



# BREAKAWAY RECREATION & HOLIDAY SERVICES INC

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

## Newsletter

### March to May 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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Website: [www.breakawayservices.org.au](http://www.breakawayservices.org.au)



fun has **U** in it!





## INFORMATION PAGE 1

Welcome to our **Autumn** Newsletter

Thank you to everyone for your patience whilst we await the part for our bus to arrive from overseas.

Although we have been able to hire a bus for some activities, frustratingly a couple of activities have been cancelled due to the unavailability of hire buses.

Exciting times ahead for the members who are travelling to the Northern Territory in May.

Included in this edition are details of the announcement for 2025 holidays.

A reminder that the Breakaway Trivia Night is on the 22 June 2024.

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](http://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:**

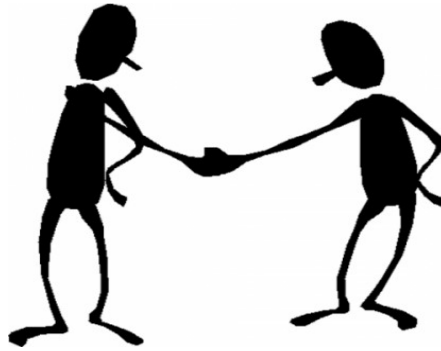
Norwest — Norbrik Drive, Bella Vista (opposite Woolworths Loading Dock)

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

**Melinda Levinge**



**Getting  
To Know  
You!**

**When is your Birthday?** 7 November 1988

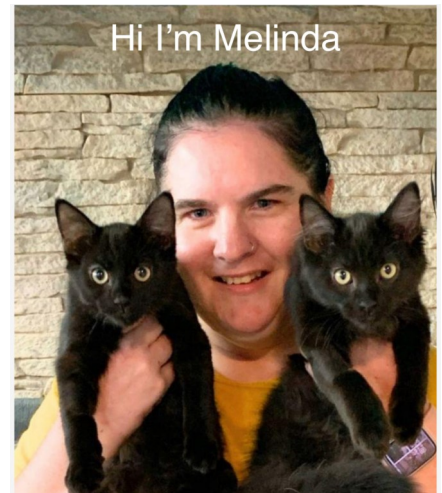
**Do you have a nickname?** Yes, Mel

**What is your favourite food?** Chocolate

**Do you have any Hobbies?** I love doing diamond painting and I love helping out with volunteering work with fostering kittens.

**Do you have any pets?** Yes a cat

**What is your favourite TV show?** The Good Doctor



**SUNDAY 10 March 2024**

## **JET BOATING on THUNDER JET**

Experience what Sydney Harbour Jet Boating is all about! Come along and hop onto Sydney's BEST Jet Boat ride adventure! Hop on Tornado or Lightning, our 23 seater Jet Boats for full 360 degree spins! The 'Extreme Adrenaline' Jet Boat Ride will take you past the Opera House, Harbour Islands (Clark & Shark), and the exclusive suburbs of Rose Bay, Watson's Bay. Then onto Sydney Heads for a taste of ocean air! On return we'll take you past Taronga Zoo and under the Harbour Bridge, by Luna Park Sydney.



Mt Druitt: 11.30am—5.30pm  
Penrith: 11.00am - 6.00pm  
Norwest: 12.00pm—5.00pm  
Cost: \$70.00  
Bring: Money for Lunch

**SATURDAY 16 March 2024**

On the outskirts of Sydney,  
The Camden Show remains truly  
*"Still a Country Show"*

Thrilling rides, live music, and delicious  
food stalls, there's something  
for everyone!



Mt Druitt: 10.00am—4.30pm  
Penrith: 10.30am—5.00pm  
Norwest: 9.30am—4.00pm  
Cost: \$40.00  
Bring: Money for Lunch



**SUNDAY 17 March 2024**

# FLUID BEAR making

What is a fluid bear?

Welcome to "Fluid Bears," an immersive art experience where you can create a unique and personalized bear.

Our expert art instructors will guide you through the process of choosing two to three colours and mixing them to make your own colour palette.



Mt Druitt: 10.00am—2.30pm

Penrith: 10.30am—3.30pm

Norwest: 9.30am—3.00pm

Cost: \$80.00

Bring: Money for Lunch

**FRIDAY 22 March 2024**



Mt Druitt: 1.00pm—10.30pm

Penrith: 12.30pm—11.00pm

Norwest: 1.30pm—10.00pm

Cost: \$50.00 (includes Entry)

Bring: For Fun & Lunch

It's that time of year again where we head to the Easter Show for a jam packed day of agricultural competitions, animal experiences, live entertainment, shopping, carnival fun, food and so much more.

Be sure to wear comfortable walking shoes





## SUNDAY 24 March 2024

### IRIS LODGE APLACAS

**Welcome to Iris Lodge Alpacas - Your Gateway to Nature's Delights**  
*Unveil the Magic of Alpacas & More*

At Iris Lodge Alpacas, we invite you to step into a world where nature's wonders unfold. Nestled in the heart of the Central Coast, our sanctuary is a haven of captivating accessible experiences, where alpacas, llamas, sheep, and more await to share their stories with you.

