

NEWSLETTER

Meals and Messages for 1 - 31 January 2026

Issue 270



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.



Happy New Year,
2026!

Welcome Back!

Last year was an amazing year at the Hunter Multicultural Communities! This edition of the newsletter is going to cover all of January while looking back on some of the memories we had in December 2025. We're going to be celebrating the new year and providing some key updates.

This edition will include:

- Welcome back messages from staff and our new General Manager, Dr. Fadi Baghdadi
- Key holidays, observances, and- of course- birthdays happening in January
- Flyers for upcoming bus trips in January and February!
- The Garden News from Margaret
- Our Meal Delivery Service Menu
- Plus lots and lots of photos from parties, groups, and bus trips!

Joke of the Year!



What is a spider's
New Year's
resolution?

***To spend less time
on the web!***

Welcome Back!

Happy New Year from all of us at HMC:

Welcome back to HMC in 2026! We hope you had a wonderful holiday period. We are happy to be getting back into routine with all of our services returning! Don't forget to call us to book in for transport, individual support, groups, and bus trips!

Our Community Garden and Community Shed are also back in business! Feel free to visit us and be part of our HMC community as a visitor or volunteer!

As usual, our office hours are 8:30am - 4:00pm, Monday to Friday. If you have any questions or concerns, please reach out to us on 4960 8248 or email office@huntermulticultural.org.au

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Notice from our Meal Coordinator:

Happy New Year, I hope you all had a wonderful, safe and relaxing break. Our Meals team have had a well- deserved break and look forward to another year of providing nourishing meals to your home. This year we begin meals from Menu 10 Week 1 from Monday 12 January 2026. Please note we do close over all public holidays with our Australia Day public holiday coming up on Monday 26 January 2026. If you have any queries, feedback or changes to be made do not hesitate to contact me on 4960 8248 or email: denise@huntermulticultural.org.au

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Welcome to our new General Manager, Fadi:

We are pleased to welcome Dr Fadi Baghdadi as the new General Manager of Hunter Multicultural Communities.

"It's with great privilege I introduce myself as the new General Manager of Hunter Multicultural Communities. My background is in community services, with a strong focus on evidence-informed practice. I have worked with community organisations, government, and universities in Australia and internationally, and I am committed to ensuring that HMC remains a trusted and leading multicultural organisation in the Hunter."

We look forward to this next chapter as HMC continues to advocate for and support the culturally and linguistically diverse communities across the Hunter.

Observances and Birthdays!

Calendar of Observances: January

- | | |
|---|---|
| 1: New Year's Day | 18: World Religion Day |
| 1-2: Feast of St. Basil | 19: Epiphany (Orthodox) |
| 4: World Braille Day | 26: Australia Day |
| 5: Gurpurab of Guru Gobind Singh Ji | 26: International Day of Clean Energy |
| 6: Epiphany | 27: International Holocaust Remembrance Day |
| 7: The Holy Nativity Feast (Nativity of Christ) | 28: International Day of Peaceful Coexistence |
| 14-17: Thai Pongal | |



Birthdays in January!



1 January	Dianne W
1 January	Helen J
1 January	Kay B
1 January	Rosemary K
3 January	George W
3 January	Martin R
4 January	Margaret W
4 January	Patricia C
4 January	Ruth M
5 January	Elizabeth R
5 January	Fikreta T
6 January	Olga A
7 January	Suzanne G
8 January	Anne R
8 January	Barbara J
8 January	Jennifer R
9 January	Gaye R
11 January	Elide P
12 January	Lesley R
15 January	Ingrid D
15 January	Sylvia L
16 January	Sandra M
18 January	Lloyd R
19 January	Joan A
20 January	Carol T
20 January	Margarita A

20 January	Walter D
21 January	Yvonne P
22 January	Luis O
22 January	Marianne H
22 January	Pamela N
23 January	Antonietta T
23 January	Renzo B
24 January	Christine B
24 January	Seresa C
25 January	Margaret K
25 January	Shirley F
26 January	Jennifer H
27 January	Anna B
28 January	John N
29 January	Elisa G
30 January	Annamaria P
31 January	Coral G
31 January	Daisy R
31 January	Elizabeth B
31 January	Setsuko M

Staff Birthdays

20 January	Lee
22 January	Jade
29 January	Lonny

Seniors' Days Out!



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SENIORS' DAY OUT

Trip to Nelson Bay

THURSDAY 29th JANUARY 2026

Join us for a trip to Nelson Bay! We will have morning tea at the Inner Light Tea Rooms! Then, later in the day, we will have lunch at The Game O Bistro, where the lunch specials are \$17!

