

NEWSLETTER

Meals and Messages for 6 - 12 October 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!

- We hope you all enjoyed the long weekend and took advantage of the public holiday to rest or have lots of fun!
- Last week, Active Stronger Better was on Monday and Tuesday! This week we'll be exercising on Tuesday!
- Last Thursday, our clients went to East Maitland. This upcoming Thursday, our clients are going to Medowie to visit a macadamia farm! Our next four bus trips are booked out, but call us to join the waitlist!
- On Thursday last week, HMC held a stall at the Aged Care Services Expo! Thank you for having us!
- Now that the school term has finished, the HMC Community Garden is hosting gardening workshops for any young gardeners out there! Contact us to sign up!
- 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!
- We have lots of big events happening in the community and within HMC! Check out our flyers and social media for more information!
- 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!



6 October	Judith R
7 October	Gilda S
8 October	Terrence S
8 October	Norma H
8 October	Pasquale M
9 October	Beryl P
10 October	Federico S



Joke of the Week!

What kind of car does an egg drive?



A yolks-wagon!



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

6 October 2025

Hope you are all enjoying the School Holidays – the Garden has had many families visit last week and we have been busy with the Children's Holiday Workshops.

There are still some vacant places for next week, so if you haven't booked a place already, do so ASAP by coming into the Garden or HMC Office to pick up an application form or by email & phone.

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. FreshTurmeric, Parsley, Rosemary, Mint, Saltbush, Lemon Myrtle & Warrigal Greens.

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.

Reminder – Daylight Saving started on Saturday – I hope you remembered to advance your watches & clocks FORWARD by 1 Hour!!

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

 **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**

 **Time IT 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

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

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



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: Lonny 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 inclusive organisation serving 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 multicultural 3 course meal.

Come along to our Social Support Groups. Meets on Friday at the Hunter Multicultural Communities. In Hall in Waratah NSW.

Our Services also include:

- Social Groups - activities, outings, special days, events, meals at high tea, Port Phillip, Berrima, Berrima, Berrima
- Individual Support - shopping, outings, visiting
- Flexible Ranges - in-home, community access
- Individual Support - appointments, visits
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - Koori/Camero, Maltese, Vietnamese, Vietnamese Day
- 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

SOCK DRAWER HEROES

NEWCASTLE POP UP SHOP

SATURDAY
11 OCTOBER 2025

10AM - 4PM

LEVEL ONE
150 BEAUMONT ST
HAMILTON NSW 2303
*LIFT ACCESS AVAILABLE

HOSTED BY
Early Intervention
Child, Youth and
Family Services
Newcastle

WWW.SOCKDRAWERHEROES.COM

THE POP UP WILL INCLUDE SDH CHEST BINDERS, PACKERS, TUCKING UNDERWEAR PLUS BOOKS, T-SHIRTS & ACCESSORIES.

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 spend healthy, ready-to-eat meals to their elderly or friends in need.

Affordable & filling, real food without the fuss

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

Heat and eat - no stress, no mess!

No shopping, shopping, 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.



MEAL DELIVERY SERVICE

Supported by City of Newcastle

SAMPLE MEAL PACK

ENTREE: Miso Tuna Chosen Salad

MAIN: Lamb Shank, Mush Potatoes, Roasted Vegetables, or Roast Turkey & Herb Sauce

DESSERT: Spiced Pear & Date Crumble

hmc

Hunter Multicultural Communities

MEAL DELIVERY SERVICE

Supported by City of Newcastle

hmc

Hunter Multicultural Communities

MEAL DELIVERY SERVICE

Supported by City of Newcastle

The Hunter Medical Research Institute Dementia Exchange is a first-of-its-kind initiative that will connect world-leading dementia research directly with our local community.



SCAN ME

Your voice matters. We're inviting community members to help shape this solution by completing a short survey.

Volunteers call 4960 8248 to get in touch!

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



Seniors' Days Out!




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




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




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




SENIORS' DAY OUT
Bus trip to Tilligerry Habitat
THURSDAY 23RD 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



THESE FOUR BUS TRIPS ARE BOOKED OUT!

Call our office to join the waitlist!

(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

OCTOBER 2025 at HMC

Tuesday 7th of October, 11:30am - 12:10pm

Stretch and balance with Annette

Monday 13th of October, 11:00am - 11:45am

Dance Fit with Jess

Tuesday 14th of October, 11:30am - 12:10pm

Stretch and balance with Annette

Tuesday 21st of October, 11:30am - 12:10pm

Stretch and balance with Annette

Monday 27th of October, 11:00am - 11:45am

Dance Fit with Jess

Tuesday 28th of October 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



SENIORS' DAY OUT

Melbourne Cup in Mayfield

TUESDAY 4TH OF NOVEMBER

Join us on Melbourne Cup Day! We'll meet at the HMC Hall to have morning tea. Then at 11am, we will go to Mayfield West Bowling Club for all the excitement!

Tickets to enjoy Melbourne Cup at Mayfield Bowling Club are \$50 per person and include:

A glass of bubbles on arrival

A delicious buffet lunch (cold meat, salad, sweet)

Live music all afternoon

Best-dressed prizes

Sweeps for your chance to win

ONLY 30 SPOTS AVAILABLE! BOOKINGS ESSENTIAL!
PAYMENTS MUST BE MADE IN ADVANCE
TO SECURE YOUR SPOT.

Ph: (02) 4960 8248

2A Platt St WARATAH 2298



HMC is raising money for a bus! Scan the QR code to learn more and donate!



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!



*Celebrating Ann's
birthday! 29/9/25*



*Bus trip to Maitland!
2/10/25*



*Celebrating Domenica's and Suzi's
birthdays during Friday group!
3/10/25*

*What a wonderful week
at HMC!*

Weekly Menu

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

Week 2, 13 - 17 October 2025 Orders Closed

Monday 13 October 2025

E: Pea and Pesto Pasta Salad

M: Beef and Guinness Pie with Sweet Potato Wedges and Seasonal Vegetables

D: Eton Mess

Tuesday 14 October 2025

E: Greek Salad

M: Mild Curry Prawns with Steamed Rice and Seasonal Vegetables

D: Sticky Date Pudding with Butterscotch Sauce

Wednesday 15 October 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 16 October 2025

E: Chorizo and Roasted Capsicum Savoury Muffin with Side Salad

M: Butter Chicken with Steamed Rice and Seasonal Vegetables

D: Apple Danish

Friday 17 October 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