

NEWSLETTER

Meals and Messages for 13-19 April 2026

Issue 281



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

The 2026 Fiesta is coming up this Saturday, 18 April!! we hope to see everyone there for a great day of community celebration.

We also hope you all had a wonderful Easter and enjoyed plenty of chocolate.

Last Thursday, our clients headed out on a bus trip to Branxton. Despite the hot weather, it was a fantastic day and everyone had a great time.

HMC will now be closing for one day each month for Staff Development. The first closure will be on Wednesday 15 April. We will continue to provide updates in advance when services are affected. Please note that the meal service will still operate on these days.

Reminder: Our office hours are 8:30am – 4:00pm. If you need to contact us outside of these hours, please call and leave a message or send us an email.

Birthday Corner



- 14 April Peg P
- 15 April Loveinia L
- 15 April Vlcky W
- 16 April Vicky E
- 17 April Rolando D
- 17 April John H
- 17 April Caroline J
- 18 April Patricia W
- 19 April Margaret G

Joke of the Week

What happens to an illegally parked frog?



It gets toad away



Calendar of Observances: April 2026



1-9: Passover

3: Good Friday Purim

5: Easter Sunday

5: Qingming (Tomb Sweeping Day)

6: Easter Monday

10: Good Friday (Orthodox)

12: Easter Sunday (Orthodox)

13: Easter Monday (Orthodox)

13-14: Aluth Avurudda (Sinhalese & Tamil New Year)

13-15: Songkran (Thai New Year)

13-16: Thingyan (Burmese New Year)

13-16: Pi Mai Lao (Lao New Year)

14: Puthandu (Tamil New Year)

14: Vaisakhi

14: Pohela Boishakh (Bengali New Year)

17: Navavarsha (Nepalese New Year)

25: ANZAC Day

26: Hung Vuong Festival

GARDEN NEWS

13 April 2026

Hope you & your families are enjoying the School Holidays, we have been having lots of Children bringing their visiting Grandparents down to the Garden to visit & feed the Chickens and show them around the Garden. The Children's Gardening Workshops, this week- Wed 15th, Thurs 16th & Fri 17th April. This week's theme is "Anzac Day & Mothers' Day!!" & there are still some places available

Don't forget the HMC Multicultural Fiesta on Saturday 18th April 10am – 3pm – Free Entry!! Come over to our Market Stand where we will have lots of PLANTS & PRODUCE for Sale as well as a Bric-a-Brack table with lots of items (some are even Brand New) for sale.

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 for Fiesta. Fresh & Dried Herbs, Bay Leaves, Curry Leaf, Kaffia Lime Leaves, Parsley, Rosemary, Variety of Mints, Saltbush, Lemon Myrtle & Warrigal Greens & More. Come and sample our "Lemon Myrtle Tea or Cordial" – a great thirst quenching drink on those very hot days! Silver Beet, Carrots, Golden Sweet Potato (the Leaves are also edible) – Pumpkins freshly harvested, buy whole, half or quarter. Be quick!! as they will sell 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 3pm.

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



HMC hosted a **Mayoral Candidates Forum** on Multiculturalism last night. A big thank you to the candidates who showed up at short notice, engaged openly, and were willing to have these conversations: it shows how important multiculturalism is for Newcastle!

Thank you also to all the Novocastrians who attended and contributed, including community leaders, service providers, older residents, international students, refugees, and representatives from health and education.

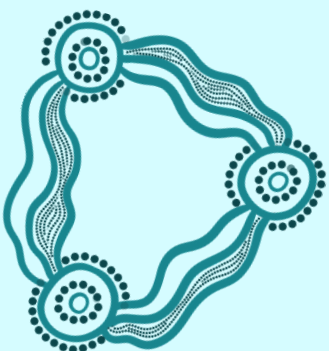
Don't forget to vote on the 18th of April, then head over to the HMC Fiesta Festival for your post-voting fun



Our clients enjoyed a wonderful **day out in Branxton**.

The group shared a delicious lunch at the Royal Federal Hotel before heading out to explore the local op shops.

It was a lovely day for everyone, full of smiles, connection and a chance to get out and about in the community.





Bulletin Board



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 help at the Greenfieldway in the 1st floor "Sun Room".

