



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

On Saturday we hosted our **annual Multicultural Fiesta**. The day brought our community together to share, learn, and celebrate diversity. Thank you to everyone who attended, participated and performed. We had a fantastic turnout, near perfect weather, delicious food and wonderful music and dance - couldn't have asked for anything more.

In other news, our **holiday Children's Gardening Workshops** were well attended by lots of budding gardeners. The kids learned all about growing winter veggies and flowers, and prepared some gifts for mothers' day.

Reminders:

*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.

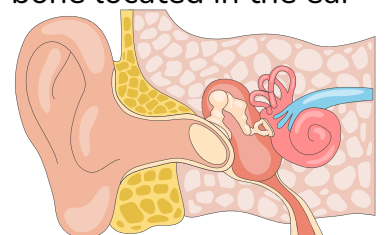
*HMC is closed on Monday 27 April for the Anzac Day Public Holiday

Birthday Corner

21 April Rosalba P
21 April Cveta T
22 April Ida B
22 April Maria M
22 April Gaynor M
24 April Maria R
24 April Cheryl W
24 April Patricia A
24 April Dianne C
24 April Paulene S
24 April Kenneth L
25 April Ray C
25 April Joan D
25 April Bobbie H
26 April Isabella T
26 April Carmelita S
26 April Beverly R
26 April Jozef P
26 April Lesley A

Did you know?

The smallest bone in the human body is the stapes bone located in the ear





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

20 April 2026

Hope you & your families enjoyed the School Holidays, very sorry I had to cancel the 2nd week of the Children's Gardening Workshops due to my health. I am back at the Garden on light duties & shorter days. Look out for the details of the next ones.

It was great to see so many of you at the HMC Multicultural Fiesta on Saturday – Trust you all had a great time, tasting all the delicious foods and watching the Multicultural delights.

Thanks for coming over to our stand to say “Hello”.

Produce for Sale

Haven't had a chance to do a Stocktake after Fiesta, however call in if there is anything you need.

- 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 & More. Come and sample our “Lemon Myrtle Tea or Cordial” – a great thirst quenching drink on those very hot days!

Native (Bush Tucker) Plants for Sale - Strawberry Plants, (still have a few left), A Selection of potted Indoor & Outdoor Plants – various prices.***

I will be in the Garden a couple of days this week – If you need to see me – phone 1st to check.

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

& Jay – HMC Garden Manager





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 talk at the Community Garden, 2a Platt St, Waratah NSW.

Our Services also include:

- Social Groups - activities, outings, special days, meetings, meals, at Night the First Nations, Botanic Gardens, Botanic
- 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

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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

Scores on Doors
Hygiene and food safety

Excellent
★★★★★

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!

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 \$25 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
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



THANK YOU TO OUR FRIENDS



HMC WHAT'S ON




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



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

WE ALSO ASK THAT CLIENTS WHO ATTEND CONTRIBUTE \$5 TO 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
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
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PICTURES AT HMC



Outing to Weston



It was a very active week here at HMC. We had our walking group out and about in the sun, as well as seated dancing exercises that got the blood pumping



Weekly Menu

Week 3 20 - 24 April 2026

Monday 20 April 2026

E: Thai Noodle 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: Anzac Slice

Orders Closed for this week

Week 4 27 April - 1 May 2026

Monday 27 April 2026

**ANZAC DAY PUBLIC HOLIDAY -
WE ARE CLOSED TODAY**

Tuesday 28 April 2026

E: Tuna Nicoise Salad

M: Lamb Tandoori with Basmati Rice and Vegetables

D: Vanilla Cupcakes with Buttercream icing

Wednesday 29 April 2026

E: Vegetable Risotto (V)

M: Beef Bourguignon with Mash Potato and Vegetables

D: Carrot Cake with Cream Cheese

Thursday 30 April 2026

E: Cypriot Grain Chicken Salad

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

D: Custard Tart

Friday 1 May 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