



BREAKAWAY RECREATION & HOLIDAY SERVICES INC

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

Newsletter

June to August 2023

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

CONTACT DETAILS:

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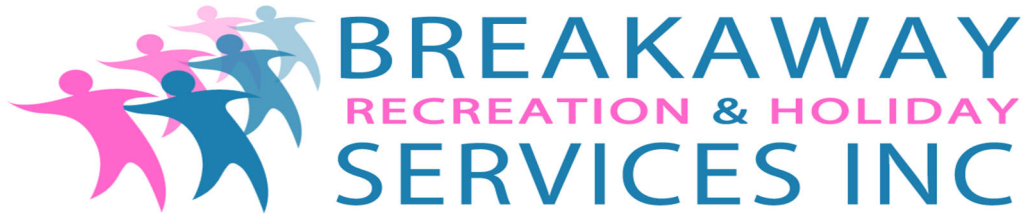
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fun has **U** in it!





INFORMATION PAGE 1

Welcome to our Winter Newsletter

Another fun filled Newsletter.

Keep an eye out for Olivia's "Travel Journal" from our recent Port Macquarie trip.

Thanks for everyone's patience whilst the Bus was a patient. Your get well messages were much appreciated.

The Breakaway Trivia Night is being held on Saturday 29 July. The night is a fundraiser to keep the Bus on the road and we need your support again this year after the Bus's recent hospital stay.

Stay happy & keep safe
Sue & Glenn

fun has **U** in it!



fun has **U** in it!



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)

SUNDAY 11 June 2023



Mt Druitt: 9.00am - 2.30pm
Penrith: 9.30am - 3.00pm
Norwest: 8.30am - 2.00pm
Cost: \$40.00
Bring: Money for Lunch

GIRLS BOWLING CHALLENGE

Round 2 : GIRLS

We are searching for our champion Ten Pin Bowlers

Join us on our **GIRLS ONLY** bowling day.
We will add your scores together after two games and the
top eight players will proceed to the final.

The finals will be held, along with the boys finalists in September.
If you are not a bowler, come along and cheer on your friends.
We will have lunch after bowling.



SATURDAY 17 June 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

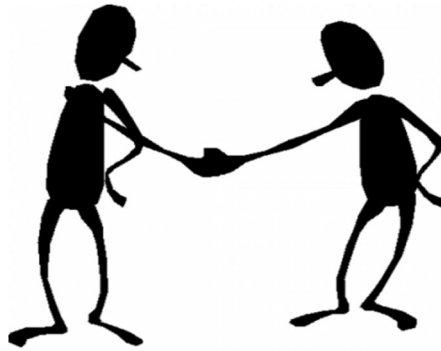


Mascot Kenny

Blueberries

Hello
my name is

JEMMA MOZSNY



**Getting
To Know
You!**

- ◆ Do you have a nickname ? Jem
- ◆ When is your birthday? 23 November
- ◆ What is your favourite food? Spaghetti Bolognaise
- ◆ Have you got a job: Checkouts at Coles
- ◆ Who is your favourite Footy Team? West Tigers
- ◆ Do you have any hobbies? Horse riding



SUNDAY 2 July 2023



Mt Druitt: 9.00am - 2.30pm
Penrith: 9.30am - 3.00pm
Norwest: 8.30am - 2.00pm
Cost: \$40.00
Bring: Money for Lunch

BOYS BOWLING CHALLENGE

Round 2 : BOYS

We are searching for our champion Ten Pin Bowlers

Join us on our **BOYS ONLY** bowling day.
We will add your scores together after two games and the
top eight players will proceed to the final.

The finals will be held, along with the girl's finalists in September.
If you are not a bowler, come along and cheer on your friends.
We will have lunch after bowling.

SATURDAY 8 July 2023

Mt Druitt: 5.00pm—11.00pm
Penrith: 4.30pm—11.30pm
Norwest: 5.30pm—10.30pm
Cost: \$60.00
Bring: Money for Dinner

Ladies of the 80s is a high energy, fun packed 2 hour live show that reminisces about the days of big hair, aqua net hairspray and leg warmers. Who knows, it may even start raining men?

