



BREAKAWAY RECREATION & HOLIDAY SERVICES INC

A recreation service for adults who live with a mild intellectual disability

Newsletter

March to May 2023

Breakaway would like it's members to enjoy a range of social and leisure activities as a member of the community.

CONTACT DETAILS:

PH: Sue 0416 175 098 | Glenn 0419 975 543

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fun has **u** in it!



Autumn Newsletter



INFORMATION PAGE 1

Welcome to our Autumn Newsletter

Heading into some cooler weather and we have a jammed packed Newsletter for you all to enjoy.

We are currently working on two Interstate Holidays for 2024. Details will be sent out once we finalise everything.

Although we have fun putting the Newsletter together we find the hardest thing is to come up with ideas for activities.

So, if you have any ideas please let us know when we see you or send us a message.

Don't forget to save the following dates:

Breakaway Trivia Night Saturday 29 July 2023

Breakaway Christmas Party Friday 1 December 2023

Stay happy & keep safe
Sue & Glenn

fun has **u** in it!

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BREAKAWAY
RECREATION & HOLIDAY
SERVICES INC

IMPORTANT INFORMATION

Pick Up Times:

The time advised as the pick up time is the time that we leave, not the arrival time. Due to pick ups at other destinations and booking times of activities we are unable to wait past the advertised time.

Smart Casual Dress:

On certain activities when we are visiting clubs, restaurants, shows etc members are expected to dress appropriately. Activities that require smart casual dress will be noted on the activity in the newsletter.

The following is what we consider smart casual—Long Pants/Jeans, button up or Polo shirt for males. The same applies to females but also includes a dress or skirt and an appropriate top. Under no circumstances are track suit pants or tops, football jerseys or shorts to be worn.

Booking Sheets:

Each member will receive notification when the Newsletter is available on our Website, breakawayservices.org.au you will also receive an email with a link to your booking sheet, this email will also advise you of when the booking sheet is due back. Once we have allocated all activities we will send you confirmation of your confirmed activities.

Cancellations:

If you book for an activity and then cancel and we are unable to fill your spot with another member, you will be charged the full amount of the activity.

Identification:

Please ensure that you bring your Pension Card/ID Card to each activity that you attend.

Drinks:

Soft Drinks and Water will be available for \$1 each on the activities that we travel by bus.

Pick up addresses:

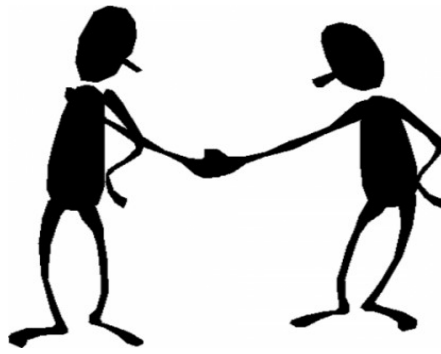
Norwest — Norbrik Drive, Bella Vista (opposite Woolworths Loading Dock)

Penrith — Aspen St, Penrith (in front of Pet O)

Mt Druitt — Ayres Grove Mt Druitt (Car Park for The Hub/Library)

