

NEWSLETTER

Meals and Messages for 13 - 19 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!

- It has been a nice short week with the public holiday on Monday.
- Diwali Festival is being held here on Sunday! We are so excited to see how well it turns out.
- Jodi Harrison & Tim Crakanthorp attended our Active Stronger Better exercise class on Tuesday! The Minns Labor Government funds the Connecting Seniors Grants program to support organisations to deliver their Active Stronger Better Seniors Exercise Program.
- This weeks bus outing was to Medowie Macadamia Farm.
- 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!



13 October	Doreen W
14 October	Dorothy H
16 October	Helen W
16 October	Joan H
17 October	Brian M
17 October	James B
18 October	Kenneth T
18 October	Marie H
18 October	Sharon S



Joke of the Week!

What do you call an Alligator in a vest?



An investigator!





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

13 October 2025

School Holidays are over – the Garden has been busy with many families visiting last week and with the Children's Holiday Workshops.

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, some Carrots.

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*) \$10 ea. Strawberry Plants \$2.00 each or 3 for \$5.00.

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

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

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




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




Our Services also include:

- Social Groups - activities, outings, special days, events, meals at high tea, Pot Luck Suppers, Bazaar, Dinner, National
- Individual Support - shopping, outings, visiting
- Flexible Ranges - in-home, community access
- Individual Support - appointments, setup
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - Koori/Camero, National, Vietnamese, Indonesian 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.

Order today at hmcmealdelivery.com.au

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

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 Chicken Salad

MAIN: Lamb Shank, Mush Potatoes, Roasted Vegetables, or Beef Tenderloin & Herb Sauce

DESSERT: Spiced Pear & Date Crumble

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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 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 50 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



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

THESE BUS TRIPS ARE BOOKED OUT!

Call our office to join the waitlist!

(02) 4960 8248



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!



RIPPIT GOLF FUNDRAISER

**SATURDAY 8TH OF
NOVEMBER 2025,**

12:00PM - 4:30PM

**RIPPIT GOLF, 20 CURLEY
RD, BROADMEADOW**

Get your tickets here



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



Are you ready?

Disaster Readiness Workshops for Households and Volunteers

Register for a workshop to:

- Learn tips and tools to create a household emergency plan
- Hear from Council about their role in an emergency
- Explore how volunteers can make a difference in times of disaster

Workshops are free, but registration is essential!

TO REGISTER
Scan the QR code or click [here](#)



For more information contact 02 9280 4744 or education@carersnsw.org.au



Supporting Spontaneous Volunteers Program – a NSW Government initiative



Next Greta Camp Reunion

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



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

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.

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

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

There's more to lose than money



GambleAware Week



GambleAware Week 2025
20 - 26 October

See more info at:

www.gambleaware.nsw.gov.au



HMC Photos!



Our smiling Meal Coordinator and Chef!



Our Acting CEO, Rebecca, representing HMC at the Aged Care Services Expo!



Bus trip to Macademia Farm!



Jody Harrison and Tim Crankenthorpe visiting HMC!



Happy Birthday to our Garden Volunteer, Bill!



Weekly Menu

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

Week 3, 20 - 24 October Orders Closed

Monday 20 October 2025

E: Pumpkin and sage Risotto Balls with Tomato Sauce

M: Beef Stroganoff with Sweet Potato Mash and Seasonal Vegetables

D: Jelly Fruit

Tuesday 21 October 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 22 October 2025

E: Traditional Caesar Salad

M: Seafood Mornay Pie with Mash Topper and Seasonal Vegetables

D: Tiramisu

Thursday 23 October 2025

E: Creamy Tomato Soup

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

D: Mini Cinnamon Scrolls

Friday 24 October 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