



Newsletter

SPRING 2013

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COORDINATORS UPDATE

Hi everyone!

I would like to start this Spring Newsletter by letting everyone know that RAPS has a new phone number **9556 9510**. The old number will remain active until the 31st October 2013.

At long last RAPS is in the final stages of its merger with RNC. Due to the preparations required to complete this merger we will be having a quieter spring calendar. Instead there will be opportunities during September to access 'Your calls' for a maximum of 3hrs on Thursday evenings, some Saturdays and Sundays.

'Your Calls' are a one on one service that can be used to assist you to go shopping, to appointments or similar activities. Places are limited and bookings via the office are essential.

Our regular activities—bowling, cultural nights and movies at Broadway will continue to run during this period. Unfortunately due to declining numbers the fitness classes will no longer be offered.

We will again be joining forces this quarter with the leisure groups at Rozelle Neighbourhood Centre with another disco, movie day and a halloween sleepover. We hope this provides RAPS members with chances to mingle with people outside of our group. We encourage you to invite a friend to the disco and movie days.

As always we encourage anyone with any kind of feedback to let us know—we are always happy to hear people's opinions and ideas for new activities!

Amira

**DISABILITY IS
NO BARRIER TO
FRIENDSHIP...**



BITS & PIECES



The Big Birthday Party

One of the most fun outings I have ever been on was the raps big birthday bash... New venue and a rainy day, but that didn't dampen our fun or the vibe of the day. We arrived to a decorated room with feathers and dreams to enjoy and share. Food, wonderful food and a glory of a cake and loads of drinks. I loved the day and the music with our own special woody talent and fun. Thanks to all for the hard work and recordings of our singing and dancing and fun. Lisa

Weekends away

RAPS had a very busy August. We ventured back to the beautiful Hunter Valley where we did a little shopping, visited the winery and walked through the Hunter Valley Gardens. Later that month the guys were off to Jindabyne, all rugged up in their beanies and gloves. Everyone braved the slopes, threw some snowballs and then warmed up with hot chocolates. A good time was had by all.



Winter Magic Disco

OUT & ABOUT WITH RAPS



RAPS in the Hunter Valley Gardens



RAPS Big Birthday Party

RAPS ACTIVITIES SEPT 2013 →

NOVEMBER 2013

Here is the list of activities RAPS will be doing between now and August. If you would like to attend an activity, please notify the office **at least two weeks before the date of the activity** (we realise some activities will be less than two weeks away when you receive this newsletter, for those activities just give the office as much notice as possible).


To avoid missing out on tickets to events, RAPS will now book and pay in advance. Please remember that if you commit to buying a ticket to any event or to the trip away, it is your responsibility to pay for it. Should you be unable to attend, let us know well in advance so we can try to find someone to take your place. If this is not possible, you will still be responsible for payment.

You can notify the office you wish to attend activities by:

- Calling 9556 9510;
- Emailing amira@raps.org.au; OR
- Filling out the booking form at the back of this newsletter and returning to Amira at 665A Darling St Rozelle NSW 2039.

DAYTRIP: BOWRAL TULIP FESTIVAL

Enjoy the bus trip south to Bowral for the annual Tulip Time Festival. The gardens will be in full bloom of tulips and other beautiful flowers—a great way to spend a Saturday in Spring!

Date: Saturday 28th Sept	Venue: Bus will pick you up from home 
Time: Pick ups: 8—10am Drop home: 4.30—6.30pm	Cost: \$10 adults, \$6 Concession And Approx \$15 for lunch

MOVIE DAY: MR BEAN @ RNC

Join members of Rozelle Neighbourhood Centre's weekend group (WERP) for movies in the main hall. Bring a friend for free. Bookings are essential.

Date: Sunday 6th October	Venue: Bus will pick you up from home
Time: 1-4pm	Cost: \$10 includes popcorn. Eat before you come.


MOVIES

Tuesday night is movie night!! Join us to enjoy the latest new release movies.

Date: Tuesday 24th Sept Tuesday 22nd Oct Tuesday 5th Nov Tuesday 19th Nov	Venue: Hoyts Cinemas, Broadway Shopping Centre, Sydney
Time: 6-9:30pm (approx.)	Cost: \$11.50 for ticket

MID SPRING DISCO: RNC

Rozelle Neighbourhood Centre will transform its main hall for a night of dancing and fun. Invitations to RAPS members and RNC leisure groups will be sent out in September. Bookings are essential.

Date: Saturday 12th October	Venue: Rozelle Neighbourhood Centre, 665A Darling St, Rozelle.	
Time: 7pm—10pm	Cost: \$12 entry includes dinner + \$4 drinks	

CULTURAL NIGHTS

Twice a month RAPS heads out to a café or restaurant for some good food and a chance to catch up with your RAPS friends.