Mt Druitt: 11.00am—5.30pm  
Penrith: 10.30am—6.00pm  
Norwest: 11.30am—5.00pm  
Cost: \$60.00  
Bring: Money for Lunch



## SATURDAY 30 March 2024



Mt Druitt: 10.30am—4.00pm  
Penrith: 11.00am—4.30pm  
Norwest: 10.00am—3.30pm  
Cost: \$40.00  
Bring: Money for Drinks

### **EASTER BBQ**

Come & celebrate Easter with your friends and a BBQ  
Lunch  
Sun, fresh air, friends, ball games and a  
BBQ LUNCH.

## SUNDAY 7 April 2024

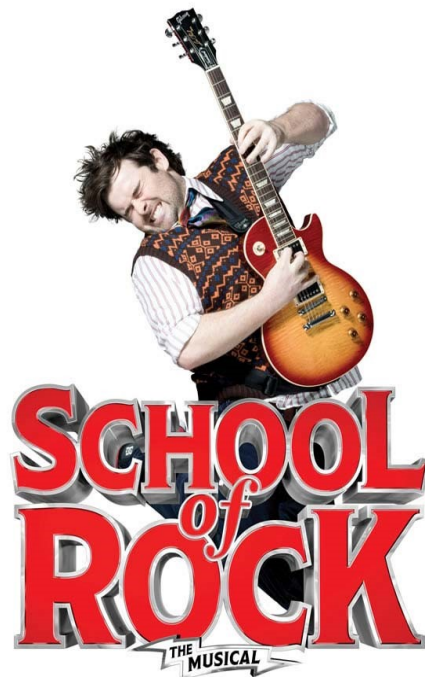
**Rock got no reason, rock got no rhyme...  
You better get me to school on time!**

Based on the hilarious hit movie which follows Dewey Finn, a failed, wannabe rock star who decides to earn an extra bit of cash by posing as a substitute teacher at a prestigious school. There he turns a class of straight-A pupils into a guitar-shredding, bass-slapping, mind-blowing rock band. But can he get them to the Battle of the Bands without their parents and the school's headmistress finding out?

**Dress Code : Smart Casual**



Mt Druitt: 9.30am - 4.00pm  
Penrith: 9.00am—4.30pm  
Norwest: 10.00am—3.30pm  
Cost: \$80.00  
Bring: Money for Lunch



## SUNDAY 14 April 2024

### **Brickpit Ring Walk**

The Ring Walk is an elevated circular walkway that allows visitors to access and view the Brickpit from above while preserving the habitat of the endangered Green and Golden Bell frog.

The Ring Walk is 550 metres in circumference and is raised 18.5 metres above the sandstone floor of the Brickpit.

Please note this walk is suited to all abilities.

Mt Druitt: 10.00am—4.00pm  
Penrith: 9.30am—3.30pm  
Norwest: 10.30am 4.30pm  
Cost: \$40.00  
Bring: Money for Lunch





# SATURDAY 20 April 2024

Marvel fans, assemble for this live, action-packed, legendary battle to defend the universe from evil. Spider-Man, the Avengers and the Guardians of the Galaxy join forces with Doctor Strange, master of the mystic arts, in a race against time to recover the Wand of Watoomb before it falls into Loki's hands. This ancient artefact holds immeasurable mystical power and would allow Loki to achieve his eternal quest to crown himself ruler of Asgard and Earth.

**Dress: Smart Casual**

Mt Druit: 4.00pm—9.30pm

Penrith: 3.30pm—10.00pm

Norwest: 4.30pm—9.00pm

Cost: \$80.00

Bring: Money for Dinner



## SATURDAY 27 April 2024



It's bubble-tastic fun!

Mt Druitt: 11.00am—4.00pm  
Penrith: 10.30am - 4.30pm  
Norwest: 10.00am—3.30pm  
Cost: \$80.00  
Bring: Money for Lunch



Starring the UK's incredible Samsam Bubbleman, holder of twelve Guinness World Records, and seen by hundreds of thousands worldwide.

The Big Bubble Show combines astonishing bubble magic, side-splitting comedy, audience participation and dazzling lighting to create a unique and mesmerizing theatrical experience.

*The Willy Wonka of bubbles!*

**Dress: Smart Casual**

## SUNDAY 28 April 2024



**OUTDOOR OBSTACLE TRAINING**

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



Burns outdoor obstacle training is for those who want a fun day out and/or desire a change from the traditional indoor fitness facilities. Our facility can help people achieve many goals such as building muscular strength and cardio endurance, mastering obstacle technique or just gaining a combination of these goals in a fun atmosphere.

The facility offers a wide range of obstacles that suit all abilities and ages.

