

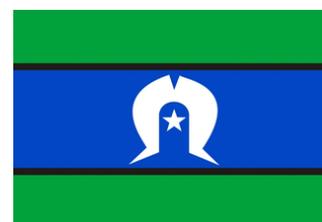
# NEWSLETTER

Meals and Messages for 2 - 8 March 2026

Issue 275



Hunter Multicultural Communities acknowledges the Traditional Custodians of Australia, and that our office is on unceded Awabakal land. We pay our respect to Elders past, present, and emerging, and extend that respect to all First Nations, with their connections to land sea, and community.



## HMC Highlights

### Another great week at HMC

- Last Monday, Jess led Dance Fit for Active Stronger Better. This week, Annette will Strength and Balance on Tuesday
- Last week we went to Wallis Creek Watergardens, and this Thursday we are going to the Newcastle Art Gallery. See the rest of this newsletter for more upcoming trips.
- This week is NSW Women's Week, and this Sunday will be the 115<sup>th</sup> International Women's Day. The theme this year is *Give to Gain*. We hope you all have a lovely day celebrating the women in your lives.
- Next Tuesday 10th we will be celebrating Seniors' Week. 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 contact: [office@huntermulticultural.org.au](mailto: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 and leave a message on our voicemail or email us.

## Birthday Corner



2 March	Lynette H
3 March	Marika W
3 March	Aida Z
3 March	KerryF
3 March	Elizabeth E
4 March	Sesto M
6 March	Patrick O
6 March	Klaus K



## Joke of the Week

What job does the frog have at the hotel?



The bellhop!



# Calendar of Observances: February



1: St David's Day  
 2-3: Purim  
 3-4: Holi (Festival of Colours)  
 3: Makha Bucha (Magha Puja)  
 3: Lantern Festival (Yuanxiao Festival)  
 8: International Women's Day  
 15: International Day to Combat Islamophobia  
 15: Lailat al-Qadr  
 16-22: Harmony Week  
 17: St Patrick's Day

19: National Close the Gap Day  
 19: Ugadi (Telugu New Year)  
 19-20: Eid al Fitr  
 21: Naw-Ruz  
 21: Nowruz New Year  
 21: International Day for the Elimination of Racial Discrimination  
 23: Shaheed Day  
 25: Greek Independence Day  
 29: Palm Sunday

## GARDEN NEWS

2 March 2026

I have not been in the Garden since 21<sup>st</sup> February due to the heat. Sorry to those who came looking for me. It was the first week in nearly 12 years that I was unable to be there. Fingers crossed I will be back on deck this week. We have more very hot & humid days ahead, so we will be trying to keep undercover as much as possible. I have been making some more Lemon Myrtle Cordial, why not call in and have a taste? Look forward to seeing you at the Garden soon. Don't forget 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 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 was held on Saturday – this is a great way to learn. Hopefully 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!

Sunday 8<sup>th</sup> March is "International Women's Day" so I wish all the wonderful women out there a wonderful day!

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](mailto: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! Having a drink at the Community Shed is the 1st step to "Fun Times".

**Our Services also include:**

- Social Groups - activities, outings, special days, meetings, meals, at High Sea Pier, Gardens, Botanic Gardens, Ballfield
- Individual Support - shopping, outings, visiting
- Flexible People - income, community access
- Individual Transport - appointments, outings
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - Golf/Golfers, Mahjong, Reunited/Tenants, Salamander Run
- Community Garden
- Community Shed

**hmc**  
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*

Scores on Doors  
Hygiene and food safety

Excellent  
★★★★★

**hmc**  
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: Lonny Schoff & Adriana Hannemann 4960-8248

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

Proudly Supported By  
 Hunter Multicultural Communities  
 City of Newcastle

**hmc**  
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](http://hmcmealdelivery.com.au)  
Every order supports Hunter Multicultural Communities, a not-for-profit that reinvests back into the community.

**hmc**  
Hunter Multicultural Communities  
**MEAL DELIVERY SERVICE**  
Supported by City of Newcastle

**SAMPLE MEAL PACK**  
ENTER: Into Your Children's World

**MAZE: Lemon Shrimp, Mashed Potatoes, Seasoned Vegetables, and Roasted Tomatoes & Herbs Sauce**

**DESSERT: Spiced Pear & Date Coulis**

THANK YOU TO OUR FRIENDS



# Seniors' Days Out



**SENIORS' DAY OUT**  
**Newcastle Art Gallery**  
**THURSDAY 5<sup>TH</sup> 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 12<sup>TH</sup> 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 19<sup>TH</sup> 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**



**SENIORS' DAY OUT**  
**Murrays Beach**  
**THURSDAY 26<sup>TH</sup> OF MARCH**

Join us for a trip to Murrays Beach! We'll have morning tea at Murrays Restaurant, and then for lunch, we'll be going to Swansea Hotel – Lunch Special \$17 per person.

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

**Bookings essential. Limited spots available.**

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

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



# MULTI-COLOURFUL SENIORS' FESTIVAL!

**TUESDAY 10<sup>th</sup> 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](https://gofund.me/deal.dive.site)

## HMC Group Activities

For Mondays and Thursdays in February

### MONDAY

**Monday 2nd March**

Sit Dancing with Jess  
BINGO

**Monday 9th March**

International Women's Day  
Morning Tea  
Quiz

**Monday 16th March**

Sit Dancing with Jess  
BINGO

**Monday 23rd March**

Garden Visit with Margaret  
BINGO

**Monday 30th March**

Sit Dancing with Jess  
BINGO

### THURSDAY

**Thursday 5th March**

Indoor Golf  
BINGO

**Thursday 12th March**

Chair Yoga  
BINGO

**Thursday 19th March**

Harmony Day- Show and Tell  
BINGO

**Thursday 26th Feb**

Drumming  
BINGO

Watch this space for more upcoming events and activities...



# 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.

07 MARCH 2026 / 9AM - 5PM

NEWCASTLE, NSW

REGISTER ONLINE TODAY  
[splashofcolourswimming.com.au](http://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.



## The Geography Students of Newcastle Grammar School

The Geography Students of Newcastle Grammar School are investigating patterns of human migration across the globe. As part of their study, they are looking at migration into Australia.

The students have created a survey to gather data on the experiences of immigrants in Australia. If you are willing to complete the survey, the students would be very grateful.

Scan the QR code below to fill out the form



**hwc**  
hunter women's centre

## INTERNATIONAL WOMEN'S DAY

Paint. Connect. Celebrate

Monday 9<sup>th</sup> March  
11am - 2pm  
Free  
Wear: Pink or Purple

Join us for a creative celebration of International Women's Day 2026.

Through guided painting, we'll explore this year's theme—Balancing the Scales—reimagining Lady Justice as a symbol advocating for advocating for fair and inclusive justice for all women and girls.

No experience needed—just bring your voice, vision, and willingness to create.

Supported by NSW Health



# PICTURES AT HMC



Celebrating birthdays at our Tuesday group in Crebert Street on the 24 February, 2026

Photos from the bus trip to the Water Gardens last week, Thursday 26 February, 2026



# Weekly Menu

## 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**

## Week 1

9 - 13 March 2026

### 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

**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