

Central Adelaide
Eastern Adelaide
Northern Adelaide
Southern Adelaide
Western Adelaide
Adelaide Hills/Murray Bridge
Barossa & Light
Eyre
Far North
Limestone Coast
Riverland
Southern Fleurieu & KI
Yorke & Mid North



Carer Breaks Menu: October – December 2023

Please register your expression of interest via [this webform](#)

Please be aware this is not an exhaustive list of options available under Carer Breaks, but a guide to Carer Breaks. Other options that fit within the guidelines and structure and relate to the region the Carer resides may also be negotiated. The region listed in the menu below is the location of the event, however Carers from any region can attend.

Carers are eligible to select:
Up to 5 Group Activities and 1 Retreat Break OR up to 6 Group Activities (per Financial Year)

DATE	BREAK	DESCRIPTION	DETAILS	REGION	CAPACITY	CATEGORY
Wednesday 4 October	Movie and Meal Marion Valued at \$50 per person	Lunch at Spargos Café & Bar - Westfield Marion. Booking required - up to \$30 / head.	Time TBC Movie: Marion Event Cinemas 12noon Meal: Spargos Café & Bar (Lvl 2)	Southern Adelaide	10 Tickets available	Group Activity
Tuesday 10 October	Movie and Meal Kadina Valued at \$50 per person	Chappy's Café - 20 Graves Street. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Kadina Cinema (Augusta) 12noon Meal: Chappy's Café	Yorke and Mid North	10 tickets available	Group Activity
Tuesday 10 October	Movie and Meal Mount Gambier Valued at \$50 per person	Casa de Tequila - Mitchell Street. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Oatmill Cinema 12noon Meal: Casa de Tequilla	Limestone Coast	10 tickets available	Group Activity
Tuesday 10 October	Movie and Meal Murray Bridge Valued at \$50 per person	The Murray Bridge Club – Murray Cods Drive. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Cameo Cinema 12noon Meal: The Murray Bridge Club	Hills / Murray Bridge	10 tickets available	Group Activity
Wednesday 11 October	Movie and Meal Mt Barker Valued at \$50 per person	The Oak & Iron Tavern – Auchendarroch House. Booking required - up to \$30 / head.	Time A.M Movie: Mt Barker Wallis Cinemas Time P.M Meal: The Oak & Iron Tavern	Hills / Murray Bridge	10 Tickets available	Group Activity

Thursday 12 October	Mooroo High Tea & Garden Moonta Valued at \$40 per person	Meet and chat with other Carers over a beautifully prepared High Tea in this delightful garden setting.	High Tea at 10am: Mooroo High Tea & Garden, 63 Old Wallaroo Rd, North Moonta	Yorke Peninsula / Mid North	10 tickets available	Group Activity
Thursday 12 October	Adelaide Oval Roof Twilight Climb Adelaide Valued at \$90 per person	Discover the city from this iconic rooftop and learn the colourful and quirky stories that make Adelaide so unique. *\$10 Carer contribution required	Climb at 5.30pm: Adelaide Oval (meeting point TBC) Includes safety equipment & briefing, Roof Climb suit and secure personal locker for belongings.	Central Adelaide	10 tickets available	Group Activity
Wednesday 18 October	Dolphin Sanctuary Guided Eco Kayak Tour Port Adelaide Valued at \$60 per person	Join us on this unique and special 3-hour Kayak tour through the Dolphin Sanctuary and ships graveyard. No prior Kayaking experience needed but reasonable level of fitness/mobility required.	Meet for Tour at 945am (10am start): Garden Island, Port Adelaide	Western Adelaide	8 tickets available	Group Activity
Wednesday 18 October	Movie and Meal Glenelg Valued at \$50 per person	Bennys American Burger - 120 Jetty Rd Glenelg. Booking required - up to \$30 / head.	Time TBC Movie: Glenelg Event Cinemas Time 12noon Meal: Bennys American Burger	Southern Adelaide	10 Tickets available	Group Activity
Friday 20 October	Movie and Meal Port Augusta Valued at \$50 per person	The Archers Table -11 Loudon Rd. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Cinema Augusta 12noon Meal: The Archers Table	Far North	10 tickets available	Group Activity
Friday 20 October	Movie and Meal Port Lincoln Valued at \$50 per person	Del Giornos Café - 80 Tasman Tce Port Lincoln. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Lincoln Cinema 12noon Meal: Del Giornos	Eyre Peninsula	10 tickets available	Group Activity
Friday 20 October	Movie and Meal Victor Harbor Valued at \$50 per person	Grosvenor Hotel - 40 Ocean St Victor Harbor. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Victa Cinema 12noon Meal: Grosvenor Hotel	Southern Fleurieu / KI	10 tickets available	Group Activity
Friday 20 October	Dreams: Fleetwood Mac & Stevie Nicks Show + Dinner Whyalla Valued at \$75 per person	The Dreams Show is your ticket to experience the magic of Fleetwood Mac and the captivating solo career of their leading lady Stevie Nicks. Since its launch in 2017, Dreams has gained massive acclaim from fans across Australia and from Fleetwood Mac themselves.	Dinner at 6pm: Hotel Eyre, 39 Playford Ave Whyalla 7.15pm for 730pm show: Middleback Arts Centre, 141a Nicholson Ave Whyalla	Yorke Peninsula / Mid North	8 tickets available	Group Activity
Tuesday 24 October	Adelaide Oval Roof Day Climb Adelaide Valued at \$90 per person	Discover the city from this iconic rooftop and learn the colourful and quirky stories that make Adelaide so unique. *\$10 Carer contribution required	Climb at 10.30am: Adelaide Oval (meeting point TBC) Includes safety equipment & briefing, Roof Climb suit and secure personal locker for belongings.	Central Adelaide	8 tickets available	Group Activity
Wednesday 25 October	Movie and Meal Modbury Valued at \$50 per person	The Pickled Duck – 993 North East Rd Modbury. Booking required - up to \$30 / head.	Time TBC Movie: HOYTS Tea Tree Plaza 12noon Meal: The Pickled Duck	Northern Adelaide	10 Tickets available	Group Activity

