



BREAKAWAY RECREATION & HOLIDAY SERVICES INC

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

Newsletter

December 2023—February 2024

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

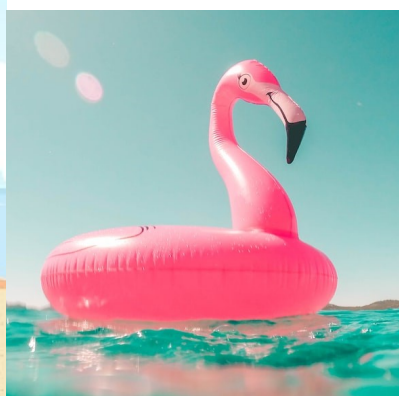
CONTACT DETAILS:

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fun has **U** in it!



INFORMATION PAGE 1

Welcome to our **Summer** Newsletter

Lots of outdoor fun for the Summer Newsletter.

Congratulations to the 36 members who travelled to New Zealand in September, (the largest group that we have ever taken on a holiday), on the way they conducted themselves and represented Breakaway.

Keep an eye out for Jemma's Holiday Report in this Newsletter.

A big surprise for us was the effort that was put in by all the members who attended the Breakaway Halloween Night. The night was a huge success, and plans are already underway for next years event.

Breakaway will be taking a short break over Christmas. Our last event for 2023 is on 16 December and we will return on 14 January 2024.

We would like to wish all members and their families a Merry Christmas.

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 3 December 2023



Mt Druitt: 10.00am - 4.30pm

Penrith: 9.30am—4.00pm

Norwest: 9.00am—3.30pm

Cost: \$80.00

Bring: Money for Lunch



Slide into fun with attractions for everyone!

Start with a giant water slide like no other in Sydney, continue with all the Raging Waters slides that will amaze you, to end up in their best pools social areas.

40 slides and attractions including a whole zone dedicated to little water adventurers and adrenaline pumping action on some the tallest and fastest water rides in the world.

CANBERRA
weekend away

Friday 8 - Sunday 10 December 2023

Have fun all those members attending.

SATURDAY 16 December 2023

Mt Druitt: 11.00am—5.00pm
Penrith: 11.30am—5.30pm
Norwest: 10.30am—4.30pm
Cost: \$90.00
Bring: Money for Lunch

GINGER BREAD HOUSE MAKING

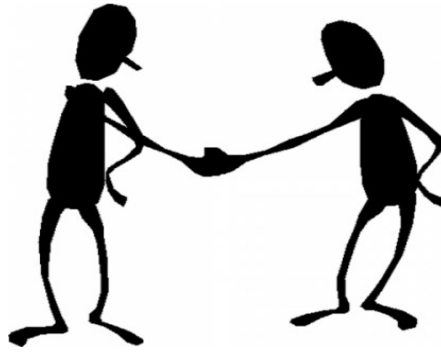
It's that time of year again...Ginger Bread house making. Make sure you bring your creative skills to decorate your house with lollies & icing sugar.

Ginger Bread House will then be wrapped in cellophane for you to take home.



Hello
my name is

Joel



**Getting
To Know
You!**

Do you have a nickname ? Yes & no, my parents call me Joelee & some of my close friends from high school.

What NRL team do you support ? I'm not really a sporty person however, my family goes for Parramatta Eels so I guess I do too !

Have you got a job ? Yes, I work as a catering assistant in an ages care facility, which I absolutely love, the relationships, I've made in such a small amount of time and getting to know all the residents that live there has been really fun !!

When is your Birthday ? 23rd September 2004

What is your favourite food ? Honestly I have a few, but definitely Chicken Schnitzel.

Do you have any Hobbies ? Hanging out with friends, gaming, I enjoy driving quite a bit and going on trips, but most of all I'm really excited for my trip to the USA this



SUNDAY 14 January 2024



THE ENTRANCE

A popular all year round aquatic playground.

We will be within walking distance of a host of attractions and facilities including - Memorial Park, shops, weekend markets & amusement rides.

