

Carer Breaks Menu: January 2024 – March 2024

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

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



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	MOVIE AND MEAL DEALS	DETAILS	REGION	CAPACITY	CATEGORY
Wednesday 7 th February 6 th March	Movie and Meal Marion Valued at \$50 per person	Lunch at Spargo's Café & Bar – Level2/297 Diagonal Road. Westfield Marion. Booking required - up to \$30 / head.	Time TBC Movie: Marion Event Cinemas 12noon Meal: Spargo's Café & Bar (Level 2)	Southern Adelaide	10 Tickets available	Group Activity
Tuesday 13 th February 12 th March	Movie and Meal Kadina Valued at \$50 per person	Cracked Pepper – 24 Taylor Street. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Kadina Cinema (Augusta) 12noon Meal: Cracked Pepper	Yorke & Mid North	10 tickets available	Group Activity
Tuesday 13 th February 12 th March	Movie and Meal Mount Gambier Valued at \$50 per person	Gambier Hotel – 2 Commercial St West 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 13 th February 12 th March	Movie and Meal Murray Bridge Valued at \$50 per person	The Murray Bridge Club – 1 Murray Cods Drive. Light lunch & coffee - up to \$30 / head.	Time TBC Movie: Cameo Cinema 12noon Meal: The Murray Bridge Club	Murray Bridge	10 tickets available	Group Activity
Wednesday 14 th February 13 th March	Movie and Meal Mt Barker Valued at \$50 per person	The Oak & Iron Tavern – Auchendarroch House 17 Adelaide Road. Booking required - up to \$30 / head.	Time A.M Movie: Mt Barker Wallis Cinemas Time P.M Meal: The Oak & Iron Tavern	Adelaide Hills	10 Tickets available	Group Activity
Friday 16 th February 15 th March	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 16 th February 15 th March	Movie and Meal Port Lincoln Valued at \$50 per person	Del Giornos Café - 80 Tasman Terrace 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 16 th February 15 th March	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 21 st February 20 th March	Movie and Meal Glenelg Valued at \$50 per person	Mamma Carmela – 4-6 Jetty Road Glenelg. Booking required - up to \$30 / head.	Time TBC Movie: Glenelg Event Cinemas Time 12noon Meal: Mamma Carmela	Southern Adelaide	10 Tickets available	Group Activity

Wednesday 28 th February 27 th March	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	HIGH TEAS	DETAILS	REGION	CAPACITY	CATEGORY
Thursday 18 th January	High Tea at the Bridgeport Hotel Murray Bridge Valued at \$49 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	Adelaide Hills / Murray Bridge	10 tickets available	Group Activity
Thursday 22 nd February	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/ Mid North	10 tickets available	Group Activity
Thursday 22 nd February	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 th March	Limestone Coast Pantry High Tea Mt Gambier Valued at \$50 per person	Meet and chat with other Carers over a beautifully prepared High Tea in this delightful local setting.	High Tea at 1030am: Limestone Coast Pantry, 1/20 Harrald Street, Mt Gambier	Limestone Coast	10 Tickets available	Group Activity
Friday 22 nd March	Tealicious High Tea Willunga Valued at \$50 per person	Experience Tealicious signature high tea, this includes a selection of ribbon sandwiches and quiches, scones served with jam and cream, assorted handcrafted petite desserts like cream horns, chocolate eclairs, cupcakes, tarts and cheesecakes. Pink lemonade, and bottomless loose leaf Queen Ann breakfast tea or your choice of a mug of coffee.	High Tea at 1030am: 12 Aldinga Road Willunga	Fleurieu	10 tickets available	Group Activity
DATE	BREAK	GROUP EVENTS ACROSS ALL REGIONS	DETAILS	REGION	CAPACITY	CATEGORY
Tuesday 16 th January	Captain Proud Paddle Boat Cruise Murray Bridge Valued at \$50 per person	Explore the vast and natural beauty that is our River Murray. Enjoy a fine meal while you cruise slowly past majestic scenery. Experience the River Murray in all its untamed natural beauty.	3 Hour Lunch Cruise – 1 Wharf Road Murray Bridge Arrive 10.30 - 10:45am boarding time, 11am departure. Returning at 2pm Cruise times may vary so please check the time for the date booked.	Adelaide Hills/Murray Bridge	20 Tickets available	Group Activity