DATE	BREAK	DESCRIPTION	DETAILS	REGION	CAPACITY	CATEGORY
Wednesday 1 November	Movie and Meal Marion Valued at \$50 per person	Lunch at Spargos Café & Bar - Westfield Marion.	Time TBC Movie: Marion Event Cinemas 12noon Meal: Spargos Café & Bar (Lvl	Southern Adelaide	10 tickets available	Group Activity
Wednesday 8 November	Movie and Meal Mt Barker Valued at \$50 per person	The Oak & Iron Tavern – Auchendarroch House.	AM Movie: Mt Barker Wallis Cinemas PM Meal: The Oak & Iron Tavern	Hills / Murray Bridge	10 tickets available	Group Activity
Friday 10 November	Australian Arid Lands Botanic Garden Tour + Lunch Port Augusta Valued at \$40 per person	Booking required - up to \$30 / head. Join a guided tour of arid lands, home to thousands of highly evolved plant communities specially adapted to thrive where temperatures are extreme, and drought can last for decades. Australia's arid zone ecosystems are fragile and complex, and found nowhere else on Earth.	Meet for Tour at 945am (10am start): Australian Arid Lands Botanic Gardens 144 Stuart Highway Port Augusta Lunch at 1130am: Garden Café	Far North	10 Tickets available	Group Activity
Saturday 11 November	Smartphone Photography Workshop/Tour Adelaide City Valued at \$77 per person	Booking required - up to \$30 / head. Discover beautiful Adelaide in this fun creative workshop led by an expert. Learn composition, control exposure, best settings for your mobile and editing. Hands-on exercises and feedback will ensure your skills are well-honed by the end	Tour 2pm-430pm: location details TBC	Central Adelaide	10 Tickets available	Group Activity
Tuesday 14 November	Movie and Meal Kadina Valued at \$50 per person	Chappy's Café - 20 Graves Street. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Kadina Cinema (Augusta) 12noon Meal: Chappy's Café	Yorke and Mid North	10 tickets available	Group Activity
Tuesday 14 November	Movie and Meal Mount Gambier Valued at \$50 per person	Casa de Tequila - Mitchell Street. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Oatmill Cinema 12noon Meal: Casa de Tequilla	Limestone Coast	10 tickets available	Group Activity
Tuesday 14 November	Movie and Meal Murray Bridge Valued at \$50 per person	The Murray Bridge Club – Murray Cods Drive. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Cameo Cinema 12noon Meal: The Murray Bridge Club	Hills / Murray Bridge	10 tickets available	Group Activity
Wednesday 15 November	Movie and Meal Glenelg Valued at \$50 per person	Bennys American Burger - 120 Jetty Rd Glenelg. Booking required - up to \$30 / head.	Time TBC Movie: Glenelg Event Cinemas 12noon Meal: Bennys American Burger	Southern Adelaide	10 Tickets available	Group Activity
Thursday 16 November	Adelaide Oval Roof Day Climb Adelaide Valued at \$90 per person	Discover the city from this iconic rooftop and learn the colourful and quirky stories that make Adelaide so unique. *\$10 Carer contribution required	Climb at 10am: Adelaide Oval (meeting point TBC) Includes safety equipment & briefing, Roof Climb suit and secure personal locker for belongings.	Central Adelaide	8 tickets available	Group Activity

