

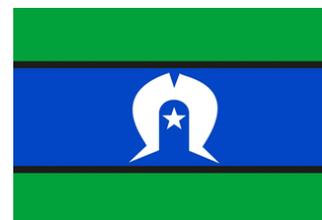
# NEWSLETTER

## Meals and Messages for 9 - 15 March 2026

Issue 276



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 week there was a Holi Celebration hosted at HMC. Holi is the festival of colours and Spring. Happy Holi to those who celebrate.
- Last Sunday was International Women's Day. We hope you all had a happy weekend celebrating the women in your life.
- The NSW Seniors' Festival has begun. This week we are celebrating by holding a Seniors' Celebration Day on Tuesday 10 March. See the rest of this newsletter for more details.
- Last Monday, Jess led Dance Fit for Active Stronger Better. This week, Annette will Strength and Balance on Tuesday
- Last week we went to the Newcastle Art Gallery, and this Thursday we are going to Morpeth. See the rest of this newsletter for more upcoming trips.
- The 2026 Fiesta Festival is coming up on Saturday 18 April. Watch this space for more information.
- Due to the ANZAC Day public holiday, HMC will be closed on Monday 27 of April. We will be back on Tuesday 28 April
- 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



9 March	Lorraine R
9 March	Bob L
9 March	Jennifer G
9 March	Helen C
10 March	Victory F
11 March	Rosalie P
12 March	William W
15 March	Pam B

#### Staff Birthdays

15 March Delia

### Joke of the Week

What has two legs but can't walk?



A pair of pants!



# Calendar of Observances: March



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

9 March 2026

We have more very hot & humid days ahead, so keep undercover as much as possible. I have been making some more Lemon Myrtle Cordial, why not call in and try some? Don't forget the HMC Multicultural Fiesta on the 18th of April, it 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, so put the date into the diary.

### 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 \$5 – very concentrated & economical 1Ltr W Juice to 9 Ltrs Water  
 Fresh & Dried Herbs, Bay Leaves, Curry Leaf, Kaffia Lime 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!  
 Golden Sweet Potato – freshly harvested

### 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, & the Repair Café & Making your own "Seed Raising" Potting mix went very well. This Saturday 14<sup>th</sup> of March, Newcastle Seed Library & Green Thumb will be holding "a PLANT SWAP at the HMC 10am to 12n. Bring along plants, Gardening Magazines, pots etc. and swap for another plant, magazine etc. Lots of Fun and a great way to add new plants to your Garden!!

So, watch this space for details or call in to see us at the Garden.

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 was "International Women's Day" so I hope all you wonderful women out there had a Great Day!!!

Have a fantastic 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



Scores on Doors  
Hygiene and food safety

Excellent  
★★★★★

**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 - Karaoke, Mahjong, Mahjong, Reunited/Tenpins, Table Tennis, etc.
- 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*

**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

**hmc**  
Hunter Multicultural Communities  
ph: 4960 8248

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**  
Sponsored by City of Newcastle

**SAMPLE MEAL PACK**  
ENTER: Into Your Kitchen Salad

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

**DESSERT** Spiced Pear & Date Coulis

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

THANK YOU TO OUR FRIENDS



# Seniors' Days Out



## 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



## SENIORS' DAY OUT TRIP TO POKOLBIN THURSDAY 2<sup>ND</sup> OF APRIL 2026

Join us for a trip to Pokolbin! We will be visiting Cocoa Nib, where we'll have morning tea and buy chocolates for Easter. Afterwards, we'll have lunch at Harrigan's Hunter Valley, where the lunch specials are \$20.

Departing HMC at 9:00am (approx)  
Returning to HMC at 3:30pm (approx)

**ONLY 28 SPOTS!  
BOOKINGS ESSENTIAL!**  
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 March

### 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



## ACTIVE STRONGER BETTER CLASSES

MARCH 2026 at HMC

**Monday 2nd of March, 11:00am - 11:45am**

Dance Fit with Jess

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

Stretch/Strength and Balance with Annette

**Monday 16th of March, 11:00am - 11:45am**

Dance Fit with Jess

**Tuesday 24th of March, 11:30am - 12:10pm**

Stretch/Strength and Balance with Annette

**Monday 30th of March, 11:00am - 11:45am**

Dance Fit with Jess

**CALL HMC TO BOOK**

**Ph: (02) 4960 8248**

**2A Platt Street WARATAH 2298**

# 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)



## 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



## FREE PARK + RIDE SHUTTLE SERVICE

### PICK-UP POINT HERE

John Hunter Hospital ↔ McDonald Jones Stadium



**Operating hours:** 6am - 6pm  
Monday to Friday



**Scan the QR code for live tracking:**



CONVENIENT • FREE • RELIABLE

[www.hnehealth.nsw.gov.au](http://www.hnehealth.nsw.gov.au)



## CarerHelp

CarerHelp is a national palliative care project, providing online resources for carers who are caring toward the end of life.

Scan the QR code to access their resources, which can be found in multiple languages.

### Resources in:

- عربى (Arabic)
- Ελληνικά (Greek)
- हिन्दी (Hindi)
- Italiano (Italian)
- ਪੰਜਾਬੀ (Punjabi)
- 简体中文 (Simplified Chinese)
- Español (Spanish)
- 繁體中文 (Traditional Chinese)
- Tiếng Việt (Vietnamese)





# PICTURES AT HMC



Last week's bus trip to the Newcastle Art Gallery,  
Thursday 5<sup>th</sup> of March, 2026



Fun from groups  
throughout the week:  
Aida's birthday and  
Thursday Group's art  
for Seniors' Week



# Weekly Menu

## 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**

## Week 2

16 - 20 March 2026

### 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)

**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