



BREAKAWAY RECREATION & HOLIDAY SERVICES INC

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

Newsletter

September to November 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

FAX: 4737 2324

Address: PO Box 856 Penrith NSW 2751

Email: glenn@breakawayservices.org.au

Website: www.breakawayservices.org.au

fun has **U** in it!





INFORMATION PAGE 1

Welcome to our Spring Newsletter

Finally heading back to the warmer weather.

We have again served up another action packed Newsletter with all different types of activities.

As always, we are on the lookout for ideas for activities in upcoming Newsletters. So, if you have any ideas please let us know.

A reminder for a couple of upcoming events
30 September Breakaway Trivia Night
1 December Breakaway Christmas Party

Safe travels to the 36 members who will be travelling to the South Island of New Zealand from 2—9 September.

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 10 September 2023



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

PreHysterical is a family friendly acrobatics show set in the time of the cave man (and woman) featuring three talented, funny, flexible and strong, oh my goodness they are strong, acrobats from Head First Acrobats.

Threaded through the story of the three cave people, you will be treated to aerials, acrobatics, contortion, balancing, hoolaHooping and more.

It's acrobatics meets slapstick. There was butt smelling, fart jokes, nose picking, a story line (all be it a loose story line), amazing circus skills and up-beat music that literally had everyone clapping along. There were moments of panto madness with 'it's behind you' shouted by everyone in the room.

Dress Code: Smart casual

SUNDAY 17 September 2023

MOVIES & LUNCH

Today we will have some lunch then head to the cinema grab some popcorn, choc top, drink or Maltesers and watch **My Big Fat Greek Wedding 3**.



Mt Druitt: 11.30am—5.00pm
Penrith: 12.00pm—5.30pm
Norwest: 11.00am—4.30pm
Cost: \$50.00
Bring: Money for Lunch



SUNDAY 24 September 2023

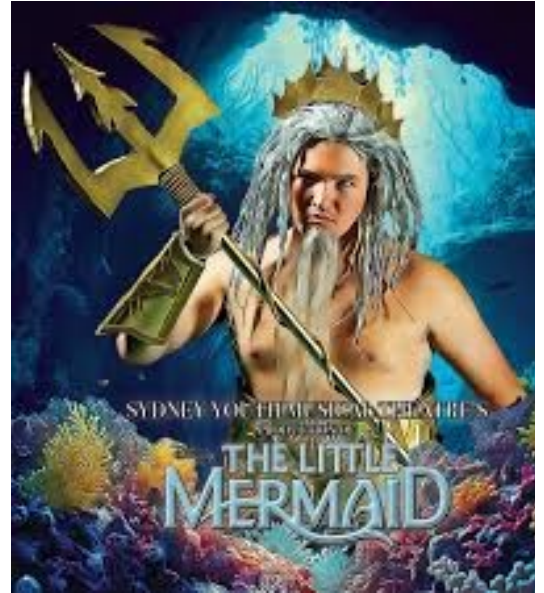
THE LITTLE MERMAID MUSICAL

In a magical kingdom beneath the sea, the beautiful young mermaid, Ariel, longs to leave her ocean home to live in the world above.

Ariel, King Triton's youngest daughter, wishes to pursue the human Prince Eric in the world above, bargaining with the evil sea witch, Ursula, to trade her tail for legs. But the bargain is not what it seems, and Ariel needs the help of her colourful friends, Flounder the fish, Scuttle the seagull and Sebastian the crab to restore order under the sea.

Dress Code: Smart Casual

Mt Druitt:: 9.30am—4.30pm
Penrith: 9.00am—4.00pm
Norwest: 10.00am—5.00pm
Cost: \$80.00
Bring: Money for Lunch



SUNDAY 1 October 2023

BOWLING GRAND FINAL

Mt Druitt: 9.30am - 3.00pm
Penrith: 10.00am - 3.30pm
Norwest: 9.00am - 2.30pm
Cost: \$40.00
Bring: Money for Lunch

The top 8 of the girls & boys will battle it off today
in the Grand Final !

Come along & cheer on your friends and have a
game as well, as they battle it out to become
Breakaway's 2023 Bowling Champion.
After the games we will head out for a celebration
lunch.