Hello
my name is

**DAVID
JAMSEK**



**Getting
To Know
You!**

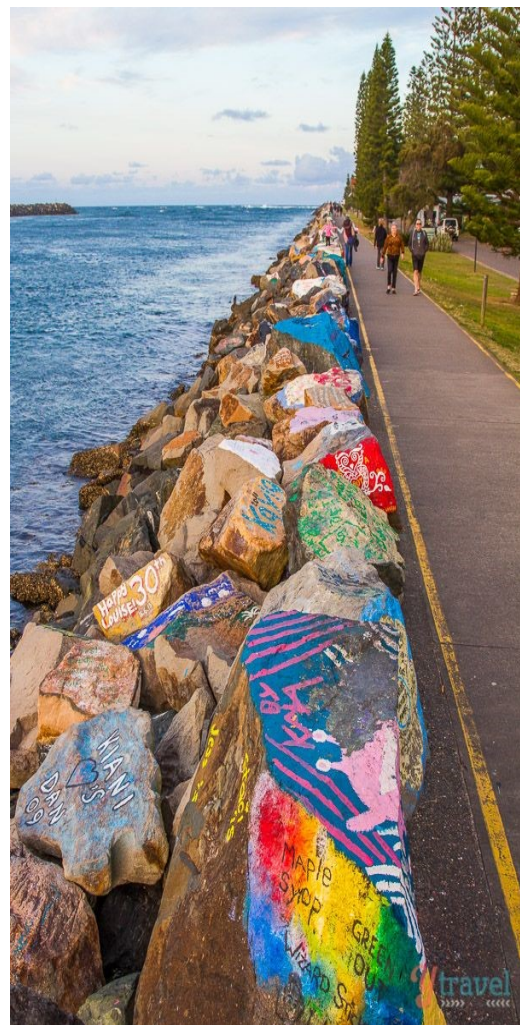
- ♦ Do you have a nickname ? Crow
- ♦ When is your birthday? 13 July
- ♦ What is your favourite food? Pizza & Chicken Schnitzel
- ♦ Have you got a job: Department of Planning & Environment @ Parramatta
- ♦ Who is your favourite Footy Team? South Sydney Rabbitohs
- ♦ Do you have any hobbies? Playing Video games & Listening to Coldplay music



Friday 3rd - Sunday 5th
March 2023

PORT MACQUARIE WEEKEND AWAY

Have fun everyone
attending!



SUNDAY 12 March 2023



Mt Druitt: 9.30am—4.30pm

Penrith: 10.00am—5.00pm

Norwest: 9.00am—4.00pm

Cost: \$60.00

Bring: Money for Lunch

EXPLORE THE HAWKESBURY

The Hawkesbury has something for everyone, from historic towns with World Heritage features to the beautiful Hawkesbury River.

With such a great location there is always something to do.

From relaxing drives along quiet country roads, getting immersed in the local history, exploring local markets or enjoying the local art scene you'll want to come back.

SUNDAY 19 March 2023

AMAZEMENT

FARM & FUN PARK

From magical mazes to friendly farm animals, scheduled petting shows, bird sanctuary, huge board games, tractor rides & a terrace cafe.

Mt Druitt: 8.30am –3.30pm
Penrith: 8.00am—4.00pm
Norwest: 9.00am—3.00pm
Cost: \$60.00
Bring: Money for Lunch



SATURDAY 25 March 2023

RICHARD O'BRIEN'S ROCKY HORROR SHOW

THE LEGENDARY
ROCK & ROLL MUSICAL

Mt Druitt: 11.00am—6.00pm
Penrith: 10.30am—6.30pm
Norwest: 11.30am—5.30pm
Cost: \$90.00
Bring: Money for Lunch



In case you're among those who haven't had the pleasure of viewing this rock 'n' roll masterpiece: It follows a squeaky-clean young couple who experience car troubles while driving on a remote highway and walk to a nearby castle to find help. Waiting in that castle is a mad scientist, his mad staff and an even madder creation. You've almost certainly heard of it before since the musical alone has had over 30 million viewers worldwide.

Dress Code: Smart Casual

SATURDAY 1 April 2023



Mt Druitt: 5.30pm -11.00pm
Penrith: 6.00pm—10.30pm
Norwest: 5.00pm -11.30pm
Cost: \$70.00
Bring: Money for Dinner



There's no other decade like the 80's. It was THE era of BIG HAIR, BIG HITS and BIG FUN. NEVER ENDING 80's take you back to Party Like It's 1989 with a night packed full of the biggest hits by the greatest artists ever. The 80s were RAD with THE GREATEST soundtrack, and we are bringing it back to Dance The Night Away. Now, Australia's number one retro band the Never Ending 80s are bringing that soundtrack to the stage as they carve their way through the music of Prince, Madonna, Cyndi Lauper, INXS, Bon Jovi, Huey Lewis & The News, Whitney Houston, as well as so many other giants, you'll be dancing and singing along to all of your 80s tunes LIKE TOTALLY..!

