

NEWSLETTER

Meals and Messages for 3 - 9 November 2025

Issue 265



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 (and a spooky Halloween if you participate)!
- The lovely ladies from Active Stronger Better came on Monday and Tuesday last week. This week will be Stretch and Balance on Tuesday only.
- Last Thursday, our clients went on a bus trip to Dungog museum. This week, there will be two outings! One on Tuesday, and one on Thursday. See the flyers in this newsletter for more details!
- Last Friday, Tim Crankanthorp came to HMC to meet with our Board President, Faith, and sponsor the children's playground we are going to build! Thank you Tim!
- HMC hosted Urban Tails again this past Sunday!! What a wonderful time with the stalls and doggies!
- 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!



5 November	Silvia S
5 November	Irene G
6 November	Christopher N
8 November	Kay R



Joke of the Week!

What happens to an illegally parked frog?



It gets toad away!



Calendar of Observances: October



1: All Saints' Day
2: All Souls' Day
2: Dia de los Muertos
5: Loy Krathong
5: Guru Nanak Gurpurab
11: Remembrance Day
11: Polish Independence Day

16: International Day for Tolerance
17 - 21: Inclusion at Work Week
24: Shahidi (Martyrdom) of Guru Tegh Bahadur
27: The Ascension of Abdu'l Baha
30: St Andrew's Day
30: First Sunday of Advent

GARDEN NEWS

3 November 2025

Well here we are... November already!!

Time to start thinking CHRISTMAS- The Garden is working on some Christmas gifts, which will be on sale shortly- so don't forget us when working on your Gift List!

This week we had the first visit from one of the schools in the area. The chickens received most of the attention.

Produce for Sale!!

Now is the time to propagate some of your favourite plants for Christmas Gift Giving!! Jars of Propagating Honey for \$4.00 and 2Ltrs of "Worm Juice" to give your other plants a boost!!

Native Plants for Sale (Bush Tucker)!!

Strawberry Plants \$2ea or 3 for \$5

Large selection of potted indoor and outdoor plants at various prices.

Variety potted herbs \$2ea or 3 for \$5

I will be in the garden Wednesday, Thursday and Saturday this week.

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 2nd 11-11:45am: Dance Fit with Jess
 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

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: 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 educational 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 (multicultural) 3 course meal.

Come along to our Social Support Groups. Mondays to Fridays at the Hunter Multicultural Communities. In the afternoon from 1:30pm to 3:30pm.

Our Services also include:

- Social Groups - activities, outings, special days, events, meals at high tea, Post-Prandial, Refreshments, Refreshments
- Individual Support - shopping, outings, visiting
- Flexible Ranges - in-home, community access
- Individual Support - appointments, visiting
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - Koori-Centennial, National, National/Chinese, National/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

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.



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.



SAMPLE MEAL PACK

ENTREE: Miso The Chicken 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

City of Newcastle

City of Newcastle

City of Newcastle



Hunter Multicultural Communities

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



Just some of our amazing team at HMC!

Volunteers call 4960 8248 to get in touch!

Seniors' Days Out!



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



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

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

NOVEMBER 2025 at HMC

Tuesday 4th of October, 11:30am - 12:10pm

Stretch and balance with Annette

Monday 10th of October, 11:00am - 11:45am

Dance Fit with Jess

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

Stretch and balance with Annette

Tuesday 18th of October, 11:30am - 12:10pm

Stretch and balance with Annette

Monday 24th of October, 11:00am - 11:45am

Dance Fit with Jess

Tuesday 25th of October 11:30am - 12:10pm

Stretch and balance with Annette

CALL HMC TO BOOK

Ph: (02) 4960 8248

2A Platt Street WARATAH 2298



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!

POSTPONED UNTIL FEBRUARY

BEST
DRESSED
AWARD!

RAFFLE &
LUCKY
DOOR
PRIZES!

For more information:

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



SENIORS' DAY OUT TRIP TO POKOLBIN

THURSDAY 27TH OF NOVEMBER

Join us for a bus trip to Pokolbin!

We will have morning tea at Taste of the Country. Later in the day, we will have lunch at Harrigan's Hunter Valley, where the lunch specials are \$20.00!

Departing HMC at 8:30am

Returning to HMC at 3:45pm

**ONLY 27 SPOTS AVAILABLE!
BOOKINGS ESSENTIAL**

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

YOU ARE INVITED TO THE
HUNTER MULTICULTURAL COMMUNITIES

Christmas Party!

TUE
DECEMBER 23 10AM - 2PM

30 CREBERT STREET MAYFIELD 2304

Join us at our annual Christmas Party for fun and festivities! There will be a raffle, music and a Christmas meal to enjoy together. Entry is \$20.00 per person.

Let's celebrate the holiday season!

Limited Spots Available! Bookings Essential!

Ph: (02) 4960 8248
2A Platt Street 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.

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.

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.

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.

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.

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 out 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

m
maitland
CITY COUNCIL

INTERNATIONAL
MENS DAY
November 19
2NUR



Silicosis Awareness

Ethnolink is working with Lung Foundation Australia to raise awareness about Silicosis Prevention for people working in construction, manufacturing, mining and tunnelling.

If you have friends or family who work with stone, concrete or dust, encourage them to take a quick quiz to check their lung health and learn more about protecting themselves at work. Scan the QR code below to take the quiz.





HMC Photos!



Celebrating Oxi Day! 28/10/25



Bus trip to Dungog! 30/10/25



Tim Crankanthorp sponsoring HMC's playground! 23/10/25



Weekly Menu

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

Week 2, 10 - 14 November 2025 Orders Closed

Monday 10 November 2025

E: Pea and Pesto Pasta Salad

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

D: Eton Mess

Tuesday 11 November 2025

E: Greek Salad

M: Mild Curry Prawns with Steamed Rice and Seasonal Vegetables

D: Sticky Date Pudding with Butterscotch Sauce

Wednesday 12 November 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 13 November 2025

E: Chorizo and Roasted Capsicum Savoury Muffin with Side Salad

M: Butter Chicken with Steamed Rice and Seasonal Vegetables

D: Apple Danish

Friday 14 November 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