Top 8 Ladies

Brie 240

Elisha 222

Kristy 217

Anna 215

Linley 194

Sophie. M 190

Rebecca 179

Danika 174

RESERVES:

Alana 165

Teresa 162

Top 8 Men

Adam. R 257

Craig 232

David. G 231

Josh 230

Kieren 229

Allen. L 227

Luke. E 224

Stephen 222

RESERVES:

Trent 217

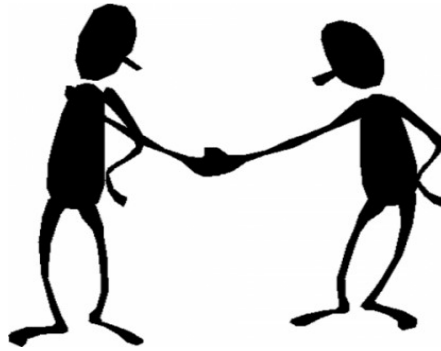
Alan. B 200



Trophies will be
awarded to the
Female &
Male Champions

Hello
my name is

Rhys Burr



**Getting
To Know
You!**

- ◆ Do you have a nickname ? Rhys lightening
- ◆ When is your birthday? 4 July
- ◆ What is your favourite food? Pizza
- ◆ Have you got a job: Outback Steakhouse, Penrith
- ◆ Who is your favourite Footy Team? Panthers
- ◆ What is your favourite on-line game? Fortnite



SUNDAY 8 October 2023

ZIG ZAG RAILWAY

**EXPERIENCE THE MAGIC OF STEAM, TRAINS
AND THE BLUE MOUNTAINS**

Soak up the sights, smells and scenery of
Australia's historic rail adventure.

Established in 1869, come and enjoy a relaxing
ride on the romantic, nostalgic, impressive steam
locomotive as it hauls you over the
Great Lithgow Zig Zag.



Mt Druitt: 10.30am—6.30pm
Penrith: 11.00am—6.00pm
Norwest: 10.00am—7.00pm
Cost: \$80.00
Bring: Money for Lunch





PIC•COLLAGE



SATURDAY 14 October 2023

Mt Druitt: 4.00pm—10.00pm

Penrith: 3.30pm—10.30pm

Norwest: 4.30pm—9.30pm

Cost: \$80.00

Bring: Money for Dinner

MONSTER JAM

Monster Jam, the world's larger-than-life motorsport for the whole family, races back to Australia!

Fans and entertainment thrill seekers witness high-flying stunts, head-to-head racing and gravity-defying tricks in sold-out stadiums around the globe.

Experience full-throttle fun only at Monster Jam.
As Big As It Gets!



SUNDAY 22 October 2023

Mt Druitt: 9.30am—2.30pm

Penrith: 9.00am—3.30pm

Norwest: 10.00am—3.00pm

Cost: \$80.00

Bring: Money for Lunch



GET CLOSER TO DINOSAURS THAN EVER BEFORE AT JURASSIC WORLD: THE EXHIBITION!

The Exhibition immerses audiences of all ages in scenes
Inspired by the beloved film.

Now, the park that was only a promise comes to life... right before your eyes.

- ⇒ DISCOVER THE SCIENCE OF JURASSIC WORLD
- ⇒ WALK IN THE LAND OF JURASSIC GIANTS
- ⇒ FACE TO FACE WITH LIFE-SIZE DINOSAURS



HALLOWEEN PARTY

A fun filled spooky night celebrating Halloween
Saturday 28 October 2023

The Mount Druitt Hub

6 pm to 9 pm

Cost: \$50.00 (Includes Dinner)

Dress to impress, prepare to scare.....

SUNDAY 5 November 2023

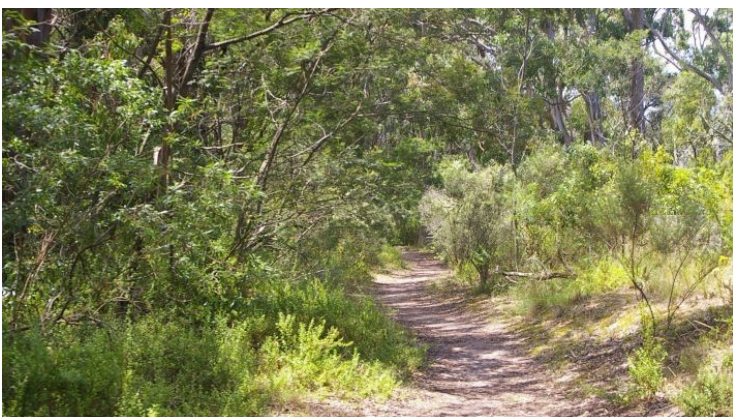
BUSH WALK

Join us today for a Bush Walk.

We will be trekking through some wonderful natural areas, full of local habitats and running creeks.

Please be aware of your skills at walking on uneven surfaces before booking this activity.

Closed in Shoes must be worn.



