

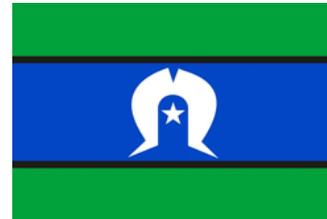
NEWSLETTER

Meals and Messages for 23 - 29 March 2026

Issue 278



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 was a big day for March Observances. It was Harmony Week, and Thursday group painted a lovely sign to show that everyone belongs.
- Last week, Jess will led Dance Fit on Monday. This Tuesday, Annette will lead Strength and Balance.
- Last week we went to Morpeth, and this Thursday we are going to Murray's Beach.
- 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
- 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
- **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



23 March	Dorothy R
24 March	Susan W
26 March	Eric L
26 March	Jane F
26 March	Krystyna D
27 March	Lidia V
28 March	Judith L
28 March	Annelie S
28 March	Dianne G
28 March	Lynette M
29 March	Elizabeth D
29 March	Bernie N

Staff and Volunteer Birthdays

24 March	Savannah
26 March	Anthea
29 March	Alexander

Joke of the Week

What do you give a scientist with bad breath?



Experi-mints!



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

23 March 2026

A busy short week for me!!

On Monday we have the pleasure of having the HMC Monday Seniors visit our Garden, and have a taste of our Home-made Lemon Myrtle Cordial or Tea. It is always a pleasure to hear some of their "Gardening" stories and share a few of mine.

Friday & Saturday I will be in the John Hunter Hospital for a minor procedure and will be back on deck the following week to organise the Children's Gardening Workshops, the 1st week being held on Wed 8th, Thurs 9th & Fri 10th April, and the 2nd week on Wed 15th, Thurs 16th & Fri 17th April. I am still working on the Themes, so watch this space!!

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 - we ran out at the "Plant Swap Day" and Tyene is busy making up a new batch.

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.***

Hopefully I will be in the Garden this week – Monday, Wednesday & Thursday only - 9am to 2pm.

**Margaret – HMC Garden Co-ordinator – Phone 0413 229 740 westwick1@dodo.com.au
& Jay – HMC Garden Manager**



Bulletin Board

We ndis

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, etc. High tea, First Aid, Blood Pressure, Medical
- 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/Tenants, Suburban Run
- Community Garden
- Community Shed

hmc Hunter Multicultural Communities

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: Lanny Scholl & Adriana Hannemann 4960 8248

Visit walking.heartfoundation.org.au to register or for more information

Proudly Supported By:

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

Volunteers call 4960 8248 to get in touch!



THANK YOU TO OUR FRIENDS

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 avoid 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 washing required. Just delicious, 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.

hmc Hunter Multicultural Communities

MEAL DELIVERY SERVICE

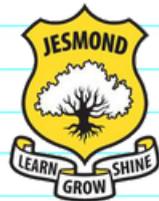
Supported by

SAMPLE MEAL PACK

ENJOY THIS DELICIOUS SEASIDE

MAKES Lunch, Snack, Dinner, Protein, Vegetables, and Bread, Tomato & Herb Potatoes

DESSERT: Fennel Pear & Date Crumble



Seniors' Days Out



SENIORS' DAY OUT
Murrays Beach

THURSDAY 26TH 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 2ND 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 9TH 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



SENIORS' DAY OUT
Trip to Weston
THURSDAY 16TH April

Join us for a trip to Weston! First we'll have morning tea at The Soulful Cafe! Later in the day, we will have our lunch at Abermain Bowling & Recreation Club Lunch, where the specials are \$15.

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

ONLY 28 SPOTS AVAILABLE!
BOOKINGS ESSENTIAL!

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

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

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

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

DRUMMING EXERCISES

March - July 2026

MARCH: THURSDAY 26TH, 11:00AM

APRIL: THURSDAY 30TH, 11:00AM

MAY: MONDAY 18TH, 11:00AM

JUNE: MONDAY 1ST, 11:00AM

JULY: THURSDAY 16TH, 11:00AM

Drumming is \$5 per person



HMC Bus Fundraiser



Donate now!

gofund.me/deal.dive.site



COMMUNITY MESSAGES

Get Ready NSW: Know the Warnings

NSW Government

When there are bushfires, floods or storms, Emergency Services issue simple warnings to help you make faster decisions. There are three warning levels:

Yellow Advice level means you're not in danger yet but stay alert.

Orange Watch and Act level means start taking action now. Conditions are changing.

Red Emergency Warning level means take action immediately. Any delay puts your life at risk.

Emergencies can escalate quickly, so staying alert is important. Learn more at nsw.gov.au/GetReadyNSW or scan the QR code. Know the warnings. Plan ahead.



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



PICTURES AT HMC



Wednesday group shennanigans.
Jozef and Kaz brought in red and white
beanies and glasses for everyone to wear.
Jozef, 18 March, 2026



Thursday group's "Everyone Belongs," for
Harmony Week, complete with handprints
Thursday 19th of March, 2026



Bus trip to Morpeth, Thursday 19th of March, 2026



Last Thursday, our clients went to
Morpeth and enjoyed some morning
tea as well as a stroll along the
shop fronts.

Weekly Menu

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

Week 4

30 March - 3 April 2026

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

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