

NEWSLETTER

Meals and Messages for 6-12 April 2026

Issue 280



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 had a great last week celebrating April fools and Easter, with many of our groups doing special Easter activities.
- Last Thursday we had a fantastic bus trip to Pokolbin.
- The weather was lovely and a great day was had by all.
- 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 - everyone is very welcome!
- 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



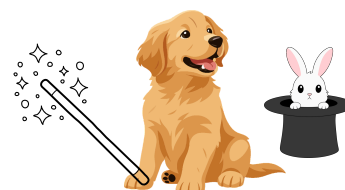
BIRTHDAY

8 April	Marieta P
8 April	Edward D
8 April	Warren A
9 April	Jessie G
10 April	Faith E
11 April	Gwenneth B
11 April	Janet A
12 April	Pamela S
12 April	Barry G
12 April	Rhonda G



Joke of the Week

What do you call a magic dog?



A Labracadabrador



Calendar of Observances: April 2026



- | | |
|--|--|
| 1-9: Passover | 13-15: Songkran (Thai New Year) |
| 3: Good Friday Purim | 13-16: Thingyan (Burmese New Year) |
| 5: Easter Sunday | 13-16: Pi Mai Lao (Lao New Year) |
| 5: Qingming (Tomb Sweeping Day) | 14: Puthandu (Tamil New Year) |
| 6: Easter Monday | 14: Vaisakhi |
| 10: Good Friday (Orthodox) | 14: Pohela Boishakh (Bengali New Year) |
| 12: Easter Sunday (Orthodox) | 17: Navavarsha (Nepalese New Year) |
| 13: Easter Monday (Orthodox) | 25: ANZAC Day |
| 13-14: Aluth Avurudda (Sinhalese & Tamil New Year) | 26: Hung Vuong Festival |

GARDEN NEWS

6 April 2026

Well, Easter has come & gone, I trust that you had a good break and did not indulge in too many Easter Eggs!!

Wednesday we had our last visit from the students from Callaghan Campus and they taste tested our new variety of Watermelon and all gave it a "Thumbs Up". They also took some photos of the Chickens & the Garden as a memento of their time with us.

My short trip to John Hunter Hospital went well and all is good for another 3 months. I am back on deck and busy organising the **Children's Gardening Workshops**, this week- Wed 8th, Thurs 9th & Fri 10th April, and the 2nd week on Wed 15th, Thurs 16th & Fri 17th April. The Themes, are 1st week "Growing Winter Vegies & Flowers and for the 2nd week "Anzac Day & Mothers' Day!!

Don't forget the HMC Multicultural Fiesta on 18th April it is getting very close now! Our very small band of Volunteer Gardeners are keeping busy propagating lots of Plants etc.to stock our Garden Stall, along with Fresh & Dried Herbs for Sale!! 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. Be quick!! As selling Fast.

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.***

I will be in the Garden this week – Tues., Wed., Thurs & Fri- 9am to 2pm, & Sat. 9am to 1pm.

Margaret – HMC Garden Co-ordinator – Phone 0413 229 740 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 best way to "hang out".

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

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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

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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 to register or for more information

Proudly Supported By
 Hunter Multicultural Communities
 City of Newcastle

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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
Every order supports Hunter Multicultural Communities, a not-for-profit that reinvests back into the community.

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MEAL DELIVERY SERVICE
Sponsored by City of Newcastle

SAMPLE MEAL PACK
ENTER: Into Your Kitchen Salad

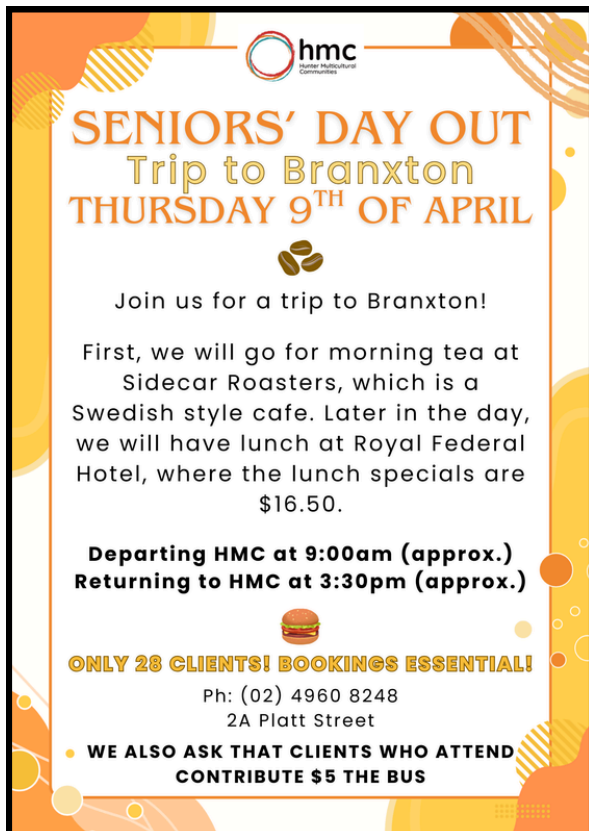
MAZE Lemon Shrimp, Mashed Potatoes, Seasonal Vegetables, and Roasted Tomatoes & Herbs Sauce

DESSERT Spiced Pear & Date Coulis

THANK YOU TO OUR FRIENDS



Seniors' Days Out



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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**



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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



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SENIORS' DAY OUT

Trip to Shortland

THURSDAY 23RD 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



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MOTHERS DAY AT HMC

Wednesday 13th May, 2026

10:00AM - 2:00PM

Join us to celebrate Mothers' Day at HMC, with a special high tea for \$20! We'll also have a performance by the Male Waratah Choir and a raffle.

ENTRY:
\$20.00 out of pocket for CHSP
\$50.00 billed to Support at Home providers
\$50.00 out of pocket for private clients

BOOKINGS REQUIRED
PH: (02) 4960 8248
2A Platt St WARATAH 2298

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



MULTICULTURAL FIESTA 2026

MAJOR PARTNERS



MAJOR SPONSORS



EVENT SPONSORS



2026
MULTICULTURAL
Fiesta

FREE ENTRY

SATURDAY 18 APRIL **10AM - 3PM**

Hunter Multicultural Communities
Waratah Community Reserve, 2a Platt Street

PROUDLY PRESENTED BY
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Hunter Multicultural Communities
Multicultural NSW
NSW GOVERNMENT



Get ready to experience the music, dance, food and arts of our vibrant cultural communities at HMC - Hunter Multicultural Communities Inc Multicultural Fiesta 2026! Celebrate diversity, connect with community and create lasting memories with your family and friends.

We'll have: food stalls / Kids Activity Zone Featuring Face Painting, Jumping Castles, Art Workshops & Petting Zoo / Indigenous Dance & Cultural Arts Experiences / Market Stalls Featuring Arts, Crafts & Cultural Products

When: Saturday 18 April 2026, 10am-3pm

Where: Waratah Community Reserve

We look forward to seeing you at the Fiesta

02 4960 8248 / Waratah Community Reserve, 2a Platt St, WARATAH NSW 2298

office@huntermulticultural.org.au / www.huntermulticultural.org.au /

Find us on Facebook / Find us on Instagram



PICTURES AT HMC



Easter celebrations



Bus trip to Pokolbin, Thursday 2 April 2026



Weekly Menu

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

Week 2 13-17 April 2026

Monday 13 April 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 14 April 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 15 April 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 16 April 2026

E: Mild Mexican Chicken Empanadas

M: Battered Fish with Wedges, Vegetables and Tartare Sauce

D: Chocolate Brownie (V)

Friday 17 April 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)

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