Today's outing lets you experience all these and a swim in the ocean baths plus a friendly game of cricket to work up your appetite for lunch.

Remember your hat & sunscreen

LUNCH INCLUDED

Mt Druitt: 8.30am—6.00pm

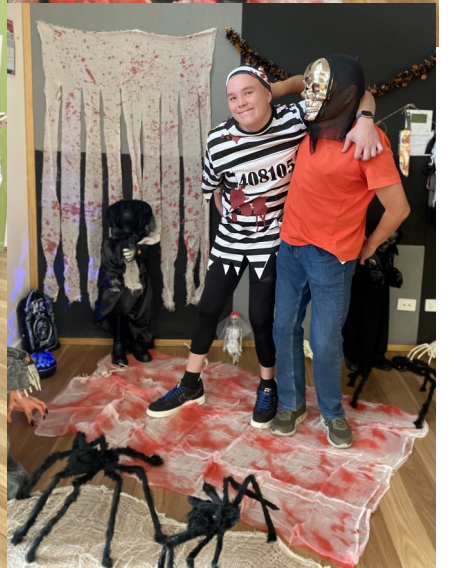
Penrith: 8.00am—5.30pm

Norwest: 9.00am—5.30pm

Cost: \$80.00 inc lunch

Bring: Spending money





HAPPY HALLOWEEN 2023

SUNDAY 21 January 2024

STEP INTO THE WORLD OF BEAUTY AND THE BEAST

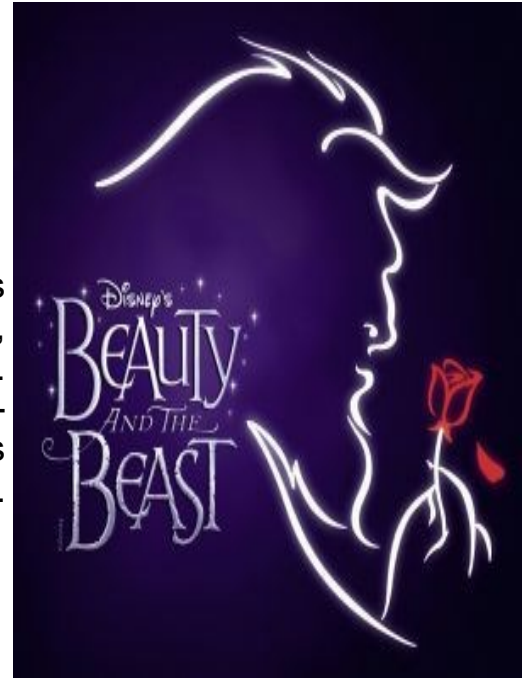
Direct from the West End, this enchanting and timeless tale has been brought to life in a reimagined production boasting all the spectacle and grandeur audiences know and love.

This enchanting and timeless tale features songs including Belle, Gaston, and Be Our Guest. Beauty and the Beast is a much-loved classic that will fill the hearts of a new generation.



Dress Code: Smart Casual

Mt Druitt: 10.00am—5.30pm
Penrith: 9.30am—6.00pm
Norwest: 10.30am—5.00pm
Cost: \$140.00
Bring: Money for Lunch

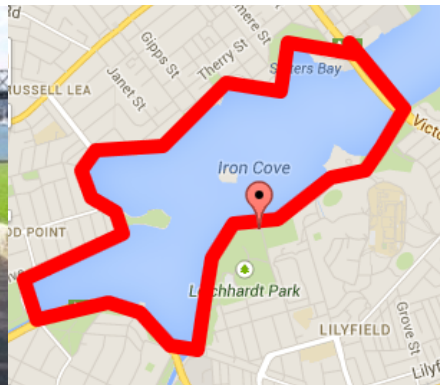


SUNDAY 28 January 2024

THE BAY WALK

The Bay walk is approximately 6.5 kilometres long, following the foreshores of Iron Cove Bay, through the inner city suburbs of Drummoyne, Fivedock, Haberfield, Leichhardt and Rozelle. It is one of the most popular harbour side tracks in Sydney for walking, jogging, cycling or riding a scooter, and is accessible for everyone. The terrain is flat with a well-maintained track that has separate lanes for walkers and cyclists clearly marked where possible. There are cafes & toilets along the way.