DATE	BREAK	DESCRIPTION	DETAILS	REGION	CAPACITY	CATEGORY
Thursday 16 November	High Tea at the Bridgeport Hotel Murray Bridge Valued at \$70 per person	Relax and enjoy a decadent High Tea experience with good company. Featuring locally inspired cakes, pastries, scones and cream, ribbon sandwiches, tartlets and locally made chocolates. Complemented by your choice of tea or coffee.	High Tea at 230-4pm: The Lounge Bridgeport Hotel, 2 Bridge St Murray Bridge	Hills / Murray Bridge	10 tickets available	Group Activity
Friday 17 November	Movie and Meal Port Augusta Valued at \$50 per person	The Archers Table -11 Loudon Rd. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Cinema Augusta 12noon Meal: The Archers Table	Far North	10 tickets available	Group Activity
Friday 17 November	Movie and Meal Port Lincoln Valued at \$50 per person	Del Giornos Café - 80 Tasman Tce Port Lincoln. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Lincoln Cinema 12noon Meal: Del Giornos	Eyre Peninsula	10 tickets available	Group Activity
Friday 17 November	Movie and Meal Victor Harbor Valued at \$50 per person	Grosvenor Hotel - 40 Ocean St Victor Harbor. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Victa Cinema 12noon Meal: Grosvenor Hotel	Southern Fleurieu / KI	10 tickets available	Group Activity
Friday 17 November	Project Break Smash Room + Dinner Dry Creek Valued at \$80 per person	Catch up with other Carers to release your frustrations in a safe(ish!) environment. Includes dinner provided after the session.	Session at 5pm: Project Break, 10 Manthorpe Street Dry Creek Dinner 6.15pm: Coopers Ale House, 560 Main North Road Blair Athol	Northern Adelaide	10 tickets available	Group Activity
Tuesday 21 November	Adelaide Oval Roof Twilight Climb Adelaide Valued at \$90 per person	Venture over the roofline and sit on the Riverbank platform to watch in wonder as the sun sets and the city lights up. *\$10 Carer contribution required	Climb at 6pm: Adelaide Oval (meeting point TBC) Includes safety equipment & briefing, Roof Climb suit and secure personal locker for belongings.	Central Adelaide	10 tickets available	Group Activity
Wednesday 22 November	Movie and Meal Modbury Valued at \$50 per person	The Pickled Duck – 993 North East Rd Modbury. Booking required - up to \$30 / head.	Time TBC Movie: HOYTS Tea Tree Plaza 12noon Meal: The Pickled Duck	Northern Adelaide	10 Tickets available	Group Activity
Sunday 26 November	Dolphin Sanctuary Guided Eco Kayak Tour Port Adelaide Valued at \$60 per person	Join us on this unique and special 3-hour Kayak tour through the Dolphin Sanctuary and ships graveyard. No prior Kayaking experience needed but reasonable level of fitness/mobility required.	Meet for Tour at 915am (930am start): Garden Island, Port Adelaide	Western Adelaide	8 tickets available	Group Activity
Tuesday 28 November	Anh Do: The Happiest Refugee - Live Mount Gambier Valued at \$70 per person	Anh Do’s bestselling book ‘The Happiest Refugee’ has made readers laugh and cry. Russell Crowe described it as “the most surprising and inspiring read I have had in years”. One of Australia’s most talented comedians, Anh delves deep into his life’s joys and sorrows for an unforgettable night leaving audiences experiencing... happiness.	Arrive 7.15pm for show at 730pm: Sir Robert Helpmann Theatre	Limestone Coast	8 tickets available	Group Activity