Mt Druitt: 9.30am—3.30pm
Penrith: 9.00am—4.00pm
Norwest: 10.00am - 3.00pm
Cost: \$40.00
Bring: Money for Lunch

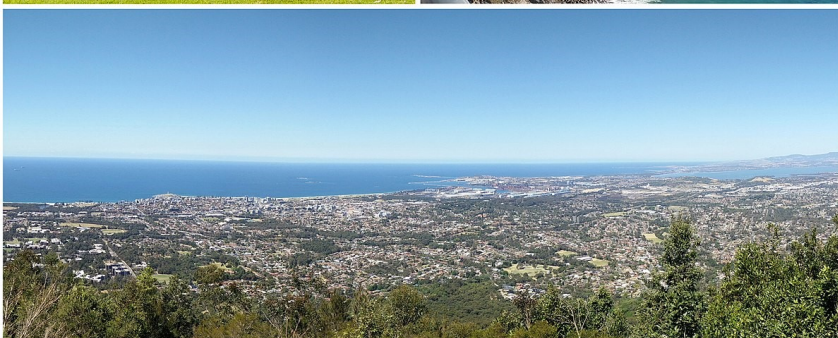


SUNDAY 12 November 2023



EXPLORE WOLLONGONG

Wollongong's unique environment includes lush rainforests, pristine beaches and a vibrant city, all just 80km south of Sydney.
The city's welcoming, diverse community makes Wollongong a great place to visit.



Mt Druitt: 9.00am—4.30pm
Penrith: 8.30am—4.00pm
Norwest: 8.00am—5.00pm
Cost: \$80.00
Bring: Money for Lunch



SUNDAY 19 November 2023

Descend into the Jamison Valley on the world's steepest train, the Scenic Railway, or glide on the Cableway past Orphan Rock and the iconic Three Sisters - you decide

Enjoy a stroll beneath ancient rainforest canopy at your own pace along the 10 minute, *30 minute and *50 Minute Scenic Walkway

Check out the Gruffalo Spotters Trail

Return to the main building via the Cableway or the Scenic Railway

Glide past ancient sandstone cliffs, epic valley views and spectacular Katoomba Falls on a return trip on the Scenic Skyway. The Skyway stops on the east side of the valley, where you can jump off to explore Katoomba Cascades, Reid's Plateau

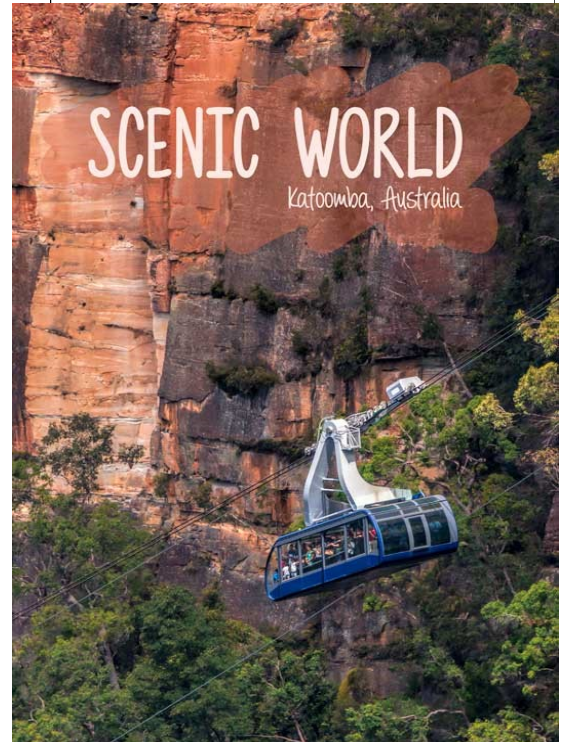
Mt Druit: 9.00am—4.30pm

Penrith: 9.30am—4.00pm

Norwest: 8.30am - 5.00pm

Cost: \$80.00

Bring: Money for Lunch



SUNDAY 26 November 2023

BBQ at CORDEAUX DAM

BBQ Lunch and explore the dam and surrounds.

The Cordeaux Dam is a heritage-listed dam in Cordeaux, New South Wales, Australia. It provides water to the Macarthur and Illawarra regions, the Wollondilly Shire, and metropolitan Sydney. It is one of four dams and weirs in the catchment of the Upper Nepean.

Mt Druit: 10.00am—4.00pm

Penrith: 9.30am—4.30pm

Norwest: 9.00am—3.30pm

Cost: \$50.00

Bring: Appetite





September 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2 Sammy BDay	3
4	5	6	7	8	9	10 Robert BDAY PreHysterical
11	12 Tommy BDay	13	14	15	16	17 Movies & Lunch
18	19 Alana BDay	20	21	22	23	24 The Little Mermaid musical
25	26	27	28	29 Elisha BDay	30	

October 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 Bowling Grand Final Day light savings
2	3	4	5 Aria BDay	6	7	8 Anna BDay Zig Zag Railway
9 Lenny BDay	10	11	12	13	14 Monster Jam	15
16 Rebecca BDay	17	18	19 Clint BDay	20	21 Mitch BDay	22 Ryan.B BDay Jurassic World
23	24	25	26	27	28 Jess.Z BDay Halloween Party	29
30	31					

November 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5 Bush Walk
6	7 Melinda BDay	8	9	10	11 Suzy BDay	12 Explore Wollongong
13	14	15	16	17	18	19 Scenic World
20	21	22	23 Jemma BDay	24	25	26 Cordeaux Dam
27	28	29	30 Melissa BDay			