Departing HMC at 8:30am
Returning to HMC at 3:45pm

ONLY 30 SPOTS AVAILABLE!
BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A Platt Street WARATAH



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SENIORS' DAY OUT

TRIP TO GOSFORD

THURSDAY 5th OF FEBRUARY

Join us for a bus trip to Gosford! We will be visiting the Gosford Art Gallery and Edogawa Commemorative Garden! We'll have morning tea at Top Point Café. Later in the day, we will have lunch at Gosford RSL (The Gardens), where the lunch specials are \$19!

Departing HMC at 8:15am
Returning to HMC at 3:45pm (approx.)

ONLY 30 SPOTS AVAILABLE!
BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A Platt St WARATAH 2298



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Seniors' Day Out

Trip to Whitebridge

Thursday 12th February

Join us for a trip to Whitebridge! We will be having morning tea at Market Coffee. Later in the day we'll go for lunch at Jewells tavern, where the lunch specials are \$16.00!

Departure from HMC at 9:00 am
Returning to HMC at 3:30pm

ONLY 30 SPOTS! BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A Platt St WARATAH 2298



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SENIORS' DAY OUT

Bus Trip to Toukley

THURSDAY 19th OF FEBRUARY

Join us for a trip to Toukley! First, we will have morning tea at Poppies Cafe at The Ary Toukley. Later in the day, we will be eating lunch at Toukley Golf Club!

Departure from HMC: 8:45am
Return to HMC: 3:30pm

ONLY 30 SPOTS AVAILABLE! BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A Platt Street WARATAH 2298

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

GARDEN NEWS

26 January 2025

Hope you have all had a great start to 2026! I am looking forward to seeing you all at the Garden soon. It has been very lonely in the Garden these past couple of weeks!!

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 & Dried Herbs, Bay Leaves, Parsley, Rosemary, Variety of Mints, Saltbush, Lemon Myrtle & Warrigal Greens. Come and sample our "Lemon Myrtle Tea or Cordial" – a great thirst quenching drink on those very hot days! We also have some bottles for Sale.

Native (Bush Tucker) Plants for Sale.

Native Warrigal Greens (Tetragonia), Native Basil *Plectranthus gravoelens*, Native Leek (*Bulbine bulbosa*), Coastal Pigface (*Karkalla*) \$4.00 each or 3 for \$10.00. 2 x Native Mulberry (white) plants for sale Large plants @ 2 x \$20.00 ea. 8 small @ \$3.00 each.

Strawberry Plants \$2.00 each or 3 for \$5.00, (these have been selling fast – so don't miss out!!) A wide Selection of potted Indoor & Outdoor Plants – various prices.

Thank you to everyone who came to the School Holiday Children's Workshops! I hope you lovely families had a great time learning in the garden.

I will be in the Garden this week, Tuesday, Wednesday, Thursday, Friday 9am to 2.30pm, & Saturday am to 1.00pm, so call in and say "Hello", I look forward to seeing you!!!!.

Have a great week, Stay out of the Heat, enjoy the Rain & Keep Safe & Well Everyone!!

Margaret – HMC Garden Co-ordinator – Phone 0413 229 740

westwick1@dodo.com.au

& Jay – HMC Garden Manager

Menu 10

Week 1, 12 - 16 January 2026 Orders Closed

Monday 12 January 2026

E: Spinach, Tomato and Feta Quiche with Side Salad (V)

M: Korean Fried Chicken with Soy and Garlic, with Vegetables and Rice

D: Peach Cake Dusted with Icing Sugar (V)

Tuesday 13 January 2026

E: Spring Vegetable Soup (V)

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

D: Jellied Fruit

Wednesday 14 January 2026

E: Vegetable Fried Rice (V)

M: Pork Rissoles with Mash Potato and Vegetables with Gravy

D: Mango Mousse

Thursday 15 January 2026

E: Pesto, Zucchini and Potato Soup (GF) (V)

M: Moroccan Lamb with Chickpeas and Lentil Casserole on Tomato base with Vegetables

D: Poppy Seed Roll (V)

Friday 16 January 2026

E: Bacon and Broccoli Pasta

M: Grilled Fish with Bernaise Sauce, with Chats and Vegetables

D: Red Velvet Cake with Cream Cheese Frosting

Week 2, 19 - 23 January 2026 Orders Closed

Monday 19 January 2026

E: Moroccan Carrot Fritters and Side Salad

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

D: Scones with Jam and Cream

Tuesday 20 January 2026

E: Spanakopita (Greek Spinach and Feta Pie) with a side of Greek Salad

M: Pork Sausage Casserole with Chats and Seasonal Vegetables

D: Krempita (Vanilla Slice)

Wednesday 21 January 2026

E: Roast Pumpkin Soup (V)

M: Roast Lamb Dinner with Roast Potato, Roast Pumpkin, Seasonal Vegetables, Gravy and Mint Sauce

D: Fruit Salad with Natural Greek Yogurt (V)

Thursday 22 January 2026

E: Mild Mexican Chicken Empanadas

M: Battered Fish with Wedges, Vegetables and Tartare Sauce

D: Chocolate Brownie (V)

Friday 23 January 2026

E: Mini Cheese & Beef Sausage Rolls with Side Salad

M: Chicken Parmigiana with Cous Cous and Mediterranean Vegetables

D: Lamingtons (for Australia Day) (V)

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

Weekly Menu

Week 3, 26 - 30 January 2026
Orders Close Friday 16 January

Monday 26 January 2026

NO MEAL TODAY
HMC CLOSED FOR PUBLIC HOLIDAY

Tuesday 27 January 2026

E: Bacon and Cheese Loaded Potato with Sour Cream
M: Tuna Pasta Bake with Seasonal Vegetables
D: Light Fruit Cake

Wednesday 28 January 2026

E: Zucchini Slice
M: Chicken Cacciatore with Mash Potato and Seasonal Vegetables
D: Rice Pudding with Cinnamon

Thursday 29 January 2026

E: Chicken Noodle Soup
M: Roast Pork Dinner with Roast Potato, Roast Pumpkin, Seasonal Vegetables, gravy and Apple Sauce
D: Sticky Orange Cake

Friday 30 January 2026

E: Vegetable Samosas with Sweet Chilli Sauce
M: Beef Rogan Josh Curry with Basmati Rice and Vegetables
D: Lemon Tart

Week 4, 2 - 6 February 2026
Orders Close Friday 23 January

Monday 2 February 2026

E: Beef Bolognese with Pasta
M: Prawn Cutlets with Vegetables, Mash Potato and Tartare Sauce
D: Passionfruit Cheesecake

Tuesday 3 February 2026

E: Tuna Nicoise Salad
M: Lamb Tandoori with Basmati Rice and Vegetables
D: Vanilla Cupcakes with Buttercream icing

Wednesday 4 February 2026

E: Vegetable Risotto (V)
M: Beef Bourguignon with Mash Potato and Vegetables
D: Carrot Cake with Cream Cheese

Thursday 5 February 2026

E: Cypriot Grain Chicken Salad
M: Pork Steak with Pineapple Salsa, Sweet Potato Mash and Vegetable
D: Custard Tart

Friday 6 February 2026

E: Carrot and Coconut Soup (V)
M: Roast Chicken Dinner with Roast Potato, Roast Pumpkin, Seasonal Vegetables and Gravy
D: Victorian Sponge Cake

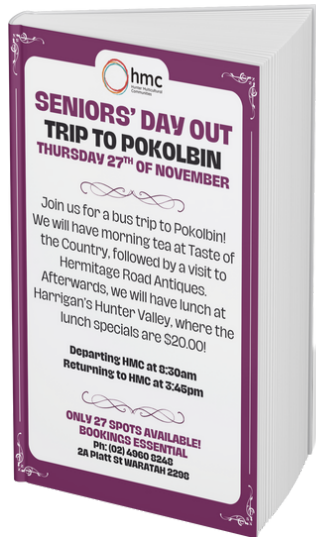
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PICTURES AT HMC

Trip to Pokolbin! 27 Nov 2025



Trip to Speers Point! 11 Dec 2025



PICTURES AT HMC

Some holiday
fun during
Monday group!
15 Dec 2025

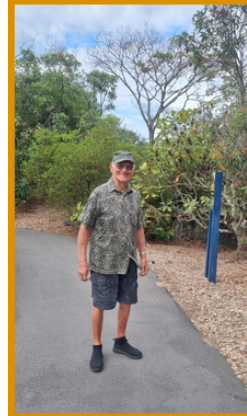
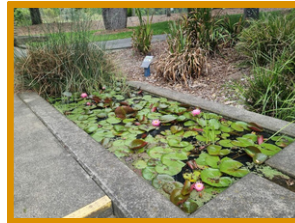
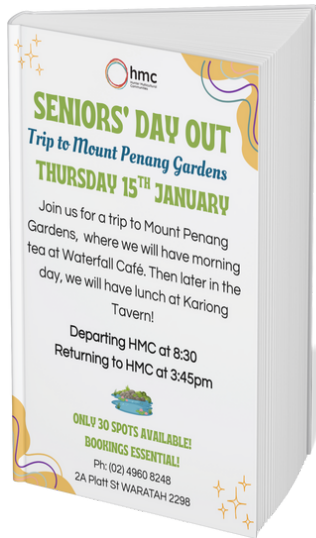


First trip of 2026!
Paddington Reservoir Gardens!
7 Jan 2026

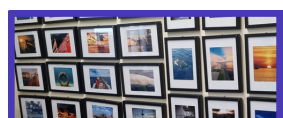


PICTURES AT HMC

Trip to Mount Penang Gardens! 15 Jan 2025



Trip to Mount Penang Gardens! 15 Jan 2025



What a great year at HMC already!