunter Multicultural Communities premises. (2A Platt St Waratah Community Garden, Waratah NSW)

### Our Services also include:

- Social Groups - activities, outings, special days, exercise, music, art, high tea, Port Stephens, Murrumbidgee, Waratah, Maitland
- Individual Support - shopping, outings, visiting
- Flexible Transport - in-home, community access
- Individual Transport - appointments, outings
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - Kunj/Casbrook, Maitland, Reims/Darwin, 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

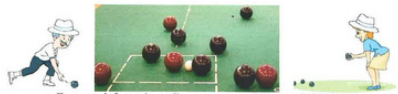
- ✓ Give back to the community
- ✓ Flexible Commitment
- ✓ Volunteer Experience



Volunteers call 4960 8248  
to get in touch!

## Mayfield Senior Citizens Bowling Club

We would like to welcome beginners and all level of players to join us for mixed indoor Carpet Bowls  
 Monday mornings. Time: 9:15 am - 12 pm  
 Venue: Mayfield Library Community Hall  
 102 Hanbury St Mayfield  
 Game Fees \$5  
 Members Fees \$15  
 Includes Morning Tea  
 Great fun with friendly seniors who enjoy playing bowls



For more information call Bill on 0421457129  
Or just turn up, all ages welcome.



# Seniors' Days Out!



**hmc**  
Hunter Multicultural Community Reserve

## SENIORS' DAY OUT

### Trip to East Maitland

#### THURSDAY 2<sup>ND</sup> 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 Community Reserve

## SENIORS' DAY OUT

### Trip to Medowie

#### THURSDAY 9<sup>TH</sup> 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



**hmc**  
Hunter Multicultural Community Reserve

## Seniors' Day Out

### Trip to Beresfield

#### Thursday 16<sup>th</sup> October

Join us for a trip to Beresfield. We will visit food War Inc for morning tea and shopping for \$5.00 per person. Afterwards, we will go for lunch at Beresfield Bowling Club.

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

**ONLY 30 SPOTS! BOOKINGS ESSENTIAL!**  
Ph: (02) 4960 8248  
2A Platt St WARATAH 2298



**hmc**  
Hunter Multicultural Community Reserve

## SENIORS' DAY OUT

### Bus trip to Tilligerry Habitat

#### THURSDAY 23<sup>RD</sup> OF OCTOBER 2025

Join us for a trip to Tanilba Bay, where we will go to Tilligerry Habitat for morning tea, which is \$12.00. We will also have an optional 40 minute tour of the grounds for \$???! Afterwards, we will have lunch at Tanilba Bay Golf Club, where the Senior Specials are \$15!

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

**ONLY 30 SPOTS AVAILABLE! BOOKINGS ESSENTIAL!**  
Ph: (02) 4960 8248  
2A Platt Street WARATAH 2298

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





# ACTIVE STRONGER BETTER CLASSES

SEPTEMBER 2025 at HMC

Monday 1<sup>st</sup> September, 11:00am - 11:45am  
Dance Fit with Jess

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

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

Monday 15<sup>th</sup> September, 11:00am - 11:45am  
Dance Fit with Jess

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

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

Monday 29<sup>th</sup> September, 11:00am - 11:45am  
Dance Fit with Jess

Tuesday 30<sup>th</sup> 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



SAVE THE DATE!

# RIPPIT GOLF FUNDRAISER

SATURDAY 8<sup>TH</sup> 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

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.



MEAL  
DELIVERY  
SERVICE

MEAL  
DELIVERY  
SERVICE

Supported by



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



Order today at

[hmcmealdelivery.com.au](http://hmcmealdelivery.com.au)

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



## HMC New Bank Details

HMC has changed its 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**



*GambleAware Week 2025*

20 - 26 October

See more info at:

[www.gambleaware.nsw.gov.au](http://www.gambleaware.nsw.gov.au)

**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

**AUSTRALIAN ISLAMIC MEDICAL ASSOCIATION**

**FIMA**  
Federation of Islamic Medical Associations

# AIMA Lifesavers

## Learn Free CPR

**SAT 27 SEP 2025**

**1:30pm - 3:30pm**

**Mayfield Mosque**  
5 Victoria St, Mayfield (Newcastle) NSW

### What is Lifesavers?

Lifesavers is a global initiative by the Federation of Islamic Medical Associations (FIMA) uniting healthcare professionals and serving local communities by providing **life-saving skills** in mosques and Islamic centres.

Attendees will learn: **Bystander CPR | AED Training | Choking Management**

### Why is it important?

Learning life-saving skills is essential in Islam, as it empowers us to protect and **save lives in emergencies**, fulfilling our duty to care for others. Acting quickly in critical moments can be the difference between life and death, aligning with the Quranic teaching that saving one life is like saving all of humanity.

### Who can attend?

**Men, women and children** of all faiths and backgrounds are welcome to attend. Kindly observe mosque etiquette. **Please register for catering purposes.**

**Register Now**

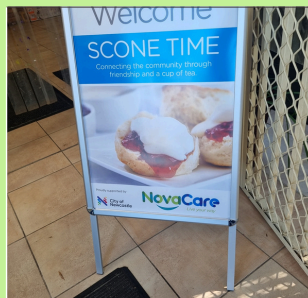
[www.aima.org.au/lifesavers](http://www.aima.org.au/lifesavers)

aima.org.au | admin@aima.org.au





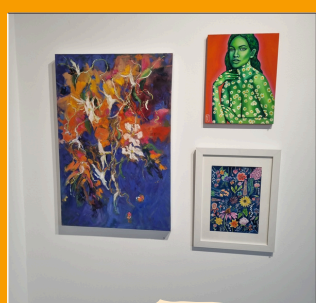
# HMC Photos!



*Scones and tea in  
Elernore Vale! 17/9/25*



*Thursday group celebrating  
Talk Like a Pirate Day!  
18/9/25*



*Thursday bus trip to Newcastle  
Art Space! 18/9/25*



# Weekly Menu

## 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

## Week 4, 29 September - 3 October Orders Closed

### Monday 29 September 2025

**E:** Creamy Pumpkin Soup

**M:** Pork Sausages with Seasonal Vegetables, Sauerkraut and Mash Potato

**D:** Black Forest Trifle

### Tuesday 30 September 2025

**E:** Roast Vegetable Frittata with Side Salad

**M:** Mild Lamb and Spinach Curry with Steamed Rice and Seasonal Vegetables

**D:** Coffee Cake

### Wednesday 1 October 2025

**E:** Mini Margarita Pizza Squares

**M:** Corned Beef with Mash Potato, Seasonal Vegetables and White Sauce

**D:** Crème Caramel

### Thursday 2 October 2025

**E:** Thai Fish Cakes with Asian Salad and Mild Thai Sauce

**M:** Satay Chicken with Vegetable and Rice Noodles

**D:** Lemon Mochi Cake

### Friday 3 October 2025

**E:** Chicken Consommé

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

**D:** Mango Cheesecake

**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