

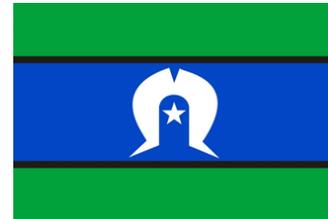
# NEWSLETTER

**Meals and Messages for 16 - 22 March 2026**

Issue 277



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 we were very busy with our Seniors' Celebration Day on Tuesday, two bus trips on Thursday and Friday, and a Garden Workshop on Saturday. A special thank you to Peter Fitzgibbon for his performance at our Seniors' Celebration.
- Last Tuesday, Annette led Strength and Balance on Tuesday. This week, Jess will lead Dance Fit on Monday
- Last week we went to Cessnock and Windale, and this Thursday we are going to Morpeth. See the rest of this newsletter for more upcoming trips.
- HMC will be closing for one day each month for Staff Development. The first one will be Wednesday 15 April. We will keep you updated when services are closed ahead of time. The meal service will still run on Staff Development Days.
- 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



17 March	Margaret S
19 March	Chloris S
20 March	Helen M
20 March	Carolyn D
20 March	Maria D
21 March	Peter S
22 March	Norina A



## Joke of the Week

What do dentists call their  
X-rays?



**Tooth-pics!**



# 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

16 March 2026

Celebrate St. Patrick's Day and buy yourself a Green Plant and a bottle of our Lemon Myrtle Cordial. Don't forget the HMC Multicultural Fiesta on 18th April, it will be here before we know it!! Our very small band of Volunteer Gardeners are keeping busy 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 – Pumpkins freshly harvested, buy whole, half or quarter.

### 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, (still have a few left), 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.\*\*\*

Last Saturday 14<sup>th</sup> Newcastle Seed Library & Green Thumb held a PLANT SWAP at the HMC and the Garden also did some swapping, a very enjoyable day.

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!!!!!!.

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, Reverso/Tenaris, Salamander Run
- Community Garden
- Community Shed

**hmc**  
Hunter Multicultural Communities  
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  
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**  
Supported 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**  
Supported by City of Newcastle

THANK YOU TO OUR FRIENDS



# Seniors' Days Out



## 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



## SENIORS' DAY OUT Trip to Branxton THURSDAY 9<sup>TH</sup> OF APRIL

Join us for a trip to Branxton!

First, we will go for morning tea at  
Sidecar Roasters, which is a  
Swedish style cafe. Later in the day,  
we will have lunch at Royal Federal  
Hotel, where the lunch specials are  
\$16.50.

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

**ONLY 28 CLIENTS! BOOKINGS ESSENTIAL!**

Ph: (02) 4960 8248  
2A Platt Street

**WE ALSO ASK THAT CLIENTS WHO ATTEND  
CONTRIBUTE \$5 THE BUS**

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

# 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



## 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



March

## HMC Bus Fundraiser



Donate now!

[gofund.me/deal.dive.site](https://gofund.me/deal.dive.site)



## 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)





# PICTURES AT HMC



Monday group celebrating International Women's Day with some cake, 9<sup>th</sup> of March 2026



Seniors' Celebration Day at HMC, Tuesday 10<sup>th</sup> of March 2026



Just a few photos from a wonderful day celebrating our community. Thank you to everyone who came, we hope you had a wonderful time spending the day with us and dancing along to the music.

Another special thank you to Peter Fitzgibbon, who played music for us on Tuesday and got everyone singing along.

 **PICTURES**   
**AT HMC**  

Photos from last week's bus trips. On Thursday, we went to Cessnock, and on Friday we went to Windale.



# Weekly Menu

## Week 2

16 - 20 March 2026

### Monday 16 March 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 17 March 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 18 March 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 19 March 2026

**E:** Mild Mexican Chicken Empanadas

**M:** Battered Fish with Wedges, Vegetables and Tartare Sauce

**D:** Chocolate Brownie (V)

### Friday 20 March 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**

## Week 3

23 - 27 March 2026

### Monday 23 March 2026

**E:** Thai Salad

**M:** Lamb and Spinach Rice Bake with Vegetables

**D:** Apple Pie with Cream

### Tuesday 24 March 2026

**E:** Bacon and Cheese Loaded Potato with Sour Cream

**M:** Tuna Pasta Bake with Seasonal Vegetables

**D:** Light Fruit Cake

### Wednesday 25 March 2026

**E:** Zucchini Slice

**M:** Chicken Cacciatore with Mash Potato and Seasonal Vegetables

**D:** Rice Pudding with Cinnamon

### Thursday 26 March 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 March 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**

**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