Mt Druitt: 1.30pm—7.30pm
Penrith: 1.00pm—8.00pm
Norwest: 2.00pm—7.00pm
Cost: \$50.00
Bring: Money for Dinner





New Zealand by Jemma

Day 1: Got up at 4:30am, had coffee and left about 5:10am to meet the group at Mount Druitt the hub for 6:30am bus. They thought it was 6:30pm pick up lol. The bus didn't show up till 7:45am. Arrived at the airport at 8:45am and then got through the security. So terrified lol. Just arrived at the gate waiting to board. Just got on the plane to our seats. 11:00 we started to take off. Had wagyu beef with tomato herb sauce and tasty cheese plus rice crackers for lunch and a coke. Just landed in New Zealand at 3:55pm and then went through the custom and security and then got on the bus to our hotel called distinction at 5:25pm and then chilled in our hotel room till 6:30 for happy hour. I had apple cider. And then had dinner at 7pm at the resort, I had beef brisket, potato salad, vegetables and roast herb potatoes and bread roll with butter. For dessert I had carrot cake and sticky date pudding with caramel sauce. And then we all chilled after dinner. Went to bed around 9:30pm to set alarm for 7am next morning.

Day 2: got up at 7am to be down at the resort for breakfast. I had scrambled eggs, bacon, hot cakes and OJ for breakfast. And then back to our hotel room to get ready for day out at 9am and then sight-seeing in Christchurch. And then went check out the beach, their sand is brown, it was freezing!! Just arrived at at Christchurch gondola. And did the ride to the top and had morning tea. And then back to the bus to a shopping centre to have lunch, I had kfc for lunch. Had colonel burger combo. And then back to the bus at 2pm and then went to international Antarctic programs at 2:15pm and took a ride on the snow trucks and it was like a roller coaster and I died ☹ and then we went inside how cold is Antarctica, it was bloody insane! Back to our resort for happy hour. And then got ready to go out for dinner at 6:15pm, went to the little fiddle for dinner. I had apple cider for drink and coke. For entree I had garlic bread, fish and chips for main and ice cream for dessert. And then we chilled for a couple of hours till 10:15pm

Day 3: got up at 7am to have quick a shower and then down to the resort for breakfast at 7:30am. I had special K cereal and a coffee mocha. And then back to our room to pack our bags to be at the bus at 8:30am to take us to lake tekapo. And then a pit stop at mundell's for a morning tea at 11:30am and then lunch at fairlie hotel. I ordered a glass of coke and wedges with sour cream and chilli sauce for lunch. And then back on the bus to lake tekapo. And then sightseeing tekapo, omg it's gorgeous area where u can see the snow on the mountains. Just arrived at the resort at 2:50pm. And then we chilled for a couple of hours and then walked into town to explore, I bought a hand towel, 3 shirts and get one half price, and then chilled at our hotel room till 6:30pm to be at the reception for dinner. I had orange juice with vodka. For entree I had sweet potato soup with a slice of bread, I didn't like it. And then I had ravioli pasta with tomato herb sauce, the sauce was too much for me. And then we chilled for a couple of hours.

