

# 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

Last week HMC celebrated Mother's Day in style with a lovely high tea event. Attendees enjoyed amazing food and a performance by the wonderful Waratah Male Voice Choir.

Our weekly group outings were enjoyed by many, and we include some photos below. These bus trips are a wonderful opportunity for participants to create and maintain social contacts.

### Reminders:

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

Our next staff training day is Monday 15 June. There will be no services running besides meal delivery. Please contact our office if you have any questions.

If you would like to subscribe to our newsletter, please contact: [info@huntermc.org.au](mailto:info@huntermc.org.au)



20 May Anni K  
20 May Paz F  
22 May Kelima R  
22 May Anna K  
23 May Donata G  
23 May Trevor D

## Did you know?

Germany has around 20,000 castles, many of which are over 100 years old and some have been converted into museums, hotels, or restaurants.





# 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

### 18 May 2026

I am back in the Garden and still on \*light duties & shorter days\*, so if you wish to see me, let one of the coordinators know and will make sure I come over to see you.

This week we are very excited to have 2 groups of little Children from Tillys Waratah1 visit the Garden & the Chickens. It is always a delight to have them.



### 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. Now is a good time to strike some cuttings of your favourite plants while the weather is still warm.
- **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!

Fresh Carrots, Sweet Potato, Silver Beet, Galangal & Mixed Lettuce Leaves.

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

This week I will be in the Garden on Monday, Wednesday & Thursday mornings - 9.30am to 1.00pm; and on other days & times by appointment - If you especially need to see me – **phone 1<sup>st</sup> to make an appointment.**

**Margaret – HMC Garden Co-ordinator – Phone 0413 229 740 [westwick1@dodo.com.au](mailto: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 2298.

**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 Respite - in-home, community access
- Individual Transport - appointments, outings
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - Kiosk/Garden, Maitland, Raymond/Terrace, Salamander Bay
- Community Garden
- Community Shed

**hmc**  
Hunter Multicultural Communities

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: Lanny Scholl & Adriana Hannemann 4960-8248

Visit [walking.heartfoundation.org.au](http://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](http://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 washing required. Just delicious, satisfying meals you can rely on.

**THREE COURSE MEAL JUST \$20 DELIVERED TO YOUR DOOR, AVAILABLE MONDAY - FRIDAY.**

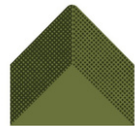
Order today at [hmcmealdelivery.com.au](http://hmcmealdelivery.com.au)  
Every order supports Hunter Multicultural Communities, a not-for-profit that reinvests back into the community.

**hmc**  
Hunter Multicultural Communities  
**MEAL DELIVERY SERVICE**  
Supported by City of Newcastle

**SAMPLE MEAL PACK**  
\$20.00 (incl. GST & Delivery)

**MEALS:** Lemon Shrimp, Roast Potatoes, Seasonal Vegetables, and Roast Tomato & Herb Bread

**DESSERT:** Roasted Pear & Date Custard



**AUSTRALIAN MEN'S SHED ASSOCIATION**  
Shoulder to Shoulder

# WHAT'S ON



Wednesday 24<sup>th</sup> 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



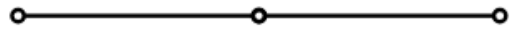
Only 12 spots - Booking  
essential

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*

# NEW MEMBER

## SHOUTOUT



SPLASH OF COLOUR  
SWIMMING

A Splash of Colour Swimming program provides a holistic and inclusive approach to swimming lessons for people from diverse backgrounds.

More information here - <https://splashofcolourswimming.com.au/>

# Mother's Day High Tea



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

info@huntermc.org.au / www.huntermulticultural.org.au

Find us on Facebook  / Find us on Instagram  / Find us on LinkedIn 



# PICTURES AT HMC



Fire and Rescue NSW provided HMC groups with information about fire safety



The HMC team participated in First Nations cultural awareness training with Simone Jordan from the Wollotuka Institute; and in anti-racism training with Elissa Elvidge from the University of Newcastle





# PICTURES AT HMC



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

info@huntermc.org.au / www.huntermulticultural.org.au

Find us on Facebook / Find us on Instagram / Find us on LinkedIn

# COMMUNITY MATTERS

COMMUNITY | EVIDENCE | ADVOCACY

## 2026-2027 Federal Budget

Last week the Treasurer announced the 2026-2027 budget, which included the following in relation to multiculturalism and diversity.

- Australia will continue to grow its international development program, with a continued prioritisation of the Indo-Pacific.
- \$10.8 million over two years from 2026–27 was allocated to continue the Health in My Language program to provide community-led health literacy education to refugee and migrant women.
- Expansion of the skilled migration program; investment of \$85.2 million to fast-track migrant trades workers into the workforce; \$7.7 million to extend the Economic Pathways to Refugee Integration program to boost refugee employment.

## Celebrate cultural diversity – Village in the City - Jesmond 2026

City of Newcastle is organising this event where food, culture, music & community come together. Location: Jesmond Neighbourhood Centre & Heaton Park.

