

NEWSLETTER

Meals and Messages for 10 - 16 November 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!

- With Halloween and Melbourne Cup over for 2025, we are moving into the Holiday Season!
- Last week, Active Stronger Better was on Tuesday. This week, the classes will be held on Monday and Tuesday!
- Last week was a busy one for bus trips! On Tuesday, our clients went to Mayfield Bowling Club to celebrate the Melbourne Cup, then on Thursday, they went to Islington. Next Thursday, our clients are going to Wangi Wangi to visit Dobell House! See the rest of this Newsletter for more information about upcoming trips.
- 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!



10 November	Romuald R
11 November	John P
11 November	Susan H
12 November	Helen A
13 November	Nada S
14 November	Margaret W
15 November	Bronwyn W
15 November	Yvonne M
16 November	Pavlina N

Staff Birthdays!

12 November	Gareth
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Joke of the Week!

What do you call a bee that can't make up it's mind?



A maybe



Calendar of Observances: November



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

10 November 2025

Hope you all had some luck on Melbourne Cup Day. I had a lovely day but no winnings!

Lots of visitors to the Garden, buying plants and produce, children feeding the chickens. already halfway through Spring, and Summer will be here before we know it.

Produce for Sale

½ Dozen of Eggs \$4.00
Jar of Propagating Honey \$4.00
Bunch of Silver Beet \$3.00
Fancy Lettuce Leaves \$3.00
Fresh Herbs including Native Herbs \$3.00/packet
Strawberry Plants \$2.00 ea or 3 for \$5.00
Native Bush Tucker Plants and Herbs \$2.00 ea or 3 for \$5.00
2L of Worm Wee \$5.00
Variety of potted plants from \$5.00

I will be in the Garden on Wednesday and Thursday from 9am to 2pm, and on Saturday from 9am to 1pm. Other days by appointment.

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	September
Monday 4th 11-11:45am: Dance Fit with Jess	Monday 2nd 11-11:45am: Dance Fit with Jess
Tuesday 5th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 2nd 11:30-12:10pm: Stretch and Balance with Annette
Tuesday 12th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 9th 11:30-12:10pm: Stretch and Balance with Annette
Monday 18th 11-11:45am: Dance Fit with Jess	Monday 16th 11-11:45am: Dance Fit with Jess
Tuesday 19th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 13th 11:30-12:10pm: Stretch and Balance with Annette
Tuesday 26th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 20th 11-11:45am: Dance Fit with Jess
	Tuesday 27th 11:30-12:10pm: Stretch and Balance with Annette
October	November
Tuesday 7th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 4th 11:30-12:10pm: Stretch and Balance with Annette
Monday 13th 11-11:45am: Dance Fit with Jess	Monday 11th 11-11:45am: Dance Fit with Jess
Tuesday 14th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 18th 11:30-12:10pm: Stretch and Balance with Annette
Tuesday 21st 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 15th 11:30-12:10pm: Stretch and Balance with Annette
Monday 27th 11-11:45am: Dance Fit with Jess	Monday 24th 11-11:45am: Dance Fit with Jess
Tuesday 28th 11:30-12:10pm: Stretch and Balance with Annette	Tuesday 25th 11:30-12:10pm: Stretch and Balance with Annette

Proudly funded by NSW government

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Hunter Multicultural Communities

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

Heart Foundation
Walking

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

Provisionally Supported By

Stay at home for as long as possible
with the help of the Hunter Multicultural Communities

The Hunter Multicultural Communities is an educational 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 multicultural (multicultural) 3 course meal.

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

Our Services also include:

- Social Groups - activities, outings, special days, events, meals at high tea, Post Offices, Banks, Shoppes, Markets
- 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-Centennial, National, National/Chinese, National Day
- Community Garden
- Community Shed

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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

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

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

Supporting Government Volunteers Program - a NSW Government initiative

Correns Australia

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.

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MEAL DELIVERY SERVICE

Supported by

SAMPLE MEAL PACK

ENTREE: Miso Tofu Chosen Salad

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

DESSERT: Spiced Pear & Date Crumble

Just some of our amazing team at HMC!

Volunteers call 4960 8248 to get in touch!

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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

Volunteer

Seniors' Days Out!



