

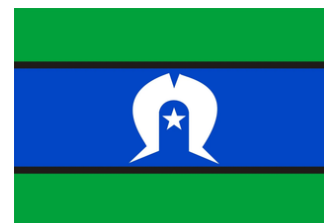
# NEWSLETTER

**Meals and Messages for 30 March - 5 April 2026**

Issue 279



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

- We hope you all had a lovely week last week. Watch out for April Fools jokes this Wednesday!
- Last week, Annette led Strength and Balance on Tuesday. This week, Jess is leading Dance Fit on Monday.
- Last week we went to Murray's Beach, and this Thursday we are going to Pokolbin. See the rest of the newsletter for more upcoming bus 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
- 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

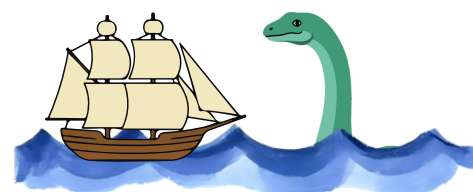


30 March	Maria K
1 April	Rosita G
3 April	Coral H
4 April	Anna M
5 April	Giuseppe C



## Joke of the Week

What do sea monsters eat?



**Fish and ships!**



# 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

30 March 2026

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](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! Meeting to talk at the Community Garden, 2A Platt St, Waratah NSW.

**Our Services also include:**

- Social Groups - activities, outings, special days, events, meals, at Night the Four Seasons, Market Stairs, Market
- Individual Support - shopping, outings, visiting
- Individual Transport - appointments, outings
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - Karaoke, Mahjong, Mahjong, Reunited/Tenues, Salsaberry Tea
- 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

**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**  
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

THANK YOU TO OUR FRIENDS



# Seniors' Days Out



**hmc**  
Hunter Multicultural Communities

## 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



**hmc**  
Hunter Multicultural Communities

## 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**



**hmc**  
Hunter Multicultural Communities

## SENIORS' DAY OUT Trip to Weston THURSDAY 16<sup>TH</sup> 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**



**hmc**  
Hunter Multicultural Communities

## SENIORS' DAY OUT Trip to Shortland THURSDAY 23<sup>RD</sup> APRIL

Join us for a trip to Shortland!

We will be visiting Hunter Wetland Cafe for morning tea. Afterwards, we'll have the option to visit the Wetlands, which costs \$6 for entry. Later in the day, we'll go to Fairway 2307 Bistro at Shortland Golf Club, where the lunch specials are \$20.

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

**ONLY 28 SPOTS AVAILABLE!  
BOOKINGS ESSENTIAL!**

Ph: (02) 4960 8248  
2A Platt Street Waratah

**We also ask that clients who attend  
contribute \$5 for 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](https://gofund.me/deal.dive.site)



# MESSAGES FROM HMC

## Message from Denise (Meal Coordinator)

Dear Clients,

I am writing to inform you that I am leaving my position as Meal Coordinator. My official last day is the 27<sup>th</sup> of April, 2026. My colleague Mackenzie Sansom is our new *Rostering, Transport and Meals Coordinator*, and will be looking after all your meal inquiries.

Mackenzie has been with HMC for 4 years and some of you may know her through our other services, Mackenzie will also be supported by Adriana Hannemann, our *On-boarding and Activities Officer*.

It has been an honour to be part of your lives for the past six years, and I am confident the transition for Mackenzie will be seamless.

Wishing you all the best,  
Denise Newton

## Message from Matilda (Receptionist)

Hello everyone,

I am also writing to inform you that I am leaving my position at HMC.

I would like to take this opportunity to say goodbye, and to thank everyone for making HMC a wonderful place to work. To our clients, I had a blast making the newsletter for you all and I hope that you have enjoyed it too. The newsletter will continue being published each week, so please don't worry that you will miss out. It was lovely to get to know you all.

To the HMC community, including staff, volunteers, and the team at Flexible Options, I have loved working with you all and I will miss you all. You do amazing work and I wish you luck with everything in the future.

Best wishes,  
Matilda

## Message from Mackenzie (Rostering, Transport and Meals Coordinator)

Hi everyone,

I am excited for my next chapter in HMC and if you have any questions please do not hesitate to give me a call. We all are going to miss Denise, and I do have big shoes to fill. Please be patient with me as I start this new journey, and I am excited to work with you all.

Kind regards,  
Mackenzie Sansom



# PICTURES AT HMC



"Happy Easter" sign made by our social groups throughout the week!

Wednesday Group at Crebert St celebrating greek Independence Day, 25<sup>th</sup> March, 2026



Bus trip to Murray's Beach, Thursday 26<sup>th</sup> of March, 2026



Happy birthday to Anthea!

# Weekly Menu

## Week 4

30 March - 3 April 2026

### Monday 30 March 2026

**E:** Beef Bolognese with Pasta

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

**D:** Passionfruit Cheesecake

### Tuesday 31 March 2026

**E:** Tuna Nicoise Salad

**M:** Lamb Tandoori with Basmati Rice and Vegetables

**D:** Vanilla Cupcakes with Buttercream icing

### Wednesday 1 April 2026

**E:** Vegetable Risotto (V)

**M:** Beef Bourguignon with Mash Potato and Vegetables

**D:** Carrot Cake with Cream Cheese

### Thursday 2 April 2026

**E:** Cypriot Grain Chicken Salad

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

**D:** Custard Tart

### Friday 3 April 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

6 - 10 April 2026

### Monday 6 April 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 7 April 2026

**E:** Spring Vegetable Soup (V)

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

**D:** Jellied Fruit

### Wednesday 8 April 2026

**E:** Vegetable Fried Rice (V)

**M:** Pork Rissoles with Mash Potato and Vegetables with Gravy

**D:** Mango Mousse

### Thursday 9 April 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 10 April 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