

NEWSLETTER

Meals and Messages for 1-7 June 2026



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

Hello June!

Last week we celebrated both Eid and Africa Day, and we hope everyone who celebrated had a wonderful time.

Our weekly highlight was a lovely trip to Cooranbong, where clients enjoyed a relaxing outing and great company. Photos from the day are shared below.

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:

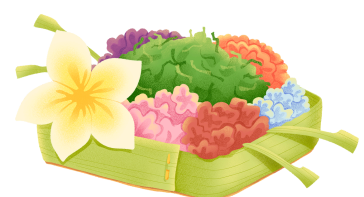
info@huntermc.org.au

HAPPY
BIRTHDAY

1 June	Anita S
1 June	Anita E
2 June	Majory D
3 June	Rosemarie M
5 June	Enzo D
6 June	Alfreda S
6 June	Ted B

Did you know?

In Bali, daily offerings called canang sari are made to appease spirits and bring good fortune





Calendar of Observances: June 2026



1 June - Western Australia Day
 1 June - National Meat Pie Day
 1 June - National Dairy Month
 3 June - Mabo Day
 4 June - National Cheese Day
 4 June - Corpus Christi
 5 June - National Donut Day
 5 June - World Environment Day
 6 June - Queensland Day
 8 June - Queen's Birthday

8 June - King's Birthday
 8 June - World Oceans Day
 16 June - National Vegemite Day
 18 June - International Sushi Day
 20 June - World Refugee Day
 21 June - International Yoga Day
 21 June - Winter Solstice
 25 June - Ashura
 27 June - International Pineapple Day
 29 June - International Mud Day

GARDEN NEWS

1 June 2026

CAN YOU BELIEVE IT – 1ST JUNE ALREADY!!!!

I will be back in the Garden and on "light duties & shorter days", so if you wish to see me, let me or the Office know and I will make sure I am there to see you.

I was not in the Garden at all last week, so thanks to the lovely rain there was no need to Water! On Monday we are very excited to have a group of little Children from Tilley's-Waratah1 visit the Garden & the Chickens. It is always a delight to have them.

I am really looking forward to Wednesday and having Sue McIntyre and her Gardening Friends will have a tour of the Garden and a talk and tasting on "Bush Tucker" Foods

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. – Thankyou to all who have come & purchased some.

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!
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 & maybe Friday morning - 9.30am to 1.00pm; and on other days & times (working around many Medical Appointments), by appointment - If you especially need to see me – phone 1st to make an appointment.

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



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

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

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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 national multicultural 3 course meal.

Come along to our Social Support Group! Meeting to enjoy at the Community Garden, 2A Platt St Waratah NSW 2298

Our Services also include:

- Social Groups - activities, outings, special days, exercise, music, art, high tea, First Nations, Market Stalls, Markets
- Individual Support - shopping, outings, visiting
- Portable Ranges - in-home, community access
- Individual Transport - appointments, outings
- Multicultural Meals Delivery - 3 course meals delivered
- Multicultural Friendship Groups - Great Lakes, Maitland, Raymond Terrace, Salamander Bay
- Community Garden
- Community Shed

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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

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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 Scholl & Adriana Hannemann 4960-8248

Visit walking.heartfoundation.org.au to register or for more information

Proudly supported by **Australian Government**

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 those families wanting to send 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
\$19.95: Mini Thai Chicken Salad
\$19.95: Lamb Shank, Mash, Potatoes, Seasoned Vegetables, and Roasted Tomato & Herb Bread
\$19.95: Spiced Pork & Date Cucumber



THANK YOU TO OUR FRIENDS





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

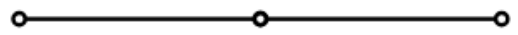
Only 12 spots - Booking essential
Departing HMC 9.30am approx.
Returning HMC 3.30 pm approx.

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

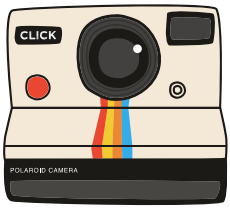


HUNTER AFRICAN COMMUNITIES COUNCIL

Hunter African Communities Council

Celebrating African Heritage, Unity, and Diversity in the Hunter region.

[More information here](#)



HMC Through the Lens



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 

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

MEET THE TEAM

Phung

Hello, I'm Phung, Reception and Finance Support Officer. I'm excited to be part of the HMC community and supporting all its wonderful work.

I speak Cantonese at home, enjoy singing, baking and needle crafts. I'm looking forward to meeting all of the amazing people who attend and partner with our organisation.



Roots & Rhythms of Bangladesh Inc., in partnership with Hunter Multicultural Communities (HMC), proudly presents a free community education program for newly arrived Bangladeshi international students, recent migrants, and Bengali-speaking newcomers.

This initiative aims to support safer driving awareness, understanding Australian systems and responsibilities, informed decision making, stronger settlement outcomes and community connections.

Saturday, 6 June 2026
10:00 AM – 2:00 PM
2A Platt Street, Waratah
FREE EVENT

More information & registration:

[Register here](#)

ROOTS • RHYTHMS of BANGLADESH INC.
hmc Hunter Multicultural Communities
JOINT COMMUNITY INITIATIVE

DRIVING IN AUSTRALIA

Road Rules • Your Rights • Community Support

Open to **Bangladeshi** International Students & New Migrants

BRIDGING THE GAP
Safe Driving & Road Rules for Bangladeshi Newcomers
Understand Australian road rules, licensing process, road safety expectations, your rights and where to get help and support.

SATURDAY 6 JUNE 2026
10:00 AM – 1:30 PM
HUNTER MULTICULTURAL COMMUNITIES CENTRE
2A Platt St, Waratah, NSW 2298

FREE ENTRY | LUNCH PROVIDED | BANGLA LANGUAGE

SPEAKERS & TOPICS

- DRIVER LICENSING ACCESS PROGRAM (DLAP)**
Information about training, guidance, and practical support to help you obtain a learner licence, improve your driving skills, prepare for the road test, and progress to a provisional or full licence.
- NEWCASTLE POLICE**
Get essential information on Australian road safety rules and regulations. Understand common traffic offences, driver responsibilities, and how to avoid penalties. Drive Safely & Legally, gain practical tips for safe, responsible, and lawful driving in Australia.
- HUNTER COMMUNITY LEGAL CENTRE**
Learn about your legal rights and responsibilities as a driver in Australia. Get informed about traffic laws, penalties, fines, and the legal consequences of violations. Access Support When You Need It.

SESSION SCHEDULE

10:00 – 10:15 AM	Registration & Morning Tea
10:15 – 11:00 AM	DLAP Session
11:00 – 11:15 AM	Break
11:15 – 12:00 PM	Newcastle Police Session
12:00 – 12:15 PM	Break
12:15 – 1:00 PM	Hunter Community Legal Centre Session
1:00 PM	Community Lunch

Organised by **ROOTS & RHYTHMS OF BANGLADESH INC. (RROBI)** IN COLLABORATION WITH **HUNTER MULTICULTURAL COMMUNITIES (HMC)**

Open to Bangladeshi international students, new migrants & overseas licence holders. Register now!

For enquiries: welcome.rrobi@gmail.com / info@huntermc.org.au

<https://robi-hmc-bangladeshi-driving.eventbrite.com.au>

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

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

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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