## SATURDAY 11 May 2024



GREASE is back, in an all-new production, and it's slicker, sexier, and more electrifying than ever before.

It's one of the world's most iconic and loved musicals and nothing beats the feeling you get, going back to Rydell High. Danny, Sandy, Kenickie, Rizzo and the whole gang are back to give you a night out, like only GREASE can!



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

## SUNDAY 19 May 2024



Mt Druitt: 9.00am—4.00pm  
Penrith: 8.30am—4.30pm  
Norwest: 9.30am—3.30pm  
Cost: \$50.00  
Bring: Money for Lunch

The Barrenjoey Lighthouse Walk is a short bush walk with big rewards, amazing views over Palm Beach. From the top you can see the vast stretch of Pacific Ocean to the east, Hawkesbury River to the north and the gorgeous still waters of Pittwater and Broken Bay to the west.

The walk via Smugglers Track looks down over Palm Beach and Pittwater. It has 360 degree views from the top of the headland with a heritage lighthouse and lighthouse keeper's cottages

**Distance:** 3km return

**Time:** Apprpx.30 minutes

**WALKING SHOES A MUST**

**SATURDAY 25 May 2024**

2025  
HOLIDAY  
ANNOUNCEMENT &  
DINNER

Meet at The Hub, Mt Druitt  
Ayres Grove, Mt Druitt

**6.00pm—9.30pm**

Dinner Included

Bring: Money for Drinks

Cost: \$40.00



**SUNDAY 26 May 2024**

Mt Druitt: 10.30am—3.30pm

Penrith: 10.00am—4.00pm

Norwest: 9.30am—3.00pm

Cost: \$60.00

Bring: Money for Lunch



**EXPERIENCE THE WONDERS OF AUSTRALIA THROUGH THE  
EXTRAORDINARY NATIVE WILDLIFE THAT CALL FEATHERDALE HOME.**

Discover the unique behaviors, habitats, and stories of Australia's diverse wildlife. Featherdale Sydney Wildlife Park is home to over 2000 Australian native animals, including over 60 threatened native species which we passionately protect to help secure these species for future generations.

# March 2024

| Mon              | Tue               | Wed | Thu             | Fri               | Sat                   | Sun                                 |
|------------------|-------------------|-----|-----------------|-------------------|-----------------------|-------------------------------------|
|                  |                   |     |                 | 1<br>Holly Bday   | 2                     | 3                                   |
| 4                | 5                 | 6   | 7               | 8                 | 9                     | 10<br>Jet boating                   |
| 11               | 12<br>Nick.M Bday | 13  | 14<br>Mary Bday | 15                | 16<br>The Camden Show | 17<br>Nick.L Bday<br>Fluid Bear     |
| 18               | 19                | 20  | 21              | 22<br>Easter Show | 23                    | 24<br>Iris Lodge<br>Alpacas         |
| 25<br>Chris Bday | 26<br>Edward Bday | 27  | 28              | 29<br>Good Friday | 30<br>Easter BBQ      | 31<br>Claudia Bday<br>Easter Sunday |



# April 2024

| <b>Mon</b> | <b>Tue</b>        | <b>Wed</b>         | <b>Thu</b> | <b>Fri</b>     | <b>Sat</b>                           | <b>Sun</b>                            |
|------------|-------------------|--------------------|------------|----------------|--------------------------------------|---------------------------------------|
| 1          | 2                 | 3                  | 4          | 5<br>Joey Bday | 6                                    | 7<br>School of Rock                   |
| 8          | 9                 | 10                 | 11         | 12             | 13                                   | 14<br>Sophie.M Bday<br>Brick Pit Walk |
| 15         | 16<br>Luke.D Bday | 17                 | 18         | 19             | 20<br>Dylan Bday<br>MARVEL Show      | 21                                    |
| 22         | 23                | 24<br>Allen.L Bday | 25         | 26             | 27<br>Stacey Bday<br>Big Bubble Show | 28<br>Burns obstacle                  |
| 29         | 30                |                    |            |                |                                      |                                       |

# May 2024

| Mon               | Tue               | Wed              | Thu                           | Fri | Sat                         | Sun   |
|-------------------|-------------------|------------------|-------------------------------|-----|-----------------------------|---|
|                   |                   | 1<br>Teresa Bday | 2<br>Stephen Bday             | 3   | 4                           | 5   |
| 6                 | 7                 | 8                | 9<br>Adam.R Bday<br>Brie Bday | 10  | 11<br>Grease the<br>Musical | 12<br>Miles Bday                              |
| 13<br>Kieren Bday | 14                | 15               | 16                            | 17  | 18                          | 19<br>Barrenjoey<br>Lighthouse<br>Adam.H Bday |
| 20                | 21<br>Emilie Bday | 22               | 23                            | 24  | 25<br>Dinner                | 26<br>Featherdale                             |
| 27                | 28                | 29               | 30                            | 31  |                             |   |