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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



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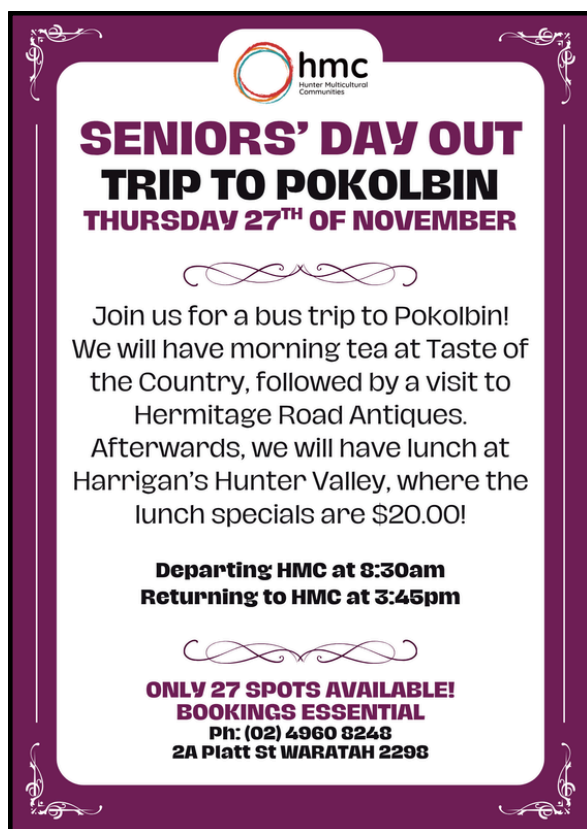
SENIORS' DAY OUT

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



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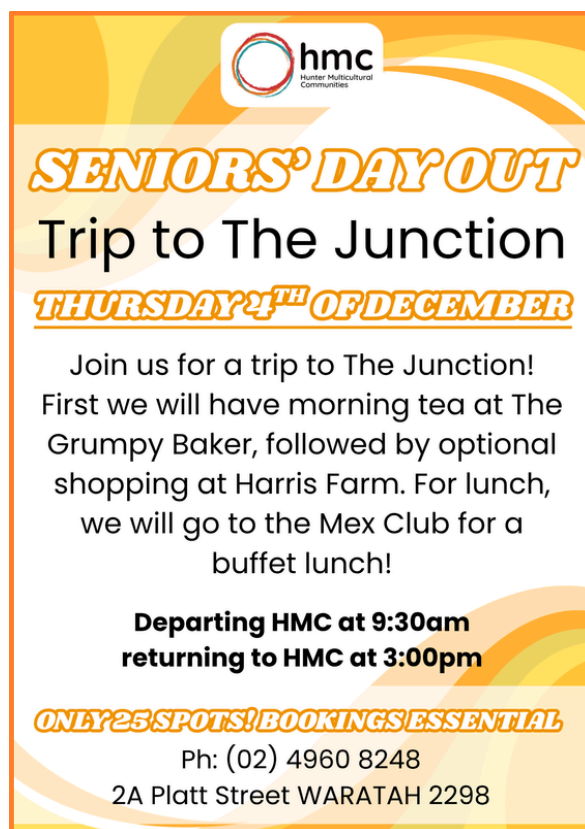
SENIORS' DAY OUT

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, followed by a visit to Hermitage Road Antiques. Afterwards, 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



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SENIORS' DAY OUT

Trip to The Junction
THURSDAY 4TH OF DECEMBER

Join us for a trip to The Junction! First we will have morning tea at The Grumpy Baker, followed by optional shopping at Harris Farm. For lunch, we will go to the Mex Club for a buffet lunch!

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

ONLY 25 SPOTS! BOOKINGS ESSENTIAL
Ph: (02) 4960 8248
2A Platt Street WARATAH 2298

Call our office to secure your spot!
(02) 4960 8248



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 Speers Point

11th of December 2025

Join us for a trip to Speers Point! First we will go for morning tea at Pippi's at the Point, followed by an optional walk along the waterfront. Afterwards, we will have Christmas Lunch at Survivors R Us, which is \$20 per person.

Departure HMC 9:30am
Return HMC 3:00pm

ONLY 26 SPOTS AVAILABLE!
BOOKING IS 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!



Melbourne Cup at HMC! 3/11/25



Melbourne Cup at Mayfield Bowling Club! 4/11/25



Bus trip to Islington! 23/10/25



Weekly Menu

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

Week 3, 17 - 21 November 2025

Orders Closed

Monday 17 November 2025

E: Pumpkin and sage Risotto Balls with Tomato Sauce

M: Beef Stroganoff with Sweet Potato Mash and Seasonal Vegetables

D: Jelly Fruit

Tuesday 18 November 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 19 November 2025

E: Traditional Caesar Salad

M: Seafood Mornay Pie with Mash Topper and Seasonal Vegetables

D: Tiramisu

Thursday 20 November 2025

E: Creamy Tomato Soup

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

D: Mini Cinnamon Scrolls

Friday 21 November 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