<u>Date:</u>	<u>Approx Price (per main):</u>
<u>Thursday 3rd Oct:</u> Megen Sofrasi Turkish Kitchen 107 Glebe Point Rd Glebe	\$16—\$26
<u>Thursday 17th Oct:</u> Wests Leagues Club, 115 Liverpool Rd, Ashfield.	\$15—\$25
<u>Thursday 14th Nov:</u> Canterbury Bulldogs, 26 Bridge rd, Belmore	\$15—\$25
<u>Thursday 28th Nov:</u> Burwood RSL, 96 Shaftesbury Rd. Leichhardt	\$15—\$25

All café nights will start at 6.30pm and end approx 9:30pm

WES'S DVD NIGHTS

Renamed in remembrance of our friend Wes, who loved to watch movies. Once a month RAPS gets together for a relaxing night to watch a DVD and catch up.

Date: Friday 29th November	Venue: RNC, Meeting Room
Time: 6pm – 9pm	Cost: Approx \$14 for pizza, or eat before you come

HALLOWEEN SLEEPOVER

Bring your sleeping bag, air mattress (if you have one), Scary costume. It's Halloween. Bacon and eggs. Do you dare to enter the RNC haunted house. Appointments will be made to help you transform into your scary costume.

Date: Saturday 2nd Nov

Venue: Bus will pick you up from home



Time: 5pm Saturday until 9:30am Sunday.

Cost: Approx \$25 To be confirmed

SOCCER: SYDNEY FC vs MELBOURNE ALLIANCE STADIUM

Date: Saturday 9th Nov

Venue: Allianz Stadium

Bus will pick you up from home



Time: 6.30pm—10.30pm

Cost: \$20+ snack money. Eat dinner before you come

TEN PIN BOWLING

A chance to hit the lanes and see if you can be the RAPS bowling champion for the night!

Date: Thursday 24th October
Thursday 21st November

Venue: Strathfield Superbowl
George St, North Strathfield.

Time: 6.30pm—9.30pm

Cost: \$10 per game + money for a coffee afterwards (approx \$4).

PICNIC: CLOVELLY

Enjoy a beautiful spring day out in Sydney.

Date: Saturday 30th Nov

Venue: Bus will pick you up from home

Time: Pick ups: 10-11.30am
Drop home: 3.30—5pm Sunday

Cost: \$5 for coffee

September 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Movies: Broadway	25	26	27	28 Bowral: Tulip Time	29

October 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3 Cultural Night: Mengen Sofrasi Turkish Kitchen Glebe	4	5	6 Movie day: RNC
7 <i>Public Holiday</i>	8	9	10	11	12 Mid Spring Disco RNC	13
14	15	16	17 Cultural Night: West's Ashfield	18	19	20
21	22 Movies: Broadway	23	24 Ten Pin Bowling: South Strathfield	25	26	27
28	29	30	31			

November 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2 Halloween Sleepover	3
4	5 Movies: Broadway	6	7	8	9 Soccer: Sydney v Melb Allianz Stadium.	10
11	12	13	14 Cultural Night: Canterbury Bulldogs	15	16	17
18	19 Movies: Broadway	20	21 Ten Pin Bowling: South Strathfield	22	23	24
25	26	27	28 Cultural Night: Burwood RSL	29 DVD Night: RNC	30 Picnic: Clovelly	

ACTIVITY BOOKING FORM

You can fill out this form and send it to the office to let us know which activities you would like to attend. Please tick the boxes next to the activities you would like to attend and mail to:

Recreation & Peer Support,
665A Darling St,
Rozelle, NSW, 2039. - or fax to 9810 8532.

Please indicate if you require a taxi booking or will make your own way to weekday activities.

NAME:

- Movies, Broadway 24th Sept
- Tulip time, Bowral 28th Sept
- Cultural Night: Mengen Sofrasi Turkish Kitchen, Glebe, 3rd Oct
- Movie Day: RNC, 6th Oct
- Spring Disco: RNC, 12th Oct
- Cultural Night: Wests Ashfield, 17th Oct
- Movies, Broadway, 22nd Oct
- Ten Pin Bowling, S. Strathfield, 24th Oct
- Halloween Sleepover @ RNC, 2nd Nov
- Movies, Broadway, 5th Nov
- Soccer: Sydney FC vs Melb, Allianz Stadium 9th Nov
- Cultural Night: Canterbury Bulldogs, 14th Nov
- Movies, Broadway, 19th Nov
- Ten Pin Bowling, Nth. Strathfield, 21st Nov
- Cultural Night: Burwood RSL, 28th Nov
- Wes's DVD Night: RNC, 29th Nov
- Picnic: Clovelly 30th Nov

Comments/Notes: