

NEWSLETTER



Hunter Multicultural Communities 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 First Nation, with their connections to land sea, and community.



HMC Highlights

Another great week at HMC

- Last week was a big week for our communities with the start of both Lunar New Year and Ramadan.
- Last Tuesday, Annette led Strength and Balance for Active Stronger Better. This week, Jess is leading Dance Fit on Monday.
- Last week we went to Toukley, and this Thursday we are going to Wallis Creek Watergardens. See the rest of this Newsletter for pictures from recent trips and to get more information about upcoming trips.
- On Tuesday 10th of March, we will be celebrating Seniors' Week. There will be food, fun, and entertainment. Call our office to book your spot.
- The 2026 Fiesta Festival is coming up on Saturday 18th of April. Watch this space for more information.
- Due to the ANZAC Day public holiday, HMC will be closed on Monday 27th of April. We will be back on Tuesday 28th.
- If you are interested in volunteering at HMC, see information on the Bulletin Board below, as well as our Facebook and Instagram
- 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



23 February	Shizue W
24 February	Betty W
28 February	Colin R
28 February	Camillo B
1 March	Denise H
1 March	Lawrence T

Volunteer and Board Birthdays!

23 February	Brian R
24 February	Alek S



Joke of the Week

What did the big flower say to the little flower?



"Hi, bud!"



Calendar of Observances: February



4: Sri Lanka independence Day
 6: Waitangi Day
 13: Anniversary of the Apology to members of Stolen Generations
 14: Valentine's Day
 15: Nirvana Day (Parinirvana Day)
 15: Serbia National Day
 15-16: Maha Shivaratri
 16: Lithuania independence Day
 16-17 (approx): Ramadan Begins
 16-22: Masnytsia/Maslenitsa

17-21: Lunar New Year
 17: Chinese Lunar New Year (Year of the Horse)
 17: Tet (Vietnamese Lunar New Year - Year of the Fire Horse)
 17: Seollal (Korean Lunar New Year - Year of the Horse)
 17: Shrove Tuesday
 18: Ash Wednesday
 18-20: Lhosar (Tibetan New Year)
 20: World Day of Justice
 21: International Mother Language Day
 24: Estonia Independence Day

GARDEN NEWS

23 February 2026

Busy time for the Garden last week with many new residents to the area visiting our Garden & Café for the first time. We have some very hot & humid days, so we're trying to keep undercover as much as possible. Though we have had some rain, it is followed by very hot days and dries everything out. Look forward to seeing you at the Garden soon. Time seems to be moving so fast these days and the HMC Multicultural Fiesta in April will be here before we know it!! Our very small band of Volunteer Gardeners will be keeping busy from now, propagating lots of Plants etc. to stock our Garden Stall.

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.

**** If you are lucky enough to have a large garden area – why not treat yourself to a Native Mulberry (white) Tree? They are quick growing and produce heaps of juicy white Mulberries (No Purple stained clothes) . We have a limited number of these plants for sale 2 Large plants @ \$20.00 ea. 8 small @ \$3.00 ea. 2 x Native Atherton Raspberries \$10.00 ea.

Strawberry Plants \$2.00 each or 3 for \$5.00, (these have been selling fast – so don't miss out!!) ** did you know that if you have Diabetes – Strawberries are not included in your Fruit total – they are free to eat and therefore you can also still have 2 other Fruit Serves!!!

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

In conjunction with Newcastle City Council, we already have booked in some very exiting Workshops, so watch this space for details or call in to see us at the Garden. The first one for this year will be held on this coming Saturday – there may be 1 or 2 vacancies left – Bookings are essential through the NCC Seed Library.

I will be in the Garden this week - Wednesday & Thursday 9am to 2pm & Saturday 9am to 1pm so call in and say "Hello", bring some food scraps for the chickens or composting, buy a – plant or some produce or have a chat, I look forward to seeing you soon!!!!.

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



Bulletin Board



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

The Hunter Multicultural Communities is an inclusive 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 traditional multicultural 3 course meal.

Come along to our Social Support Group! Meeting to talk at the Community Garden, 2a Platt St, Waratah NSW 2298.

Our Services also include:

- Social Groups - activities, outings, special days, meetings, meals at High Sea Pier, Gardens, Botanic Gardens, Waratah
- Individual Support - shopping, outings, visiting
- Flexible People - income, community access
- Individual Transport - appointments, outings
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - East Gosford, Maitland, Raymond Terrace, Salamander Bay
- Community Garden
- Community Shed

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Hunter Multicultural Communities
ph: 4960 8248

If you would like to attend a group or are interested in any of our other wonderful services please call 4960 8248

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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

Scores on Doors
Hygiene and food safety

Excellent
★★★★★

Heart Foundation
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: Lonny Schoff & Adriana Hannemann 4960-8248

[Visit walking.heartfoundation.org.au to register or for more information](http://www.heartfoundation.org.au)

Heart Foundation is a not-for-profit organisation. Proudly supported by the Government of New South Wales.

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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

WELCOME HERE

Volunteers call 4960 8248 to get in touch!

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, chopping, or cooking required. Just wholesome, satisfying meals you can rely on.

THREE COURSE MEAL JUST \$20 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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Hunter Multicultural Communities
MEAL DELIVERY SERVICE
Sponsored by City of Newcastle

SAMPLE MEAL PACK
ENTER: Into Your Kitchen Salad
MEALS: Lemon Shrimp, Mashed Potatoes, Seasonal Vegetables, and Roasted Tomatoes & Herbs Sauce
DESSERT: Spiced Pear & Date Coulis

THANK YOU TO OUR FRIENDS



Seniors' Days Out



**SENIORS DAY OUT
TRIP TO THE
WATERGARDENS
THURSDAY 26TH FEB**

Join us for a trip to Wallis Creek Watergardens! We will have morning tea there, for a contribution of \$12.00 per person. There will also be a tour of the gardens. For lunch, we'll be going to Chelmsford Hotel where the lunch specials are \$16.00!



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



**SENIORS' DAY OUT
Newcastle Art Gallery
THURSDAY 5TH OF MARCH 2026**

Join us for a trip to Newcastle Art Gallery, where we will have morning tea and a tour of the art. Later, we will have lunch at Mayfield Bowling Club, for \$20.00 per person. There will be optional champagne or orange juice on arrival and entertainment by Greg Mason throughout lunch!

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

**ONLY 28 SPOTS AVAILABLE!
BOOKINGS ESSENTIAL!**
Ph: (02) 4960 8248
2A Platt St WARATAH 2298



**SENIORS' DAY OUT
TRIP TO CESSNOCK
THURSDAY 12TH OF MARCH**

Join us for a bus trip to Cessnock! First, we will go for morning tea at Mathaville House, where we will also have a tour of the heritage site for \$15.00 per person. Afterwards, we will have lunch at Bellbird Hotel, where the lunch specials are \$17.00.

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

**ONLY 28 SPOTS AVAILABLE!
BOOKINGS ESSENTIAL!**
Ph: (02) 4960 8248
2A Platt St WARATAH 2298



**SENIORS' DAY OUT
TRIP TO MORPETH
THURSDAY 19TH OF MARCH**

Join us for a bus trip to Morpeth! First, we will go for morning tea at Cup N Crepes. We'll also be visiting the art gallery and doing some shopping. Then, we'll have lunch at The Commercial Hotel, where the lunch specials are \$17 per person.

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

ONLY 28 SPOTS AVAILABLE! BOOKINGS ESSENTIAL!
Ph: (02) 4960 8248
2A Platt St WARATAH 2298



Scan the QR Code to donate to our bus fund

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

HMC Group Activities

For Mondays and Thursdays in February

MONDAY

Monday 2nd Feb

Sit Dancing
BINGO

Monday 9th Feb

Drumming
BINGO

Monday 16th Feb

Sit Dancing

Monday 23rd Feb

Indoor Bowls
BINGO

THURSDAY

Thursday 6th Feb

Painting–St. Valentine's Day
BINGO

Thursday 12th Feb

Concert "Lothar"
BINGO

Thursday 19th Feb

Lunar New Year Crafting
BINGO

Thursday 26th Feb

'Who Am I?' Quiz
BINGO



ACTIVE STRONGER BETTER CLASSES

FEBRUARY 2026 at HMC

Tuesday 3rd of February, 11:30am - 12:10pm
Stretch/Strength and Balance with Annette

Monday 9th of February, 11:00am - 11:45am
Dance Fit with Jess

Tuesday 17th of February, 11:30am - 12:10pm
Stretch/Strength and Balance with Annette

Monday 23rd of February, 11:00am - 11:45am
Dance Fit with Jess

CALL HMC TO BOOK

Ph: (02) 4960 8248

2A Platt Street WARATAH 2298



MULTI-COLOURFUL SENIORS' FESTIVAL!

TUESDAY 10th of MARCH, 10:00AM - 2:00PM
Hunter Multicultural Communities, 2A Platt St Waratah

We are hosting a special event at HMC to celebrate Seniors' Week! Anyone is welcome to join us for food, fun and entertainment. Lunch will be provided as well as raffles, information stalls, and a performance by Peter Fitzgibbon.

ENTRY:

\$20.00 out of pocket for CHSP

\$50.00 billed to Support at Home providers

\$50.00 out of pocket for private clients

ONLY 50 SPOTS! BOOKINGS ESSENTIAL!

Ph: (02) 4960 8248

2A Platt St WARATAH 2298



HMC Bus Fundraiser



Donate now!

gofund.me/deal.dive.site



COMMUNITY MESSAGES



BRAVE BEGINNINGS WATER CONFIDENCE WORKSHOP

Building confidence, wellbeing, and safer futures for CALD women.
A gentle and supportive introduction to swimming and aquatic safety.

FREE WORKSHOP

There is no cost to attend
this workshop.
Registration is required.

YOU DO NOT HAVE TO SWIM

You are welcome to observe and
listen. You are not required
to get into the pool.

CHILDMINDING AVAILABLE

Childminding is available for children
up to and including Year 6 by
qualified childminders.

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07 MARCH 2026 / 9 AM - 5 PM
+
NEWCASTLE, NSW
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REGISTER ONLINE TODAY
splashofcolourswimming.com.au

Office for Youth: Sticker Design Competition

To celebrate Youth Week, the Office for Youth is running a Design a Sticker Competition

If you're aged 12 to 24 and live in NSW, you can submit a sticker design that represents or explores the Youth Week theme: "Dream. Dare. Do"

Scan the QR code below to enter the competition.





PICTURES AT HMC

Photos from Thursday Group, enjoying the concert by Lothar, 12th of February, 2026



Photos from the bus trip to Toukley last week, Thursday 19th of February, 2026



Weekly Menu

Week 3

23 - 27 February 2026

Monday 23 February 2026

E: Thai Salad

M: Lamb and Spinach Rice Bake with Vegetables

D: Apple Pie with Cream

Tuesday 24 February 2026

E: Bacon and Cheese Loaded Potato with Sour Cream

M: Tuna Pasta Bake with Seasonal Vegetables

D: Light Fruit Cake

Wednesday 25 February 2026

E: Zucchini Slice

M: Chicken Cacciatore with Mash Potato and Seasonal Vegetables

D: Rice Pudding with Cinnamon

Thursday 26 February 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 27 February 2026

E: Vegetable Samosas with Sweet Chilli Sauce

M: Beef Rogan Josh Curry with Basmati Rice and Vegetables

D: Lemon Tart

Orders Closed for this week

Week 4

2 - 6 March 2026

Monday 2 March 2026

E: Beef Bolognese with Pasta

M: Prawn Cutlets with Vegetables, Mash Potato and Tartare Sauce

D: Passionfruit Cheesecake

Tuesday 3 March 2026

E: Tuna Nicoise Salad

M: Lamb Tandoori with Basmati Rice and Vegetables

D: Vanilla Cupcakes with Buttercream icing

Wednesday 4 March 2026

E: Vegetable Risotto (V)

M: Beef Bourguignon with Mash Potato and Vegetables

D: Carrot Cake with Cream Cheese

Thursday 5 March 2026

E: Cypriot Grain Chicken Salad

M: Pork Steak with Pineapple Salsa , Sweet Potato Mash and Vegetable

D: Custard Tart

Friday 6 March 2026

E: Carrot and Coconut Soup (V)

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

D: Victorian Sponge Cake

Orders Closed for this week

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