Thursday 25 th January	Holey Moley – Mini Golf Caddy Classic Adelaide Valued at \$55 per person	Come and join in the fun at Holey Moley. Play the Caddy Classic 2 hours of golf, pizza and a drink included.	Time 4.45 for a 5pm tee off. Level 1/162-170 Pulteney Street Adelaide	Central Adelaide	20 tickets available	Group Activity
Sunday 4 th February	Temptation Sailing Afternoon Tea Cruise Glenelg Valued at \$44 per person	Join us onboard Temptation for our unique and wonderful Afternoon Tea Cruise. Indulge in this 2-hour coastal cruise, which includes food and beverages while we cruise along the beautiful Adelaide Coastline.	Time 12.30 pm Marina Pier Holdfast Shores Marina Glenelg	Southern Adelaide	20 tickets available	Group activity
Friday 9 th February	Candle Mixology Workshop Kensington Park Valued at \$64 per person	Immerse yourself in an exciting and hands-on adventure at Red Rosie Perfume Design Studio as we guide you through our diverse candle fragrance scent library to craft your very own uniquely scented candle. The experience lasts approximately 1 hour, during which you'll: Indulge in Refreshments, delve into the world of fragrance as you design a one-of-a-kind scent for your candle, craft your candle, personalize with a Custom Label.	Time 12pm – 1pm Red Rosie - 265 Kensington Road, Kensington Park SA	Eastern Adelaide	10 Tickets	Group Activity
Friday 16 th February	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 9.30 am: Banrock Station, Holmes Rd Kingston on Murray	Riverland	8 tickets available	Group Activity

Saturday 24 th February	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 4-6.30pm: location details TBC	Central Adelaide	10 Tickets available	Group Activity
Tuesday 27 th February	Captain Proud Paddle Boat Cruise Murray Bridge Valued at \$50 per person	Explore the vast and natural beauty that is our River Murray. Enjoy a fine meal while you cruise slowly past majestic scenery. Experience the River Murray in all its untamed natural beauty.	3 Hour Lunch Cruise – 1 Wharf Road Murray Bridge Arrive 10.30 - 10:45am boarding time, 11am departure. Returning at 2pm Cruise times may vary so please check the time for the date booked.	Adelaide Hills/Murray Bridge	20 Tickets available	Group Activity

