

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 well and truly into autumn season, but we didn't let the wet weather stop us last week. Our groups enjoyed a local and fun trip to Hamilton, as well as weekly bingo and group activities at HMC.

Last week we celebrated National Volunteer Week. We are grateful to our many wonderful volunteers who generously give their time, expertise, care and commitment. Thank you for supporting HMC and our community.

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, only meal delivery will be in operation. Please contact our office if you have any questions.

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



25 May	Marie S
25 May	Susana R-T
25 May	Lorraine P
25 May	Patricia B
26 May	Sonia P
30 May	Fe C-H
31 May	Colin B
31 May	Adriana H

Did you know?

Bhutan is the world's most mountainous country with mountains covering 98.8% of its land. It has an average elevation of 3,280 meters above sea level



National Volunteer Week

YOUR YEAR TO VOLUNTEER

18-24 MAY 2026

To all the incredible volunteers at HMC.

Thank you for the time, energy, and heart you bring to our organisation. Your kindness and willingness to help make a meaningful difference to everyone around you is greatly appreciated by all our staff and clients.

Whether you are in the garden, the shed, running groups, or helping in the office, HMC would not be the same without your support.



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 



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

25 May 2026

Nothing like a bit of rain for our glowing autumn garden.

Our pineapples are still going strong and we also have peppers and lettuce in abundance. Please enjoy some photos below of our wonderful community garden. Thank you to the garden volunteers that nurture and look after our plants, veggies and fruits across seasons.





Bulletin Board



Scores on Doors
Hygiene and food safety

Excellent
★★★★★

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! Having a drink at the Green Myeowwee is the 1st in the "Sun Room".

Our Services also include:

- Social Groups - activities, outings, special days, meetings, meals, at High Sea Pier, Darra, Belmont, Strath, Belmont
- 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, Malindi, Reymond/Teresa, 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

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: Lorny Scholl & 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 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

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

ENJOY! Meet Your Oils&Seeds Salad

MAKES Lemon Shrimp, Roast Potatoes, Seasonal Vegetables, and Roast Tomato & Herb Potatoes

DESSERT: Roasted Pear & Date Custard





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

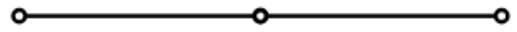
Only 12 spots - Booking essential
Departing HMC 9.30am approx.
Returning HMC 3.30 pm approx.

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

NEW MEMBER SHOUTOUT



**ROOTS & RHYTHMS
OF BANGLADESH INC.**

Committed to showcasing and promoting Bangladeshi culture across Newcastle and Lake Macquarie.

Welcome, and thank you for supporting HMC!

[More information here](#)



PICTURES AT HMC



Last week our group enjoyed a lovely outing to Hamilton. Closer to home but plenty to see and do! Our group enjoyed the hospitality and refreshments at Wesley church.



WHAT'S ON



SENIORS' DAY OUT TRIP TO STOCKTON THURSDAY 4TH OF JUNE

Join us for a trip to Stockton, where we will enjoy morning tea at The Gladdy, followed by an optional stroll and shopping trip. Then, we'll have lunch at The Three Sicilians, where the lunch specials are \$15!

Departing HMC at 9:00am

Returning to HMC at 3:00pm

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

Only 28 spots- Booking essential
Ph (02) 4960 8248
2A Platt Street WARATAH 2298



SENIORS DAY OUT

THURSDAY 11th June

MAITLAND ART GALLERY

Join us for a bus trip to Maitland, where we'll have morning tea at Seraphine Cafe, followed by a visit to Maitland Art Gallery and lunch at Hunter River Hotel

Departure from HMC 8.45 am approx

Return to HMC 3.30pm approx.

Lunch Special \$19

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

BOOKINGS ESSENTIAL!

PH: (02) 4960 8248

2A Platt St WARATAH NSW 2298



SENIORS' DAY OUT Caves Beach

THURSDAY 18TH of June

Join us for a trip to Caves Beach! We'll have morning tea at Mylo's cafe, and then for lunch, we'll be going to Swansea sport club – Lunch Special \$18 pp

Departing HMC at 9:00am approx.

Returning to HMC at 3:30 pm approx.

Only 28 spots - Bookings essential.
We also kindly ask clients if they can contribute \$5 for bus.

Ph: (02) 4960 8248
2A Platt Street WARATAH 2298



SENIORS' DAY OUT THURSDAY 25TH OF JUNE SALAMANDER BAY

Join us for a trip to Salamander Bay. Morning tea at The Deck Cafe. Scenic drive. Then lunch will be at Horizons Golf Club

**DEPARTING HMC AT 8:30AM
RETURNING TO HMC AT 3:30PM**

ONLY 28 SPOTS! BOOKINGS ESSENTIAL!
WE ALSO KINDLY ASK CLIENTS IF THEY CAN CONTRIBUTE \$5 FOR BUS.

PH: (02) 4960 8248
2A PLATT ST WARATAH 2298

COMMUNITY MATTERS

COMMUNITY | EVIDENCE | ADVOCACY



It was a pleasure for HMC to attend the Splash of Colour Swimming official end of Term 1 Welcome to Swimming program.

A truly wonderful organisation doing important work in the community.

FREE 2-hour workshops that are all about creativity, connection, and fun!

Everything is included transport, delicious food, and all art supplies so you can just come along and enjoy the experience.

No artistic experience is needed, so whether you're creative or simply curious to try something new, everyone is welcome.



Tiyan Baker is a Malaysian Bidayah-Anglo Australian artist who works with installation, photography, video, and sculpture. Baker's work engages in embodied storytelling and world-building to reclaim her vision of her indigenous heritage in the face of intergenerational shame and disadvantage, systematic destruction of culture, and geographical disconnect from family and kin.

the 2 hour workshop will feature

- a tour of Tiyan's current work in the Newcastle Art Gallery
- a creative workshop led by Tiyan in response to her work
- art supplies
- lunch

where: Newcastle Art Gallery

dates available:

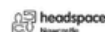
June - Saturday 13th, Saturday 21st, Saturday 28th

July - Saturday 4th, Sunday 5th, Saturday 18th, Saturday 25th,

Sunday 26th

cost: free

headspace Newcastle and Newcastle Art Gallery acknowledge the Awabakal and Worriwi people, the traditional custodians of the lands and waters on which the Gallery is located, and recognises their continuous connection to culture, community and Country.



Weekly Menu

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

Week 1
1-5 June 2026

Monday 1 June 2026

E: Quiche Lorraine with side salad
M: Chicken Schnitzel with roast potatoes and seasonal vegetables
D: Pavlova with fruit and cream

Tuesday 2 June 2026

E: Minestrone Soup (V)
M: Chicken Mignon with mushroom sauce, garlic cream and seasonal vegetables
D: Lemon Tart with cream

Wednesday 3 June 2026

E: Vegetable and Corn Fritters (V)
M: Roast Pork with baked vegetables and apple sauce and gravy
D: Jam Roll Trifle

Thursday 4 June 2026

E: Smoked Salmon Blinis with Sour Cream and chives
M: Grilled fish with wedges and a side salad
D: Chocolate Mousse and cream

Friday 5 June 2026

E: Chicken Mulligatawny Soup
M: Beef Stroganoff with mushrooms, pasta and seasonal vegetables
D: Baked Custard and Stewed Fruit

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