

NEWSLETTER

Meals and Messages for 29 September - 5 October 2025

Issue 260



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 wonderful weekend!
- Last Sunday, HMC hosted Urban Tails, a dog friendly Buzz n Browse Market with lots of goodies and treats! The next one we're hosting will be the 19th of October so mark your calendar!
- Last week, Active Stronger Better was on on Tuesday! This week we'll be exercising on Monday and Tuesday!
- Last Thursday, our clients went to Warners Bay and enjoyed some morning tea and a walk around the Lee Rowans Nursery!
- This upcoming Thursday, our clients are going to East Maitland! Bus trips for the 3rd and 23rd of October are booked out, but see the rest of this newsletter for our flyers for upcoming trips with spots available!
- HMC has taken our meal service online! Go to hmcmealdelivery.com.au to order meals online, and see more information throughout this newsletter!
- If you're interested in volunteering at HMC, see information on the Bulletin Board below, as well as our Facebook & Instagram!
- 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!



29 September	Teresa S
30 September	Diane E. L
30 September	Ann Y
1 October	Domenica F
1 October	Zilma G
2 October	Glenda R
2 October	Irma R
3 October	Patricia H
4 October	Kevin R
5 October	Carol J

Staff and Volunteer Birthdays!

30 September	Kellie
4 October	Suzi



Joke of the Week!

Why do hummingbirds hum?



Because they don't know the words!



Calendar of Observances: October



1: International Day of Older Persons
1-2: Yom Kippur
2: Mahatma Gandhi Jayanti
2: Vijay Dashami
6-8: Chuseok
6: Mid-Autumn (Moon) Festival
6: Tết Trung Thu
6: Tsukimi

6-13: Sukkot
7: Kathina
12: National Day of Spain
12: White Sunday
12-18: National Carer's Day
14-15: Simchat Torah
20: Gurgaddi (Inauguration) of Guru Granth Sahib

20: Deepavali
21: Bandi Chhor Divas
22: Bestu Varas (Gujarati New Year)
22-23: Birth of the Báb and Birth of Bahá'u'lláh
23: Bhai Tika
24: United Nations Day
28: Oxi Day
31: Halloween

GARDEN NEWS

29 September 2025

SCHOOL HOLIDAYS plus OCTOBER ALREADY – WHERE HAS THIS YEAR GONE!!!! The days are warming up and it is a great time to spend in the garden!

Bookings are coming in 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. Fresh Tumeric, 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.

Wow, what a busy week in the Garden!! We had visiting groups from the Mater Hospital Mental Health, Whitehouse International Students, Waratah Callaghan Campus, Tilley's, Mordenvale Medieval Group, plus on Saturday a Celebration Party for Giovani & 55 of his Family & Friends to celebrate becoming Australian Citizens on Friday. It was a great pleasure to welcome them to our Hunter Multicultural Centre & Garden.

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

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



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 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, examples, music, art, high tea, Port Stephens, Newcastle, 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
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

hmc
SENIORS' DAY OUT
Trip to Rathmines
National Carer's Week 2025
TUESDAY 14TH OCTOBER

Join us for a trip to Rathmines where we will celebrate National Carer's Week! It is a free event with morning tea, treats and entertainment! Afterwards, we will go to Hotel Wangi for lunch, where the specials are \$15!

Departing HMC at 9:00am
Returning to HMC at 2:30pm

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

hmc
Seniors' Day Out
Trip to Beresfield
Thursday 16th 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
SENIORS' DAY OUT
Trip to Dungog
THURSDAY 30TH OF OCTOBER

Join us for a trip to Dungog! First we'll have morning tea at Royal Dungog Hotel for \$12! Then, we'll visit the Dungog Museum (\$5 entry) with an optional working tour of the galleries. Afterwards, we'll go back to Royal Dungog Hotel for lunch, where the specials are \$20!

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

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

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



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!

RIPBIT GOLF FUNDRAISER

SATURDAY 8TH OF NOVEMBER 2025, 12:00PM - 4:30PM
RIPBIT 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
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Supported by

City of
Newcastle



Order today at

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 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



Next Greta Camp Reunion

Saturday October 25th 2025
Mayfield Ex-Servicemen's Club
11:30 for 12.00 noon start



At this get together we will be celebrating the 75th anniversaries of the arrival of eight ships which made 10 trips to Newcastle Harbour between 3 February 1950 and 18 December 1950. The other three arrived in 1949.

The ships which arrived in 1950 were:

General Harry Taylor	February 3
Oxfordshire	March 13
Amarapoora	April 23
Castelbianco	May 24
Dundalk Bay	June 26
Goya	August 16
Amarapoora	September 15
Dundalk Bay	October 18
General C C Ballou	December 16
Roma	December 18

Please bring your memories and any photos so we can celebrate!!

REMEMBER

GRETA CAMP WILL NEVER BE FORGOTTEN

Please RSVP to Bogdan Pinkowski – PH 40 2331449

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**](mailto: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!



*Monday Group doing
some drumming! 22/9/25*



*Celebrating Anna's Birthday!
26/9/25*

Weekly Menu

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

Week 1, 6 - 10 October 2025 Orders Closed

Monday 6 October 2025

E: Vegetable Spring Rolls with Sweet & Sour Sauce

M: Crumbed Pork Schnitzel with Mash Potato and Seasonal Vegetables

D: Peaches and Custard

Tuesday 7 October 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 8 October 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 9 October 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 10 October 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