Packed with the hits of Madonna, Whitney, Cyndi Lauper, Donna Summer, Tina Turner, Chaka Khan, Taylor Dayne, Bananarama and more.

& songs like: Ain't Nobody, Girls Just Wanna have Fun, Holiday, I'm So Excited, Let's Hear it for the Boy, Hey Mickey, Walking on Sunshine, She Works Hard for the Money & so many more.



Featuring powerful female vocalists supported by an amazing band that do these songs justice, you'll be singing and dancing along from the first beat to the last.

SATURDAY 15 July 2023

Mt Druitt: 11.30pm—6.00pm
Penrith: 11.00pm—5.30pm
Norwest: 12.00pm—6.30pm
Cost: \$70.00
Bring: Money for Lunch

Join Mickey Mouse and his friends at Disney On Ice presents 100 Years of Wonder, an adventure filled with world-class skating, high-flying

acrobatics and unexpected stunts!

Look for clues in the search for Tinker Bell through immersive, fantastic worlds.

Explore the colourful spirit realm of Coco, sail away with Moana as she bravely saves her island, see Belle in the sky as the

enchanted chandelier comes to life, and sing-along with Elsa in the icy world of Frozen.

Make memories during Aladdin, Toy Story and The Little Mermaid as the search party becomes an all-out celebration!

Please note: Qudos Bank Arena is a cashless venue.





SUNDAY 16 July 2023



Mt Druitt: 10.00am—4.00pm
Penrith: 10.30am—4.30pm
Norwest: 9.30am—3.30pm
Cost: \$50.00
Bring: Money for Drinks

JOIN US FOR A WINTER BBQ WITH YOUR BREAKAWAY FRIENDS.

A SPECIAL VISITOR WILL BE JOINING US FOR THE DAY

HAVE A GAME OF CRICKET, SOCCER OR JUST HANG OUT.

SATURDAY 22 July 2023

The expert **axe throwing** coaches will make it super easy and safe for you to pick up techniques needed for **axe throwing**.
It's great for people of all abilities.



Mt Druitt: 11.00am—5.00pm
Penrith: 11.30am—5.30pm
Norwest: 10.30am—4.30pm
Cost: \$80.00
Bring: money for Lunch





By;
Olivia Church

Port Macquarie Weekend

On Friday 3 March 2023, we boarded the Breakaway bus for our weekend away to Port Macquarie. That was after Nan and I battled the heavy traffic and used all the back roads to get to Norwest.

On the bus the movie "Burlesque" was playing. I bought a can of Sprite and a lolly bag. It was good to see faces I don't get to see that often. I was sitting next to Trent and Emilie on the way up. I then started writing this travel journal.

Whether I keep it up or not I'm not sure. Would be good to though.

Stopped at Maccas for morning tea. Chatted to Brie and sat up back of bus. I was pleasantly surprised that we were given \$20 for lunch. After lunch at KFC we are going to the koala hospital. Yay!

I was one of few to join a tour group at the koala hospital. Only a few of us were allowed. I was the representative along with Clint for a donation at the koala hospital from Breakaway, so that was pretty cool.

I am sleeping in Room 205 with Alana. We get our own room key so we are free to do our own thing. We actually share a lot of the same interests. Really nice girl. I drank a "The Tropical Edge" cocktail by the table outside the pool before dinner, ate a burger for dinner (yes pulled off the tomatoes but donated them to someone else) and the surprise for everyone was churros with chocolate sauce for dessert. Yum! I played "I Spy" with Linley, Trent, Craig and David. Man it was funny. There was since then an ongoing joke about spying a lizard for the rest of the trip.

Went to bed at a reasonable hour and had a good sleep in preparation for Timbertown.