DATE	BREAK	DESCRIPTION	DETAILS	REGION	CAPACITY	CATEGORY
Thursday 30 November	Anh Do: The Happiest Refugee - Live Renmark Valued at \$70 per person	Anh Do's bestselling book 'The Happiest Refugee' has made readers laugh and cry. Russell Crowe described it as "the most surprising and inspiring read I have had in years". One of Australia's most talented comedians, Anh delves deep into his life's joys and sorrows for an unforgettable night leaving audiences experiencing... happiness.	Arrive 7.15pm for show at 730pm: Chaffey Theatre	Riverland	8 tickets available	Group Activity
Thursday 7December	Blue Lake Aquifer Tour + Lunch Mount Gambier Valued at \$50 per person	This fascinating tour takes you in a glass paneled lift down the original dolomite well shaft from which water was extracted and through a tunnel to see the Blue Lake at close proximity. Learn about Mount Gambier's water supply and aquifer system. Hear stories of local history, European settlement, folklore, and aboriginal legend.	Tour time 10.45am for 11am: Blue Lake Lunch time 12.15pm: Limestone Coast Pantry, 1/20 Harrald St Mt Gambier *Medium level of fitness required. Tour consists of steps, gradients, lift, tunnel & heights.	Limestone Coast	8 Tickets	Group Activity
Wednesday 6 December	Movie and Meal Marion Valued at \$50 per person	Lunch at Spargos Café & Bar - Westfield Marion. Booking required - up to \$30 / head.	Time TBC Movie: Marion Event Cinemas 12noon Meal: Spargos Café & Bar (Lvl 2)	Southern Adelaide	10 Tickets available	Group Activity
Thursday 7 December	Utopian High Tea Waterfall Gully Valued at \$45 per person	Enjoy 2-hours of freshly brewed tea and coffee with chef's selection of 4 savoury and 4 sweet gourmet delicacies. Finish with Utopian's famous warm, fluffy scones served with jam and cream.	High Tea at 1030am: Utopia at Waterfall Gully, 170 Waterfall Gully Road	Eastern Adelaide	10 tickets available	Group Activity
Friday 8 December TBC	Guided Banrock Trail Wetlands Tour + Morning Tea Kingston on Murray Valued at \$60 per person	Experience Banrock Station's amazing environment with one of our dedicated Banrock team to guide you and show you the secrets of our beautiful wetlands. 60-minute tour along our walking trails then return for morning tea.	Tour TBC: Banrock Station, Holmes Rd Kingston on Murray	Riverland	8 tickets available	Group Activity
Friday 8 December	Adelaide Oval Roof Twilight Climb Adelaide Valued at \$90 per person	Venture over the roofline and sit on the Riverbank platform to watch in wonder as the sun sets and the city lights up. *\$10 Carer contribution required	Climb at 6pm: Adelaide Oval (meeting point TBC) Includes safety equipment & briefing, Roof Climb suit and secure personal locker for belongings.	Central Adelaide	10 tickets available	Group Activity
Saturday 9 December	Smartphone Photography Workshop/Tour Adelaide City Valued at \$85 per person	Discover beautiful Adelaide in this fun creative workshop led by an expert. Learn composition, control exposure, best settings for your mobile and editing. Hands-on exercises and feedback will ensure your skills are well-honed by the end.	Tour 2pm-430pm: location details TBC	Central Adelaide	10 tickets available	Group Activity

