

NEWSLETTER



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

We are still celebrating a successful 2026 Multicultural Fiesta! We have included some more photos in the newsletter below. If you have suggestions or feedback for how we can make 2027's Fiesta even better, please feel free to email us at info@huntermc.org.au.

On 25 April we commemorate Anzac Day. HMC honors the shared service and sacrifice of soldiers of diverse backgrounds in conflicts, wars, and peacekeeping operations. At HMC we have been doing art work this week around Anzac Day - a photo is included below.

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.

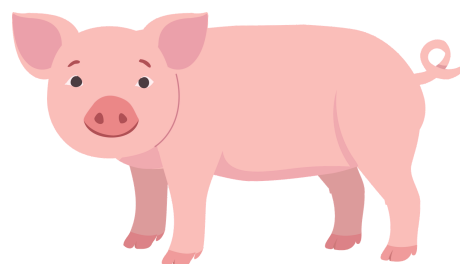
*HMC is closed on Monday 27 April for the Anzac Day Public Holiday

Birthday Corner

| | |
|------------|-------------|
| 27th April | Giovanni C |
| 27th April | Eric T |
| 28th April | Brent R |
| 28th April | Allan K |
| 29th April | Francesco D |
| 30th April | Madeline B |
| 1st May | Mafalda M |
| 1st May | Rosanne B |
| 1st May | Des T |
| 2nd May | Awatif B |
| 2nd May | Halina P |
| 2nd May | Lorraine P |
| 3rd May | Carole C |
| 3rd May | Ann L |
| 3rd May | Irene S |

Did you know?

It is physically impossible for pigs to look up at the sky.





25 April: ANZAC Day
 26 April: Hung Vuong Festival
 1 May: Vesak Day or Buddha Day
 5 May: Cinco de Mayo
 14 May: Ascension of Christ
 15 May: International Day of Families
 17 May: International Day Against LGBTQIA+ discrimination

21 May: World Day for Cultural Diversity for Dialogue and Development (UNESCO)
 21-24 May: Shavuot
 21 May: Global Accessibility Awareness Day
 24 May: Pentecost
 25-29 May: The Hajj (Pilgrimage) to Mecca
 26 May: National Sorry Day
 26-30 May: Eid al Adha
 27 May-3 June: National Reconciliation Week
 29 May: Ascension of Christ

GARDEN NEWS

27 April 2026

I will be back at the Garden on *light duties & shorter days* from this week and look forward to catching up with you all.

Produce for Sale

As I have been away all of last week, I haven't had a chance to do a Stocktake after Fiesta, however call in if there is anything you need.

With "MOTHERS' DAY" just around the corner, call in and see our Selection of Plants, Pots etc.

·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 – depending on how I feel and fitting in with more Medical Appointments. If you especially need to see me – phone 1st to check I am there.

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



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, in the 15 min 'Sun Session'.

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

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

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 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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Hunter Multicultural Communities
MEAL DELIVERY SERVICE
Sponsored by City of Newcastle

SAMPLE MEAL PACK
ENTER: Into Your Children's World

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


DESSERT: Spiced Pear & Date Coulis



THANK YOU TO OUR FRIENDS




WHAT'S ON



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.)
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PICTURES AT HMC



This week at HMC, our group created some wonderful art on the occasion of Anzac Day



Happy Birthday Maria



Our wonderful support worker Gracie is taking a short break and is going to Europe for 3 months! We wish her all the best - shoutout to Bobbie for making this amazing cake!





PICTURES AT HMC



Bus outing to Shortland



2026 Multicultural Fiesta

This year's Multicultural Fiesta was our biggest yet! Thank you to all performers, stall holders, attendees and volunteers. A special thanks to our sponsors - the Fiesta would not be possible without them. Major Partners: Multicultural NSW, Australian Government & Net Zero Economy Authority; Major Sponsor: Beyond Bank Australia; Event Sponsors: City of Newcastle and TAFE NSW



Weekly Menu

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

Week 1
4-8 May 2026

Monday 4 May 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 5 May 2026

E: Spring Vegetable Soup (V)
M: Roast Beef Dinner with Roast Potato,
Roast Pumpkin, Seasonal Vegetables and
Gravy
D: Jellied Fruit

Wednesday 6 May 2026

E: Vegetable Fried Rice (V)
M: Pork Rissoles with Mash Potato and
Vegetables with Gravy
D: Mango Mousse

Thursday 7 May 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)