Day 2- Saturday 4 March 2023- woke up at 7:00 and started getting ready. Buffet breakfast at 8:00. On bus at 9:00 for Timbertown. Gold panning, horse and cart tour, train ride (twice), cockatoo that asked "what are you doing?" Way too many times. Bought souvenirs and fudge at Timbertown. The souvenirs included pink Moscato from wine tasting and four different coloured gemstones. We went to the pub for dinner, where the steak was delicious, then Baskin Robbins for ice cream (Love Potion flavour) before bed. Tried going to the Blue Cow but no way were we getting in there! Tomorrow we're going for a rainforest walk before the long drive home.

Travel Journal

By;
Olivia Church

Day 3- Sunday 5 March 2023- woke at around 6:30. Got ready and packed up. Had a much better sleep than last night and I think it helped that Alana and I were mostly organised anyway. Went downstairs at 8:00 for buffet breakfast. We headed back to our rooms to make sure we had not missed anything. We saw some people running outside our window this morning... a lot of runners!
Continuing lizard joke- Craig calling people different animals, I'm a possum, Brie's a cat, Mary and Sophie are koalas, Trent's a crocodile, etc.

Rainforest walk- spotted the lizard! It was actually a goanna. Such a pretty walk, 1.3kms and so many different kinds of trees! I bought some souvenirs and freshly squeezed apple juice.

On bus again at 11:30.

The whole trip Glenn kept asking people to "make a donation to the Church" (a pun on my name). Stopped for lunch on the way home at the Coolabah Tree Café. Watched Mr Bean and ate the cookie I bought this morning. Got tips on what to bring next trip from Emilie and Brie.

Things to bring next time:

- Ear plugs
- Earphones
- Eye mask
- Book
- Pillow

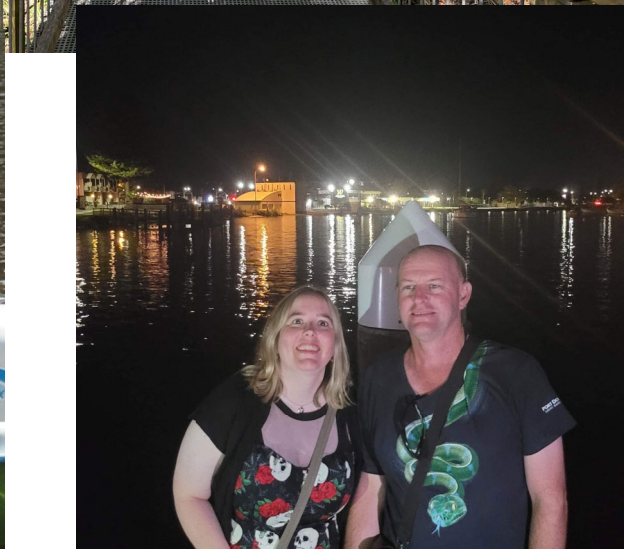
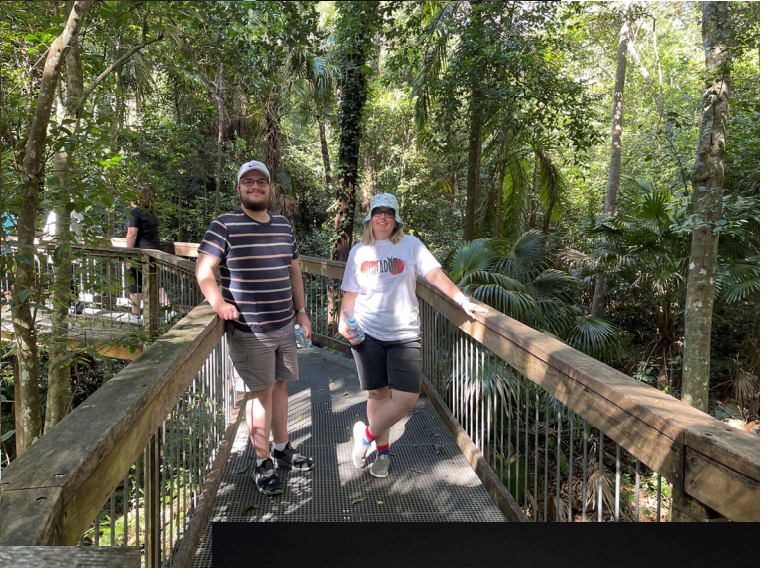
All in all, a fantastic trip away and can't wait for next time!

