



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 busy but rewarding week here at HMC. Following the Multicultural Fiesta earlier in April, we now have the collated results of the survey questions we asked attendees at the Fiesta. This gives HMC useful information around areas of future focus. Some more information about the survey results is further in the newsletter.

This week our groups had some great outings, and we celebrated two special birthdays - see photos below in the newsletter for highlights.

Reminders:

*When making a payment, please include the invoice number as the reference.

*If you would like to subscribe to our email, please contact: info@huntermc.org.au

Birthday Corner

- 11 May Janice C
- 11 May Gwendolyn A
- 12 May Roula P
- 12 May Anthony R
- 13 May Margaret W
- 13 May Antigoni T
- 14 May John Pr
- 14 May Barbara C
- 16 May Mavis V
- 16 May Katharina H

HAPPY
BIRTHDAY

Did you know?

Under the 'Korean age' system, babies are considered to be one year old on the day they are born, and every January 1, a year is added to people's ages





Calendar of Observances: May 2026



1 May: Vesak Day or Buddha Day
 5 May: Cinco de Mayo
 10 May: Mother's Day
 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

11 May 2026

The weather has gotten colder and we're getting ready for winter here in the HMC garden. The garden is looking beautiful, especially in some lovely Autumn sun!





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/Terence, Italian/Arabic
- 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.

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Hunter Multicultural Communities
MEAL DELIVERY SERVICE
Sponsored by City of Newcastle

SAMPLE MEAL PACK
ENTER Into Your Children's School

MEALS: Lamb Shank, Mashed Potatoes, Seasonal Vegetables, and Roasted Tomatoes & Herbs Sauce

DESSERT: Spiced Pear & Date Coulis



THANK YOU TO OUR FRIENDS



WHAT'S ON



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
2A PLATT STREET WARATAH 2298



WE ALSO ASK THAT CLIENTS WHO ATTEND CONTRIBUTE \$5 TO THE BUS



Wednesday 24th June
Seniors Day Outing

Dobell Festival - Lake Macquarie
U3A Orchestra in Concert - Free Event

Morning Tea at 360 Cafe
Lunch at Warners bay - Lunch special \$18

Only 12 spots - Booking essential
Departing HMC 9.30am approx.
Returning HMC 3.30 pm approx.

We also kindly ask clients if they can contribute \$5 for bus



DRUMMING EXERCISES

August - December 2026

AUGUST: MONDAY 17TH,
11:00AM

SEPTEMBER: MONDAY 7TH,
11:00AM

OCTOBER: THURSDAY 15TH,
11:00AM

NOVEMBER: MONDAY 9TH,
11:00AM

DECEMBER: THURSDAY 10TH,
11:00AM

Drumming is \$5 per person



PICTURES AT HMC

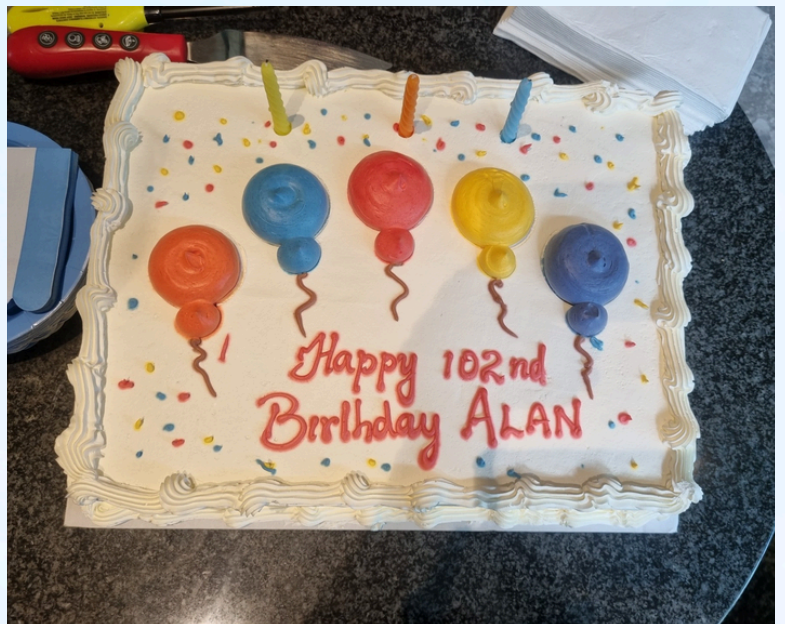


We celebrated a few special birthdays this week at HMC.

Happy Birthday to Alan who celebrated his 102nd birthday!



Congratulations to Mafalda
on her birthday!





PICTURES AT HMC



Our social support group had a lovely outing to Cameron Park, visiting the Sugar Valley Library Museum



COMMUNITY MATTERS

COMMUNITY | EVIDENCE | ADVOCACY

2026 Multicultural Fiesta Survey results

We recently released the results of our Fiesta Festival survey. Surveys are an important way for us to hear directly from the community. We heard from Fiesta participants that people want to feel heard, included, and confident when using services and systems. We also heard that most people can access community services. However, some people told us they do not always feel respected or culturally safe when using services. We will continue to advocate for services that are welcoming, respectful, and inclusive for everyone.

You can read the full survey results [here](#).



On May 7, our General Manager Dr Fadi Baghdadi, spoke with Jenny Marchant on ABC Newcastle Drive about HMC's Fiesta survey results - you can listen in here from 2h2m - hyperlink - <https://www.abc.net.au/listen/programs/newcastle-drive/drive/106635164>

We will continue to advocate for stronger multicultural communities across Northern NSW.

Weekly Menu

Week 2 11-15 May 2026

Monday 11 May 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 12 May 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 13 May 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 14 May 2026

E: Mild Mexican Chicken Empanadas
M: Battered Fish with Wedges, Vegetables and Tartare Sauce
D: Chocolate Brownie (V)

Friday 15 May 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 18-22 May 2026

Monday 18 May 2026

E: Thai Noodle Salad
M: Lamb and Spinach Rice Bake with Vegetables
D: Apple Pie with Cream

Tuesday 19 May 2026

E: Bacon and Cheese Loaded Potato with Sour Cream
M: Tuna Pasta Bake with Seasonal Vegetables
D: Light Fruit Cake

Wednesday 20 May 2026

E: Zucchini Slice
M: Chicken Cacciatore with Mash Potato and Seasonal Vegetables
D: Rice Pudding with Cinnamon

Thursday 21 May 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 22 May 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

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.