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Tuesday 12 December	Movie and Meal Kadina Valued at \$50 per person	Chappy's Café - 20 Graves Street. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Kadina Cinema (Augusta) 12noon Meal: Chappy's Café	Yorke and Mid North	10 tickets available	Group Activity
Tuesday 12 December	Movie and Meal Mount Gambier Valued at \$50 per person	Casa de Tequila - Mitchell Street. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Oatmill Cinema 12noon Meal: Casa de Tequilla	Limestone Coast	10 tickets available	Group Activity
Tuesday 12 December	Movie and Meal Murray Bridge Valued at \$50 per person	The Murray Bridge Club – Murray Cods Drive. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Cameo Cinema 12noon Meal: The Murray Bridge Club	Hills / Murray Bridge	10 tickets available	Group Activity
Tuesday 12 December	Maniaxe + pizza Thebarton Valued at \$65 per person	Short on time? Quick Chuck is for you! Session includes a brief Safety & Venue introduction + Coaching session from an Axept and pizza.	1hr Quick Chuck Session at 5pm: Maniaxe, 1 Light Tce Thebarton	Western Adelaide	6 tickets available	Group Activity
Wednesday 13 December	Movie and Meal Mt Barker Valued at \$50 per person	The Oak & Iron Tavern – Auchendarroch House. Booking required - up to \$30 / head.	AM Movie: Mt Barker Wallis Cinemas PM Meal: The Oak & Iron Tavern	Hills / Murray Bridge	10 Tickets available	Group Activity
Friday 15 December	Movie and Meal Port Augusta Valued at \$50 per person	The Archers Table -11 Loudon Rd. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Cinema Augusta 12noon Meal: The Archers Table	Far North	10 tickets available	Group Activity
Friday 15 December	Movie and Meal Port Lincoln Valued at \$50 per person	Del Giornos Café - 80 Tasman Tce Port Lincoln. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Lincoln Cinema 12noon Meal: Del Giornos	Eyre Peninsula	10 tickets available	Group Activity
Friday 15 December	Movie and Meal Victor Harbor Valued at \$50 per person	Grosvenor Hotel - 40 Ocean St Victor Harbor. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Victa Cinema 12noon Meal: Grosvenor Hotel	Southern Fleurieu / KI	10 tickets available	Group Activity
Wednesday 20 December	Movie and Meal Glenelg Valued at \$50 per person	Bennys American Burger - 120 Jetty Rd Glenelg. Booking required - up to \$30 / head.	Time TBC Movie: Glenelg Event Cinemas 12noon Meal: Bennys American Burger	Southern Adelaide	10 Tickets available	Group Activity
Wednesday 27 December	Movie and Meal Modbury Valued at \$50 per person	The Pickled Duck – 993 North East Rd Modbury. Booking required - up to \$30 / head.	Time TBC Movie: HOYTS Tea Tree Plaza 12noon Meal: The Pickled Duck	Northern Adelaide	10 Tickets available	Group Activity

Retreats

DATE	BREAK	DESCRIPTION	DETAILS	REGION	CAPACITY	CATEGORY
Wed-Fri 1 – 3 November	Links Lady Bay Normanville Valued at \$620 per person	Relax and unwind at the Links Lady Bay Resort. Situated on the cusp of the magnificent Lady Bay it is an ideal setting to meet other Carers, explore the area and enjoy a massage from one of the Resort's qualified therapists.	Accommodation: Links Lady Bay Resort Group Dinner first night: Lady Bay Restaurant Breakfast 2 mornings: Continental Breakfast delivered to room Massage booking: 45 minutes *Itinerary provided prior to event	Southern Fleurieu & KI	10 Spaces available	Retreat (max 1/year)
Thu-Sat 9-11 November	Oyster Retreat Port Lincoln Valued at \$610 per person	Enjoy 2 nights' accommodation, white sandy beaches, local storyteller (Guide), all activities and National Park fees, morning tea, Experience Coffin Bay Oyster Tour, lunch at 1802 Oyster Bar, Boston Bay Tastings, pick up and drop off.	Accommodation 9&10 Nov: Port Lincoln Hotel (2 breakfasts provided) Group Dinner 9 Nov at 6pm: Sarins Restaurant Tour 10 Nov: Coffin Bay Oyster Experience (pick up from Port Lincoln Hotel at 7.30am) *Itinerary provided prior to event	Eyre Peninsula	6 spaces available	Retreat (max 1/year)
Mon-Wed 18-20 December	Big Bash League Retreat Central Adelaide Valued at \$674 per person	Join the fun and noise of the Big Bash cricket as the Adelaide Strikers take on the Sydney Thunder at Adelaide Oval in the evening. Take time to relax and enjoy the sights of the city aboard the iconic Popeye Cruise before the game. Includes 2 nights' accommodation, 2 breakfasts, Group Dinner, match tickets, cruise/tour and transport.	Accommodation 18&19 Dec: Quest on Franklin, Franklin St Group Dinner 18 Dec at 630pm: The Franklin Hotel, Franklin St (meet at Quest on Franklin foyer at 6pm) Cruise/Tour 19 Dec: Adelaide City Highlights and Popeye Cruise half day tour (pick up at Adelaide Bus Station at 915am / returning to Elder Park approx. 1230pm) Match 19 Dec at 645pm: Adelaide Oval *Itinerary provided prior to event	Central Adelaide	8 spaces available	Retreat (max 1/year)