THURSDAY 6 April 2023



Mt Druitt: 1.00pm -10.30pm
Penrith: 12.30pm –11.00pm
Norwest: 1.30pm—10.00pm
Cost: \$50.00
Bring: Money for Dinner

The Sydney Royal Easter Show is celebrated over 12 wonderful days and includes everything from exciting rides and family entertainment to arts, crafts and barnyard animals.

The Royal Easter Show is one of the most popular events on the Sydney calendar; with thousands of people flocking to Olympic Park year after year for excitement, entertainment and fun activities for the whole family.

Saturday 8 April 2023



Easter Saturday BBQ

Join us for a BBQ Lunch with your friends.

Have a game of Cricket, Soccer or just hang out with your mates.

Mt Druitt: 10.00am—3.00pm
Penrith: 10.30am—3.30pm
Norwest: 9.30am—2.30pm
Cost: \$40.00
Bring: Money for Drinks



SUNDAY 16 April 2023

INDOOR HEATED POOL FUN DAY

No matter what time of year or how the weather is, an Indoor Swimming Pool is always fun.

You will also have the option of joining in on an Aqua Aerobics session for those who wish to take part.

We will visit Windsor for Lunch.

Mt Druitt:: 10.00am—4.30pm
Penrith: 10.30am—5.00pm
Norwest: 9.30am—4.00pm
Cost: \$50.00
Bring: Money for Lunch



SUNDAY 23 April 2023



Mt Druitt: 9.30am—5.00pm
Penrith: 9.00am—4.30pm
Norwest: 8.30am—5.30pm
Cost: \$60.00
Bring: Money for Lunch

FITZROY FALLS / BOWRAL DAY TRIP

Take a stroll along an elevated boardwalk to Fitzroy Falls lookout in Morton National Park. You'll have stunning views of the cliffs and plateaus as you watch the falls cascade into the valley below .

There's an abundance of things to do in Bowral, but most of all, it's a foodie and shopping destination, making it the perfect day trip . And, like the other Southern Highlands' villages, it's bursting with country charm.

SUNDAY 7 May 2023

Barrenjoey Lighthouse stands at Barrenjoey Head at Palm Beach on Sydney's northern beaches. Built in 1881, this heritage lighthouse is an iconic Sydney attraction.

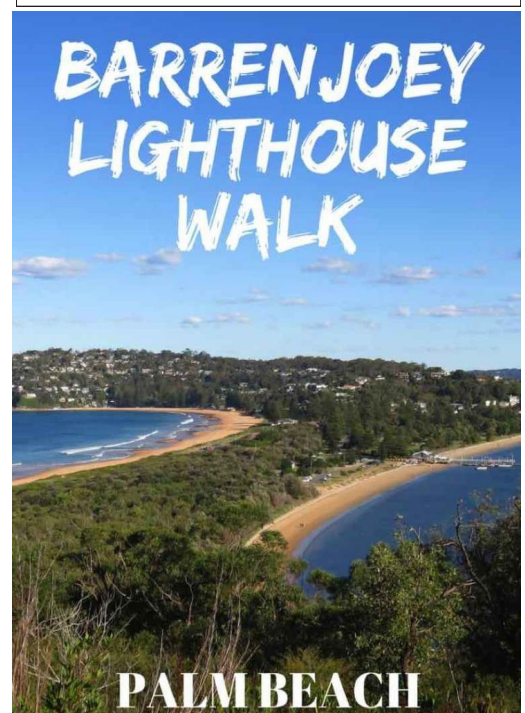
You may recognise the lighthouse from *Home and Away* and will find Summer Bay Surf Club nearby.

How long is the walk up to Barrenjoey Lighthouse?

To get there, take an easy and picturesque walk along Barrenjoey track for 1km. The walk to the top requires moderate fitness and will take about **30 minutes** each way from Governor Phillip parking area.