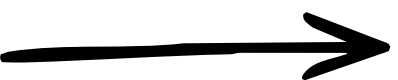
Friday 8 May 2026

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

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|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week 4: 27 April-1May 2026 Orders close: Friday 17 April 2026 at2:00PM | ANZAC DAY PUBLIC HOLIDAY  | Entrée: Tuna Nicoise Salad Main: Lamb Tandoori with Basmati Rice and Vegetables Dessert: Vanilla Cupcakes with Buttercream Icing TUESDAY |  |
| Week 1: 4-8 May2026 Orders Close: Friday 24 April 2026 at2:00PM | Entrée: Spinach, Tomato and Feta Quiche with Side Salad (V) main: Korean Fried Chicken with Soy and Garlic, with Vegetables and Rice Dessert: Peach Cake dusted with Icing Sugar (V) MONDAY | Entrée: Spring Vegetable Soup (V) Main: Roast Beef Dinner with Roast Potato, Roast Pumpkin, Seasonal Vegetables and Gravy Dessert: Jellied Fruit TUESDAY |  |
| Week 2: 11-15 May 2026 Orders Close: Friday 1 May 2026 at2:00PM | Entrée: Moroccan Carrot Fritters and Side Salad Main: Korean Fried Chicken with Soy and Garlic, with Vegetables and Rice Dessert: Peach Cake dusted with Icing Sugar (V) MONDAY | Entrée: Spanakopita (Greek Spinach and Feta Pie) with a side of Greek Salad Main: Pork Sausage Casserole with Chats and Seasonal Vegetables TUESDAY |  |
| Week 3: 18-22 May 2026 Orders close: Friday 8th May 2026 at2:00PM | Entrée: Thai Noodle Salad Main: Lamb and Spinach Rice Bake with Vegetables Dessert: Apple Pie with Cream MONDAY | Entrée: Potato with Sour Cream Main: Tuna Pasta Bake with Seasonal Vegetables Dessert: Light Fruit Cake TUESDAY |  |
| Week 4: 25-29 May 2026 Orders close: Friday 16 May 2026 at2:00PM | Entrée: Beef Bolognese with Pasta Main: Prawn Cutlets with Vegetables, Mash Potato and Tartare Sauce Dessert: Passionfruit Cheesecake WEDNESDAY | Entrée: Tuna Nicoise Salad Main: Lamb Tandoori with Basmati Rice and Vegetables Dessert: Vanilla Cupcakes with Buttercream Icing TUESDAY |  |
| Week 4: 27 April-1May 2026 Orders close: Friday 17 April 2026 at2:00PM | Entrée: Vegetable Risotto (V) Main: Beef Bourguignon with Mash Potato and Vegetables Dessert: Carrot Cake with Cream Cheese Frosting WEDNESDAY | Entrée: Cypriot Grain Chicken Salad Main: Pork Steak with Pineapple Salsa, Sweet Potato Mash and Vegetables Dessert: Custard Tart THURSDAY | Entrée: Carrot and Coconut Soup (V) Main: Roast Chicken Dinner with Roast Potato, Roast Pumpkin, Seasonal Vegetables and Gravy Dessert: Victorian Sponge Cake FRIDAY |
| Week 1: 4-8 May2026 Orders Close: Friday 24 April 2026 at2:00PM | Entrée: Vegetable Fried Rice (V) Main: Pork Rissoles with Mash Potato and Vegetables with Gravy Dessert: Mango Mousse WEDNESDAY | Entrée: Pesto, Zucchini and Potato Soup (GF) (V) Main: Moroccan Lamb with Chickpeas and Lentil Casserole on Tomato Base with Vegetables Dessert: Poppy Seed Roll (V) THURSDAY | Entrée: Bacon and Broccoli Pasta Main: Grilled Fish with Bernaise Sauce, with Chats and Vegetables Dessert: Red Velvet Cake with Cream Cheese Frosting FRIDAY |
| Week 2: 11-15 May 2026 Orders Close: Friday 1 May 2026 at2:00PM | Entrée: Roast Pumpkin Soup (V) Main: Roast Lamb Dinner with Roast Potato, Roast Pumpkin, Seasonal Vegetables, Gravy and Mint Sauce Dessert: Fruit Salad with Natural WEDNESDAY | Entrée: Mild Mexican Chicken Empanadas Main: Battered Fish with Wedges, Vegetables and Tartare Sauce Dessert: Chocolate Brownie (V) THURSDAY | Entrée: Mini Cheese & Beef Sausage Rolls with Side Salad Main: Chicken Parmigiana with Cous Cous and Mediterranean Vegetables Dessert: Lamingtons (V) FRIDAY |
| Week 3: 18-22 May 2026 Orders close: Friday 8th May 2026 at2:00PM | Main: Chicken Cacciatore with Mash Potato and Seasonal Vegetables Dessert: Rice Pudding with Cinnamon WEDNESDAY | Entrée: Chicken Noodle Soup Main: Roast Pork Dinner with Roast Potato, Roast Pumpkin, Seasonal Vegetables, Gravy and Apple Sauce Dessert: Sticky Orange Cake THURSDAY | Entrée: Vegetable Samosas with Sweet Chilli Sauce Main: Beef Rogan Josh Curry with Basmati Rice and Vegetables Dessert: Lemon Tart FRIDAY |
| Week 4: 25-29 May 2026 Orders close: Friday 16 May 2026 at2:00PM | Entrée: Vegetable Risotto (V) Main: Beef Bourguignon with Mash Potato and Vegetables Dessert: Carrot Cake with Cream Cheese Frosting WEDNESDAY | Entrée: Cypriot Grain Chicken Salad Main: Pork Steak with Pineapple Salsa, Sweet Potato Mash and Vegetables Dessert: Custard Tart THURSDAY | Entrée: Carrot and Coconut Soup (V) Main: Roast Chicken Dinner with Roast Potato, Roast Pumpkin, Seasonal Vegetables and Gravy Dessert: Victorian Sponge Cake FRIDAY |

Dear Valued Clients,

We would like to inform you that our chef has recently resigned, and we are currently in the process of recruiting a new addition to our team. Due to these unforeseen circumstances, the release of our new menu, originally scheduled for May 4th, has been postponed. In the meantime, we will be extending our current menu for May. Please find above our current menu, which now reflects the updated dates. We appreciate your understanding and continued support during this transition. Our team remains committed to providing you with the same quality and experience you expect from us, and we look forward to sharing our new menu with you soon.

If you have any questions, please don't hesitate to get in touch.