Thank you Sue and Glenn.





HOLIDAY MODE



SUNDAY 6 August 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 13 August 2023

The Australian Reptile Park is Australia's original hands-on zoo. Home to over 2,000 animals and located in a natural bush setting on the scenic Central Coast of New South Wales. Cuddle up to koalas, kangaroos, quokkas and dingoes or test your bravery and hold a massive python!

Learn about the lifesaving work the Park does through its antivenom program and important conservation work saving Australia's wildlife through the charity Aussie Ark.



Mt Druitt: 9.30am—4.00pm
Penrith: 9.00am - 4.30pm
Norwest: 10.00am—3.30pm
Cost: \$70.00
Bring: Money for Lunch

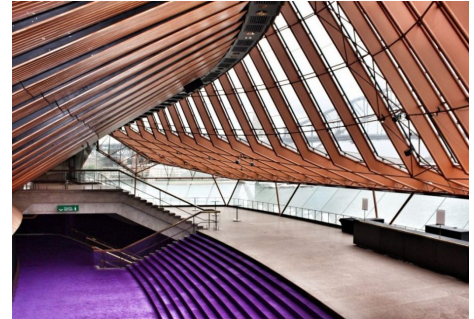
SUNDAY 20 August 2023



Mt Druitt: 9.30am - 4.30pm
Penrith: 9.00am—4.00pm
Norwest: 10.00am—5.00pm
Cost: \$60.00
Bring: Money for Lunch

Taking you underneath the world-famous sails The Sydney Opera House Tour has been reimagined and we're excited to take you on a journey to uncover untold stories, anecdotes, and history – it has a story to tell, and now's your chance to discover the magic beneath the sails.

From the jaw-dropping sweep of the sails to our soaring



SUNDAY 27 August 2023



Mt Druitt: 4.00pm—9.00pm
Penrith: 3.00pm—8.00pm
Norwest: 3.30pm—8.30pm
Cost: \$50.00
Bring: Money for Dinner

LASER TAG & DINNER NIGHT

It's time to enter the battlefield

BREAKAWAY has got a mission for you! Your mission: Enter the Laser Tag war zone, shoot through the darkness and score as many points as you can for your team by striking members of the enemy forces in their target vests on each shoulder, their backs, fronts and phaser guns. And don't forget, the enemy has its sights set on your target vests too, so do your best to out-think, out-run, and out-shoot your foe for overall supremacy. Psst, here's a hint: look for height advantages to sneak those shots from above. Are you ready to make it rain lasers like a true blue warrior? Re-spawn, power-up, and reload – **the game's on!**

June 2023

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8 Allan B Birthday	9	10 Olivia Birthday	11 Jess.J B'Day Girls Bowling
12	13	14	15	16 Steven.G B'Day	17	18 Indoor Pool
19	20	21	22	23 Fee B'Day	24	25
26	27	28	29	30 Zac B'Day		

July 2023

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2 Boys Bowling
3	4 Rhys B'Day	5 Byron B'Day	6 Adrian B'Day	7 Kathleen B'Day	8 Ladies of the 80's	9
10	11	12	13 David.J (Crow) B'Day	14 Ryan.G B'Day	15 Disney on Ice	16 BBQ Party
17 Roslyn B'Day	18 Siobhan B'Day	19	20	21	22 Throw Axe	23
24 Sophie.W B'Day	25	26	27	28	29 Breakaway Trivia Night	30
31						

August 2023

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6 Trent B'Day Fitzroy Falls
7	8	9 Nikky Mazz B'Day	10	11	12	13 Reptile Park
14	15	16	17	18	19 Khoder B'Day	20 Opera House Tour
21	22 Glenn B'Day	23	24	25	26	27 Josh B'Day Laser Tag
28	29	30 Sue B'Day	31			