ENSURE YOU WEAR COMFORTABLE WALKING SHOES

Mt Druitt: 9.30am—5.30pm
Penrith: 9.00am - 5.00pm
Norwest: 10.00am—6.00pm
Cost: \$60.00
Bring: Money for Lunch



SATURDAY 13 May 2023

Mt Druitt: 9.00am—3.30pm
Penrith: 8.30am—3.00pm
Norwest: 9.30am—4.00pm
Cost: \$50.00
Bring: Money for Lunch

ITS CITRUS SEASON

More than just pick your own....

- ⇒ Enjoy fruit picking
- ⇒ Pat and feed the animals
- ⇒ Learn about bee's and honey
- ⇒ Take a tractor ride
- ⇒ Enjoy coffee and food from the café



Closed in Shoes must be worn



SUNDAY 21 May 2023

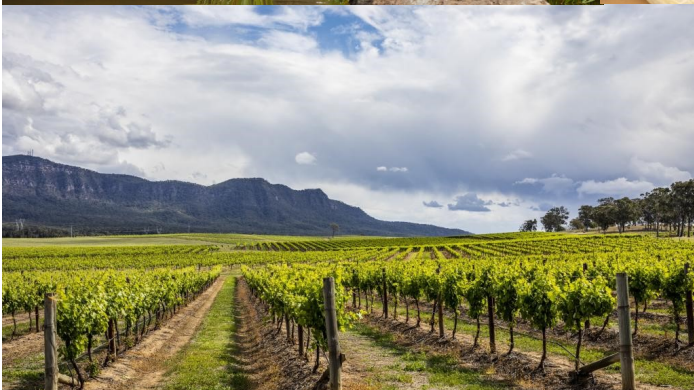
DAY TRIP

HUNTER VALLERY

Rolling hills, dense bushland and sprawling acreage – the Hunter Valley is New South Wales's most established wine region.

Hunter Valley offers not only a huge variety of wines but also fresh crops and produce throughout the year.

Tasty meats, cheeses, olive oils, vegetables, chocolate and fudge are available at multiple outlets and the perfect thing to munch on while visiting or to take home as gifts.



Mt Druitt: 9.00am—6.00pm
Penrith: 8.30am—6.30pm
Norwest: 9.30am—5.30pm
Cost: \$80.00
Bring: Money for Lunch



SATURDAY 27 May 2023

Mt Druitt: 3.30pm—10.30pm
 Penrith: 3.00pm—11.00pm
 Norwest: 4.00pm—10.00pm
 Cost: \$80.00
 Bring: Money for Dinner



MANLY QUARENTINE GHOST TOUR

THE SPOOKIEST GHOST TOURS IN SYDNEY. Tread the path of Haunted Souls..

Sydney's Quarantine Station on North Head is one of Australia's
 most haunted sites!

As darkness descends over Q Station's historic buildings, the burial ground
 and empty pathways... the time comes to encounter the ghosts of our site.

MARCH 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Holly Bday	2	3 Port Macquarie	4 Port Macquarie	5 Port Macquarie
6	7	8	9	10	11	12 Nick.M Bday Hawkesbury
13	14 Mary Bday	15	16	17 Nick.L Bday	18	19 Amazement
20	21	22	23	24	25 Chris Bday Rocky Horror Show	26 Edward Bday
27	28	29	30	31 Claudia bday		

APRIL 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	4	5 Joseph Bday	6 Easter Show	7	1 Never Ending 80's	2
10	11	12	13	14 Sophie.M Bday	8 Easter BBQ	9 EASTER DAY
17	18	19	20 Dylan Bday	21	22	16 Luke.D Bday Pool Fun Day
24 Allen.L Bday	25	26	27 Stacey Bday	28	29	23 Fitzroy Falls
						30

MAY 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Teresa Bday	2 Stephen.T Bday	3	4	5	6	7 Barrenjoey Lighthouse Walk
8	9 Adam.R Bday Brie Bday	10	11	12 Miles Bday	13 Kieren Bday Canoelands Orchard	14 MOTHERS DAY
15	16	17	18	19 Adam.H Bday	20	21 Emilie Bday Hunter Valley
22	23	24	25	26	27 Manly Quarantine	28
29	30	31				