

NEWSLETTER

Meals and Messages for 15-21 June 2026

Issue 290



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

This week we are recognising Refugee Week, with the theme A Million Stories, Marking the Australian Government issuing its millionth permanent refugee visa since the post-war resettlement program began in 1947.

Each day we will share a story from a refugee across our social media platforms.

These stories highlight the resilience, courage, and determination it takes to rebuild life in a new country. We are deeply grateful to each participant for generously sharing their journey and helping to foster understanding, inclusion, and stronger community connections.

Follow us on Facebook and Instagram throughout the week to read their stories.

Our clients also enjoyed a bus outing to the Maitland Regional Art Gallery, where they explored exhibitions, had a beautiful lunch at Hunter River Hotel.

Reminders

When making a payment, please include the invoice number as the reference. See the newsletter for an example.

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

15 June	Sharyn G
17 June	Nell W
17 June	Elaine G
17 June	Hugh A
18 June	Deb E
19 June	Dianna M
20 June	Glykeria N
20 June	Germano A

Did you know?

After World War II, Australia accepted around 170,000 displaced people through the Displaced Persons Program. Today, new and emerging refugee communities are continuing that story of rebuilding, family, work, culture, and belonging.





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 15 June 2026

It has been great weather to be in the Garden this week, I even found some time to spend in my own Garden at home.

I am 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.

On Thursday, Sue McIntyre the Christmas Bush Garden Club has offered to assist me in re-labelling our "Bush Tucker" Plants (a very time consuming job). It happens at other Gardens too!! If you happen to see someone removing labels, please ask them to stop!! Thanks Sue, looking forward to our next time together.

On Saturday 13th June, the Newcastle City Council held a successful "Fermenting Workshop" at the Garden, and even though I have been doing so for years, there was still plenty to learn. Thanks to everyone concerned.

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 & More. Come and sample our "Lemon Myrtle Tea or Cordial" – great to drink hot or cold!!
 Spring Onions, Silver Beet, Galangal (tubers to grow your own or ready to cook with & 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 Wednesday, Thursday (9.30am to 1.30pm) and Saturday morning 9am – 1pm; 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**



Bulletin Board



Scores on Doors
Hygiene and food safety

Excellent
★★★★★

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Hunter Multicultural Communities

HMC IS GROWING!

65+ MEMBERS | **30,000+** PEOPLE CONNECTED THROUGH OUR MULTICULTURAL NETWORK

Join us! Have your community voice heard in regional decision making

COMMUNITY | EVIDENCE | ADVOCACY

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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: Lanny 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 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 washing required. Just microwave, satisfying meals you can rely on.

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

Order today at hmcmealdelivery.com.au

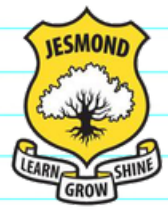
Every order supports Hunter Multicultural Communities, a not-for-profit that reinvests back into the community.

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MEAL DELIVERY SERVICE

Supported by City of Newcastle

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

MAKES Lemony Shrimp, Roast Potatoes, Seasonal Vegetables, and Roasted Tomatoes & Herbs
DESSERT: Spiced 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

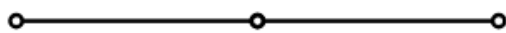
Departing HMC 9.30am approx.
Returning HMC 3.30 pm approx.

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

We said farewell to one of our wonderful volunteers, Pamodee.

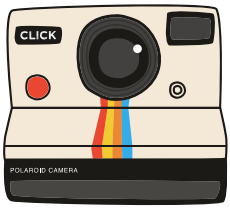
Pamodee has dedicated her Fridays to supporting our aged care clients and has been an incredible help to both our clients and staff. We are so grateful for everything she has contributed and will miss her dearly. Wishing her all the very best for the future



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

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

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



HMC Through the Lens



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WHAT'S ON





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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




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Departing HMC at 9:00 am
 Returning to HMC at 3:00 pm


Morning tea at HMC

MAYFIELD WEST BOWLO | 4 Norris Ave, Mayfield West



THURSDAY 9TH JULY | 11.30 START
\$40PP INCLUDES 2 COURSE FESTIVE LUNCH
 ENTERTAINMENT BY GREG MASON & SECRET SANTA RAFFLES.

We also ask that clients who attend contribute \$5 for the bus




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CHRISTMAS IN JULY!

TUESDAY 14 JULY 2026


HMC is doing Christmas in July!
Join us at the centre for a special
Christmas lunch, music with
Peter Fitzgibbon and a raffle!



10:00 AM - 2:00 PM
2A Platt St Waratah

\$20
for CHSP
clients

\$55
for HCP
clients




LIMITED SPOTS AVAILABLE!

BOOKINGS ESSENTIAL!

Ph: (02) 4960 8248

2A Platt Street WARATAH 2298



HMC Group Activities

For Mondays and Thursdays in June

MONDAY	THURSDAY
<u>1st of June</u> Drumming Lunch Bingo	<u>4th of June</u> Trivia Lunch Bingo
<u>8th of June</u> PUBLIC HOLIDAY	<u>11th of June</u> Painting Lunch Bingo
<u>15th of June</u> STAFF TRAINING	<u>18th of June</u> Indoor Bowls Lunch Bingo
<u>22nd of June</u> Sit Dancing Lunch Bingo	<u>25th of June</u> Wimbledon Day Lunch Bingo
<u>29th of June</u> Sit Dancing Lunch Bingo	

COMMUNITY MATTERS

COMMUNITY | EVIDENCE | ADVOCACY



A big thank you to Hunter Community Legal Centre, NSW Police Force and Kai'Mia Community for their support in delivering a recent Driving Workshop at HMC.

Special thanks to Roots & Rhythms of Bangladesh Inc. for helping organise the event and connect community members with this opportunity.

Check out the latest Jesmond Public School podcast. Their talented students recently interviewed renowned illustrator, writer and animator Dub Leffler. A great listen, well done to everyone involved

[Listen here](#) 



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	<p style="text-align: center;">Public Holiday</p> 	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