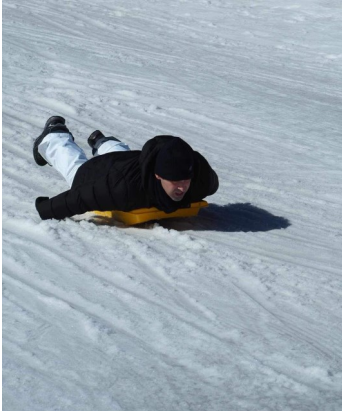
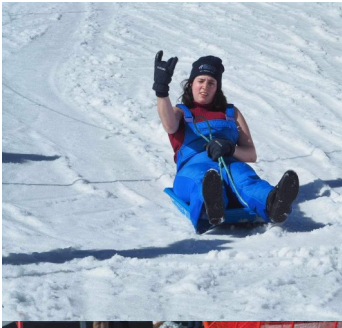
Day 4. Got up at 7am for 8am breakfast at the resort. I had boiled egg on toast, 2 hash browns, some bacon and a coffee. It's so cold at 9am this morning. We left at 9:15am. Stopped at lake pukaki for photos. And the. We stopped in town for lunch, I had subway, 6 inch of wheat bread with ham, cheese toasted with mayo, red onions, capsicum and lettuces and 420ml of sprite drink. And then we went and checked out kawarau bungy centre. I would be terrified to do it. And then to Queenstown to our resort which is called the Rydges at 2:30 and then we chilled for a couple of hours. And then walked into the town to explore. I bought 2 hand towels, 6 shirts. Then back to the resort to get ready for dinner to be at the reception at 6:30pm and then walked in town to dinner called pog mahones Irish pub at 7pm. I had Smirnoff double blacks for drink, then we left at 9:15pm and we chilled in our hotel.

Day 5. Got up at 7am to get ready for 8am breakfast on level 6. I had toast with Nutella spread and a waffle with maple syrup on it and a mocha for coffee. I'm not a morning person without my coffee lmao. Free time till 12pm. Walked into the town again with the girls, I bought 3 magnets, a pen and a crosswords. And then back to the reception at 12pm for lunch at market kitchen fresh local fare. I ordered a basket of chips and 440ml of Vanilla Coke. And then we chilled for a few hours and then we left at 3pm to go back to our resort to chill and then we walked into town again. And then got ready for happy hour till 6:30pm to be at the reception to go out to a pub called 1876 for dinner. I had steak with roast potatoes and salad for dinner. And somersby blackberry cider. And then we chilled for abit till we head back to the resort. Went to the bar at the resort with the girls for drinks. Went to bed around 11:30pm, We get to sleep in for the next day finally lol.

Day 6. Got up at 8am for a quick shower to have breakfast at 9am. I had waffles with maple syrup, toast with pouched egg and some bacon and coffee mocha. And then free time till 11am, walked into town again with the girls. And then back to the resort to chill till 11am and then walked into town to get onto tss earns law steam ship cruise at 11:30. And then started to board at 12pm to Walter peak farm. Have arrived at Walter peak high country farm at 12:40pm and then had lunch, I had potato wedges with roast chicken and ceaser salad and Coke Zero. And then we watched the sheep rounding show at 2:30 only went for like 10mins And then we looked at the gift shop and then back on the boat at 3pm to go back to our resort. And then me and the girls booked ice bar at 5pm, I had brain freeze cocktail. It was sooo much fun. I've always wanted to try out the ice bar till 5:30 to meet at the foyer for 6pm walk into town for dinner at Winnie's gourmet pizza at 6:30. I ordered apple cider, the price is ridiculous. It was \$13 bucks, no thanks lol. For entree we had chips, chicken wings, bread with garlic butter spread till the main comes. For drink I had apple cider. And then apple crumble pizza for dessert. And then we chilled for a couple of hours and then 9:30pm walked back to the resort.

Day 7. Got up at 6:40am for 8am breakfast. I had poached egg on toast, some bacon and a waffle with maple syrup on it and coffee mocha. And then about 8:30, we went back to hotel room to get ready for a day at the snow, had to be at the foyer at 9:15am. And then board the bus at 9:20am. Just arrived at coronet peak at 10am and then we do whatever we want to do. And then lunch at 12pm, I had margherita pizza with Vanilla Coke. And then we went wild till 1:15pm for the bus back to the foyer. And then we had free time till 6pm tonight. Me and few others went to fear factory haunted house, I screamed and cried and held on to Brie so tight the whole time lol. 😊 and then we chilled and had a drink on our hotel balcony for a couple of hours till 6:30 to walk into town for dinner. Went to a restaurant called the pig and whistle. I ordered Smirnoff ice for drink and then we chilled for a couple of hours till 10:15pm to head back to our hotel room.

