

NEWSLETTER



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!

- The biggest and most fun highlight of last week was on Tuesday when we celebrated Oktoberfest! We had lots of people in the hall enjoying the food and music together. Thank you to everyone who came and everyone who made it possible!
- Last Thursday, our clients went on a bus trip to Tilligerry Habitat. Next week, the outing is to Dungog museum! See the flyers in this newsletter for more details and upcoming trips!
- HMC is hosting Urban Tails again this Sunday on November 2nd, so make sure to come by! It's a dog friendly market where you can get lots of goodies and treats!
- 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:** Our office hours are 8:30am until 4:00pm. If you need to contact us outside of those hours, please call us and leave a message on our voicemail, or email us. Thank you.

Birthday Corner!



27 October	Kay O
28 October	Velma F
28 October	Barry E. F
29 October	Nada S
29 October	Theresa A
30 October	Irene K
30 October	Colin B
1 November	Dino R
2 November	Alice T

Staff & Volunteer Birthdays!

27 October	Denise N
31 October	Nancy A
1 November	Prabesh P
1 November	Briana M
2 November	Sarah J.P

Joke of the Week!

Why don't skeletons like Halloween candy?



Because they don't have the stomach for it!



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

27 October 2025

Trust you all survived the hot weather during last week - Don't forget to water your pets and plants on the hot days.

Been busy seling our Bush tucker Plants and Strawberries, so come on over before we run out!

Last Tuesday, Tyene and myself celebrated Oktoberfest with the HMC Seniors Group with great food, music and friendship.

Now is the time to take and strike cuttings from your favourite plants and the Garden has some Propagating honey for sale, at \$4.00 a jar!

I will be in the Garden this week, Wednesday and Thursday from 9:00am - 2:30pm and Satuday from 9:00am to 1:00pm. Call in and say "hello!"

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





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: 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 education organisation offering 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 meal!

Come along to our Social Support Groups. Mondays to Fridays at the Hunter Multicultural Communities. 10-11:30am. Free Social Support Group.

Our Services also include:

- Social Groups - activities, outings, special days, events, meals at high tea, Post Offices, Bunnings, etc.
- 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 - Kiosk/Canteen, National, National/Chinese, National/Thai
- 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

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@hmc.org.au

UPCOMING WORKSHOPS

Wallend RSL
Mon 20 Oct, 1:00pm - 2:30pm

Stockton, Marine Rescue NSW
Tues 21 Oct, 10:00am-11:30am

Corrington Bowling Club
Mon 10 Nov, 3:30pm - 5:00pm

Fort Scratchley Function Centre
Tue 11 Nov, 10:00am - 11:30am
Tues 11 Nov, 1:00pm - 2:30pm
Mon 24 Nov, 10:00am - 11:30am
Mon 24 Nov, 1:00pm - 2:30pm



Supporting Government
Volunteers Program - a NSW
Government initiative



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 Tofu Chosen Salad

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

DESSERT: Spiced Pear & Date Crumble

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Just some of our amazing team at HMC!

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 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



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!



SENIORS' DAY OUT
Trip to Islington
THURSDAY 6TH OF NOVEMBER

Join us for a trip to Islington! First, we'll have morning tea at Mission to Seafarers for \$5.00 each. Then, later in the day, we'll enjoy lunch at Hotel Premier, where the lunch specials are \$17.00!

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



ONLY 27 SPOTS! BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A Platt St WARATAH 2298



SENIORS' DAY OUT
TRIP TO WANGI WANGI AND DOBELL HOUSE
THURSDAY 13TH NOVEMBER

Join us for a trip to Wangi Wangi where we will visit Dobell House! Dobell House is where Australian artist, William Dobell, lived and worked. Entry to the house and morning tea is \$15 per person. Afterwards, we will go to lunch at Wangi District Workers Club, where the lunch specials are \$18!

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

ONLY 30 SPOTS AVAILABLE! 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

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

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



SENIORS' DAY OUT

Trip to Raymond Terrace

THURSDAY 20TH OF NOVEMBER

Join us for a trip to Raymond Terrace where we will have morning tea at River House Cafe. Then later in the day, we will have lunch at Lake Side Village Tavern, where the lunch specials are \$17!

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



ONLY 26 SPOTS AVAILABLE!
BOOKINGS ESSENTIAL!

Ph: (02) 4960 8248
2A Platt St WARATAH 2298

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

The Statement of Rights

The Statement of Rights clearly identifies your rights when seeking or receiving aged care services.

Under the new Aged Care Act, which comes into effect on 1 November 2025, your provider is legally obliged to deliver services in line with these rights.

Autonomy and freedom of choice

I have the right to make my own choices about my care, relationships, lifestyle and taking risks. With support if I want.

Safe, quality care

I have the right to be treated with dignity and respect by experienced aged care workers who value my identity, culture, spirituality and diversity.

Communication and complaints

I have the right to be informed in a way I understand and to raise concerns without fear of reprisal. My feedback must be dealt with fairly and promptly.

Equitable access

I have the right to have my needs assessed in a way that works for me including having my cultural background, past trauma or cognitive conditions such as dementia respected.

Privacy and confidentiality

I must have my privacy respected and my personal information kept confidential and be in control of who this information is shared with.

Support and social connections

I can stay connected to important people, pets and culture including independent advocates. As an Aboriginal or Torres Strait Islander person I can stay connected to Country and Island Home.



Call us for free, independent
and confidential advice.

1800 424 079

SeniorsRightsService.org.au



Seniors Rights Service



MAITLAND COMMUNITY CONNECTION DAY 2025

WEDNESDAY 19TH NOVEMBER
9:30AM-2:00PM
MAITLAND TOWN HALL

Maitland Community Connection Day is back for 2025! This free event is open to all and will include the opportunity to:

- Visit over 50 stallholders catering for all of the community
- View industry demonstrations
- Listen to guest speakers
- Check our military equipment & vehicles
- Enjoy a free BBQ!

We will also be celebrating the graduates of the Joblink Plus Mates & Mentors Program and recognising International Men's Day. There will be something for everyone to enjoy - so make sure it's in your calendar!

For more information and to sign up as a stallholder, contact Ashley George by phone on 0478 996 557 or via email at ashley@healthwellbeingplus.com.au

JOBLINKplus

maitland
CITY COUNCIL

INTERNATIONAL
MENS DAY
November 19
2NUR



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



HMC Photos!



Celebrating Oktoberfest at HMC! 21/10/25



Bus trip to Tilligerry Habitat! 23/10/25



Weekly Menu

Week 4, 27 - 31 October Orders Closed

Monday 27 October 2025

E: Creamy Pumpkin Soup

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

D: Black Forest Trifle

Tuesday 28 October 2025

E: Roast Vegetable Frittata with Side Salad

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

D: Coffee Cake

Wednesday 29 October 2025

E: Mini Margarita Pizza Squares

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

D: Crème Caramel

Thursday 30 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 31 October 2025

E: Chicken Conommmé

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

D: Mango Cheesecake

Week 1, 3 - 7 November 2025 Orders Closed

Monday 3 November 2025

E: Vegetable Spring Rolls with Sweet & Sour Sauce

M: Crumbed Pork Schnitzel with Mash Potato and Seasonal Vegetables

D: Peaches and Custard

Tuesday 4 November 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 5 November 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 6 November 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 7 November 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