Our Services also include:

- Social Groups - activities, outings, special days, meetings, meals, at Night the First Nations, Botanic Gardens, Museum
- Individual Support - shopping, outings, visiting
- Flexible Respite - in-home, community access
- Individual Transport - appointments, outings
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - Koori/Gamarrak, Maltese, Romanian/Turkish, Vietnamese/Rus
- 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

Scores on Doors
Hygiene and food safety

Excellent
★★★★★

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 to register or for more information

Become a Mobile Field Representative

Australian Bureau of Statistics
Census

- ✓ Travel to help Census teams in your region
- ✓ Distribute and collect Census forms
- ✓ \$39.68 per hour (incl. 25% casual loading) + super

See all opportunities at census.abs.gov.au/jobs

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 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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Hunter Multicultural Communities
MEAL DELIVERY SERVICE
Sponsored by City of Newcastle

SAMPLE MEAL PACK
ENTER Into Your Kitchen Today!

MEALS: Lamb Shank, Mashed Potatoes, Seasonal Vegetables, and Roast Potatoes & Herb Bread

DESSERT: Spiced Pear & Date Coulis





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



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



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



SENIORS DAY OUT

TRIP TO CAMERON PARK

Thursday 7th of May 2026



PLEASE JOIN US FOR OUR WEEKLY BUS TRIP TO CAMERON PARK WHERE WE WILL BE HAVING MORNING TEA AT THE SUGAR VALLEY LIBRARY MUSEUM. IT WILL BE A \$8 FEE FOR MORNING TEA. FOLLOWED BY LUNCH AT WEST WALLSEND WORKERS CLUB

**DEPARTING HMC AT 9:30AM (APPROX.)
RETURNING TO HMC AT 3PM (APPROX.)**

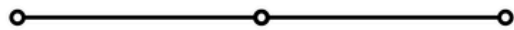
ONLY 28 SPOTS AVAILABLE! BOOKINGS ESSENTIAL!
PH: (02) 4960 8248
2A PLATT STREET WARATAH 2298

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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



Happy Orthodox Easter



Seniors Day Out

SPEERS POINT

&

CHARLESTOWN

THURSDAY 14TH MAY, 2026

PLEASE JOIN US FOR OUR WEEKLY BUS TRIP. WE WILL BE HAVING MORNING TEA AT PIPPI'S AT THE POINT.

FOLLOWED BY A SCENIC DRIVE OF THE LAKE. WE THEN WILL HAVE LUNCH AT CHARLESTOWN GOLF CLUB

**DEPARTING HMC AT 9:30AM (APPROX.)
RETURNING TO HMC AT 3PM (APPROX.)**

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 Bus Fundraiser



Donate now!

gofund.me/deal.dive.site



2026 MULTICULTURAL Fiesta


 FREE ENTRY

**SATURDAY
18 APRIL**

10AM - 3PM

Hunter Multicultural Communities
Waratah Community Reserve, 2a Platt Street

PROUDLY PRESENTED BY



Multicultural NSW

Don't Miss It This Saturday!

Hunter Multicultural Communities Inc Multicultural Fiesta 2026 is happening this Saturday, 18 April from 10am to 3pm, and everyone is invited!

Join us at Waratah Community Reserve for a vibrant celebration of culture, community and connection. It's a fantastic day out for all ages, with something for everyone to enjoy. Come along and experience:

- Delicious food from around the world
- Live cultural performances, including Indigenous dance
- A fun-filled Kids Activity Zone with face painting, jumping castles, art workshops and a petting zoo
- Market stalls featuring unique arts, crafts and cultural products

Bring your family, invite your friends, and be part of this colourful celebration of our diverse community.

When: Saturday 18 April 2026

Time: 10:00 AM – 3:00 PM

Where: Waratah Community Reserve



Beyond Bank
AUSTRALIA

MAJOR SPONSOR

2 YEARS OF SUPPORT

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 

Weekly Menu

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)

Orders Closed for this week

Week 3 20 - 24 April 2026

Monday 20 April 2026

E: Thai Salad

M: Lamb and Spinach Rice Bake with Vegetables

D: Apple Pie with Cream

Tuesday 22 April 2026

E: Bacon and Cheese Loaded Potato with Sour Cream

M: Tuna Pasta Bake with Seasonal Vegetables

D: Light Fruit Cake

Wednesday 23 April 2026

E: Zucchini Slice

M: Chicken Cacciatore with Mash Potato and Seasonal Vegetables

D: Rice Pudding with Cinnamon

Thursday 24 April 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 25 April 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