Day 8. Got up at 6:45am to have a quick shower for 7:30am breakfast upstairs. I had pouched egg on toast with avocado and some bacon and a waffle with maple syrup and coffee mocha. And then went back to the hotel room to pack our bags and had a abit of free time till 9am to be at the foyer to board for the bus to arrowtown. Just arrived at arrowtown at 9:30am to have a look around till 10:30am and then went into town called five mile centre to walk around till 12:00pm to board the bus to the airport. And then arrived at Queenstown airport, it didn't take that long from five mile centre. And then we checked our suitcase and chilled till 3:30 to board the plane back to Sydney. I had BLT toasted sandwich for lunch and then we chilled for a couple of hours till we have to go through the security. Always terrified to go through the security lol 😊 now waiting at the gate to board back to Sydney. Now the plane is delayed twice till 4:45pm. I had chicken curry, it was delicious, not too hot though. getting ears blocked is a bitch lol and then landed in Sydney at 6:30pm.





PIC-COLLAGE



SUNDAY 4 February 2024

GO - KARTING

Extreme Indoor - Go Karting caters to all drivers of all abilities.

Their fleet of Honda HP (270cc) Go Karts direct from UK will be sure to provide that extreme racing experience that you crave. Includes Go Kart driver's licence.

Please Note: Closed in shoes must be worn
No loose fitting clothes
Max weight per Go Kart 130kg

Mt Druitt: 8.30am—3.00pm
Penrith: 9.00am—3.30pm
Norwest: 8.00am— 2.30pm
Cost: \$80.00
Bring: Money for lunch



SUNDAY 11 February 2024



SYDNEY CRICKET GROUND TOUR

STEP INTO HISTORY

A fascinating, behind the scenes walking tour of Sydney's home of sport. Stand where the sporting heroes play cricket, rugby, football, and AFL. Hear entertaining stories of players, spectators, and events.

Mt Druitt: 9.30am—3.00pm
Penrith: 9.00am—3.30pm
Norwest: 10.00am—2.30pm
Cost: \$60.00
Bring: Money for Lunch



SUNDAY 18 February 2024



Mt Druitt: 9.30am –6.30pm
Penrith: 9.00am—6.00pm
Norwest: 8.30am—5.30pm
Cost: \$90.00
Bring: Money for Lunch

Where You Control The Action !

Set amongst the mountains in Jamberoo and with the backdrop of the spectacular Illawarra escarpment, Jamberoo Action Park is positioned to deliver an entertainment experience unlike any other.

Remember your towel, swimmers,



SATURDAY 24 February 2024

AQUATOPIA

All your water fun & excitement in one place!

Splash around on the 10 and 20 metre high giant slides, the adventure aqua tower, waver rider body board simulator and the new gigantic 55 meter waver pool.

Remember your towel, swimmers, sunscreen & hat.

Mt Druitt: 10.30am—5.30pm
Penrith: 9.30am—4.30pm
Norwest: 10.00am—5.00pm
Cost: \$60.00
Bring: Money for lunch




December 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 Raging Waters
4	5	6 Frank B'day	7	8 Lina B'Day Canberra	9 Canberra	10 Canberra
11	12	13 Andrew B'Day	14	15 Karl B'Day	16 Ginger bread house making	17 Breakaway finishes for 2023
18 Matt.B B'Day	19	20 Daniel B'Day	21	22	23	24 Christmas Eve
25 Christmas Day	26 Boxing Day	27	28	29	30	31 New Years Eve

January 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 New Years Day	2	3	4	5	6	7
8	9	10	11	12	13	14 Breakaway return for 2024 The Entrance
15	16	17	18	19	20	21 Beauty & the beast musical
22	23	24	25	26 Danika B'Day Australia Day	27 Emma B'Day	28 The Bay Walk
29	30	31				

February 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4 Kristy B'Day Go-karting
5	6	7	8	9	10	11 Sydney Cricket Ground Tour
12	13	14 Valentines Day 	15	16	17	18 Jamberoo
19	20 David.G B'day	21 Luke.E B'Day	22	23	24 Auqatopia	25
26	27	28	29			