**22 May** – *Twilight Village Kitchen & Market*

**19 June** – *Bright Nights Bazaar*

**17 July** – *Lantern Night Picnic & Showcase*

More [information online](#)



# Weekly Menu

## 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**

## Week 4 25-29 May 2026

### Monday 25 May 2026

**E:** Beef Bolognese with Pasta  
**M:** Prawn Cutlets with Vegetables, Mash Potato and Tartare Sauce  
**D:** Passionfruit Cheesecake

### Tuesday 26 May 2026

**E:** Tuna Nicoise Salad  
**M:** Lamb Tandoori with Basmati Rice and Vegetables  
**D:** Vanilla Cupcakes with Buttercream icing

### Wednesday 27 May 2026

**E:** Vegetable Risotto (V)  
**M:** Beef Bourguignon with Mash Potato and Vegetables  
**D:** Carrot Cake with Cream Cheese

### Thursday 28 May 2026

**E:** Cypriot Grain Chicken Salad  
**M:** Pork Steak with Pineapple Salsa, Sweet Potato Mash and Vegetable  
**D:** Custard Tart

### Friday 29 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

**MENU 11: 1st June -26th June - \*\*All Meal Clients are required to call our office to secure your order for Menu 11\*\***

Payment via Direct Deposit at Beyond Bank or EFTPOS. Please check your invoice for banking details or by calling: 4960 8248

**PAGE 1: Disclaimer: While all care is taken, Please be aware that our food may contain or come into contact with common allergens such as; Milk, Dairy, Fish, Shellfish, Mollusc, Sesame, Lupin, Peanut, Almond, Brazil Nut, Cashew, Hazelnut, Macadamia Nut, Pecan, Pinenut, Pistachio, Soy, Wheat, Gluten, Barley, Oats, Rye (V) = Vegetarian. Please note, Menu may be subject to change without notice. We are Still in the Process of finding a chef, this will be a temporary menu for the month of June and a new seasonal menu will be out for the months of July-September. Our new chef will create the next menu, if you have any questions please contact our office.**

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: 1-5 June 2026 Orders Close: Friday 22 May 2026 at 2:00PM	<b>Entrée:</b> Quiche Lorraine with side salad <b>Main:</b> Chicken Schnitzel with roast potatoes and seasonal vegetables <b>Dessert:</b> Pavlova with fruit and cream	<b>Entrée:</b> Minestrone Soup (V) <b>Main:</b> Chicken Mignon with mushroom sauce, garlic cream and seasonal vegetables <b>Dessert:</b> Lemon Tart with cream	<b>Entrée:</b> Vegetable and Corn Fritters (V) <b>Main:</b> Roast Pork with baked vegetables and apple sauce and gravy <b>Dessert:</b> Jam Roll Trifle	<b>Entrée:</b> Smoked Salmon Blinis with Sour Cream and chives <b>Main:</b> Grilled fish with wedges and a side salad <b>Dessert:</b> Chocolate Mousse and Cream	<b>Entrée:</b> Chicken Mulligatawny Soup <b>Main:</b> Beef Stroganoff with Mushrooms, Pasta and Seasonal Vegetables <b>Dessert:</b> Baked Custard and Stewed Fruit
Week 2: 8-12 June 2026 Orders Close: Friday 25 May 2026 at 2:00PM	<b>Public Holiday</b> 	<b>Entrée:</b> Chicken and sweet corn soup <b>Main:</b> Lamb and vegetable pie topped with sliced potatoes <b>Dessert:</b> Apple Crumble with custard	<b>Entrée:</b> Creamy Pumpkin Soup (V) <b>Main:</b> Roast Beef Dinner with cauliflower Mornay, Roasted Seasonal Vegetables and Gravy <b>Dessert:</b> Butter Cake with Lemon Myrtle icing	<b>Entrée:</b> Vegetable Frittata <b>Main:</b> Roast Chicken Dinner with Roast Potato, Pumpkin, Seasonal Vegetables and Gravy <b>Dessert:</b> Apple and Rhubarb Crumble	<b>Entrée:</b> Greek Salad with Feta and Olives <b>Main:</b> Beef Lasagne with garlic bread <b>Dessert:</b> Golden Syrup Dumpling with Custard
Week 3: 15-19 June 2026 Orders Close: Friday 5 June 2026 at 2:00PM	<b>Entrée:</b> Sundried Tomato and Roasted pumpkin pasta <b>Main:</b> Veal Scallopini with seasonal Vegetables <b>Dessert:</b> Strawberry Mousse with cream	<b>Entrée:</b> Mushroom Arancini Balls (V) <b>Main:</b> Chicken kyiv with Seasonal Vegetable and Potato Mash <b>Dessert:</b> Banana Muffin	<b>Entrée:</b> Chicken Soup <b>Main:</b> Roast Lamb Dinner with roast Potato, pumpkin and seasonal vegetables <b>Dessert:</b> Chocolate Mousse	<b>Entrée:</b> Moroccan Pumpkin, Haloumi and Chickpeas with Rice Salad (V) <b>Main:</b> Beef Moussaka with beans <b>Dessert:</b> Tiramisu	<b>Entrée:</b> Canneloni with ricotta cream, spinach with a side salad <b>Main:</b> Spaghetti Bolognese <b>Dessert:</b> Bakewell Jam, coconut custard in a tart with cream
Week 4: 22-26 June 2026 Orders Close: Friday 12 June 2026 at 2:00PM	<b>Entrée:</b> Bacon, Egg and Cheese Pie <b>Main:</b> Beef Rissoles with mashed potatoes with seasonal vegetables <b>Dessert:</b> Banana Fritters with caramel sauce	<b>Entrée:</b> Cheese and Asparagus Tart <b>Main:</b> Pork Schnitzel with apple sauce, wedges and seasonal vegetables <b>Dessert:</b> Pear Crumble with custard	<b>Entrée:</b> Roasted Tomato and Capsicum soup <b>Main:</b> Roast Turkey with cranberry sauce and baked seasonal vegetables <b>Dessert:</b> Chocolate lamingtons with cream	<b>Entrée:</b> Pea and Ham Soup <b>Main:</b> Chicken Chow Mein <b>Dessert:</b> Fruit Salad and Yoghurt	<b>Entrée:</b> Salmon patties with a side salad <b>Main:</b> Crumbed Fish Fillet with Sweet Potato Wedges and Seasonal Vegetables <b>Dessert:</b> Cream Puffs