Tuesday 5 th March	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 Axepernt and pizza.	1hr Quick Chuck Session at 5pm: Maniaxe, 1 Light Terrace Thebarton	Western Adelaide	6 tickets available	Group Activity
Thursday 7 th March	Dinner and Show: The Beach Boys Experience Whyalla Valued at \$80 per person	For nearly 60 years, the Beach Boys have embodied summertime. Sun, surfing, the beach, pretty girls in bikinis, driving with the top down. Relive the mesmerising vocal harmonies that capture the iconic sounds of one of the most commercially successful and critically acclaimed bands of all time with The Beach Boys Experience.	Date: Thursday 7 th March Dinner: Dinner at 6pm: Hotel Eyre, 39 Playford Ave Whyalla Show starts at 7.30 pm Middle Back Arts Centre Whyalla	Yorke Peninsula / Mid North	6 tickets available	Group activity
Saturday March Date to be confirmed	Love In Istanbul Turkish Lamp workshop Adelaide Valued at \$80 per person	Come and create the Turkish mosaic tea lamp of your dreams with us. Have fun, get creative and take home an enduring masterpiece to keep forever!	Date & Time TBC – Istanbul Lounge, 318 Magill Rd Kensington Park.	Central Adelaide	10 tickets available	Group Activity
Friday 15 th March	Paint and Design Your Own Cup, Bowl or Planter Experience Burnside Valued at \$70 per person	Join a relaxing ceramic painting and glazing class in Adelaide, where you will learn to decorate and paint your own cup, bowl or planter pot. Don't worry if you're not artistic! This class is more about enjoying the therapeutic process of using colours and getting messy with paint to design your own unique personalised piece.	Friday 15 th March 2024 Time: 11.00 am Urth clay Studio, 3a, Hubbe Court, Burnside SA	Eastern Adelaide	10 tickets available	Group Activity
Tuesday 19 th March	Art and Craft session Limestone Coast Up to \$80 per person	Light Heart Therapies & Studio Introduction to art and craft.	10.30 am Location details TBC	Limestone Coast	10 tickets available	Group Activity
Saturday 23rd March	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 4pm-6.30pm: location details TBC	Central Adelaide	10 Tickets available	Group Activity
Tuesday 26 th March	Captain Proud Paddle Boat Cruise Murray Bridge Valued at \$50 per person	Explore the vast and natural beauty that is our River Murray. Enjoy a fine meal while you cruise slowly past majestic scenery. Experience the River Murray in all its untamed natural beauty.	3 Hour Lunch Cruise – 1 Wharf Road Murray Bridge Arrive 10.30 - 10:45am boarding time, 11am departure. Returning at 2pm Cruise times may vary so please check the time for the date booked.	Adelaide Hills/ Murray Bridge	20 Tickets available	Group Activity

Thursday 29 th March	Emu Bay Lavender Farm Lunch Kangaroo Island Valued at \$40 per person	Enjoy a delicious Café style lunch with a group of Carers. Relax and take your time to sit and enjoy the beautiful surroundings with a backdrop of the wonderful calming scent of lavender.	Lunch: Lavendar Farm Café, 205 Emu Bay Rd, Wisanger SA 5223 Time: 12.30 pm	Southern Fleurieu & KI	8 tickets available	Group Activity
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DATE	BREAK	FRINGE EVENTS	DETAILS	REGION	CAPACITY	CATEGORY
Tuesday 20 th February	Limbo – The return Adelaide City Valued at \$60 per person	Limbo – The Return is set to whisk audiences into a sinister netherworld of gut-churning contortion, breath-taking acrobatics, and jaw-dropping stunts.	Arrive at 8.15 pm for show at 8.30pm. The Spiegeltent at the Garden of Unearthly Delights	Central Adelaide	10 tickets available	Group Activity
Saturday 2 nd March	Dire Straits Telegraph Road Gawler Valued at \$35 per person	Dire Straits Telegraph Road – Tribute For 3 shows only, Glenn Skuthorpe and band present the songs of Dire Straits. Renown for his Mark Knopfler playing style, Glenn Skuthorpe along with the incredible musicianship of his band, brings you the hits of Dire Straits. Immerse yourself in some true classics with this music that transcends time. "...a style that is earthy, Australian and very much his own," Yarn Up Magazine	Arrive at 7.45 pm for an 8 pm show. Institute Hall at Gawler civic Centre 89-91 Murray Street Gawler	Barossa Light	10 tickets available	Group Activity
Thursday 7 th March	Queen Forever Riverland Valued at \$75 per person	Queen Forever – A night at the theatre. Join us for a monumental night as Queen Forever brings their acclaimed “A Night at the Theatre” tour. Get ready to rock out to all of Queen’s greatest hits, from “Bohemian Rhapsody” to “We Will Rock You,” along with a selection of deeper cuts that showcase the breadth of Queen’s musical journey. This show doesn’t just celebrate the hits; it immerses you in the full spectrum of Queen’s legacy.	Arrive at 7.15 pm for a 7.30 pm show. Chaffey Theatre Seventeenth Street, Renmark	Riverland	10 tickets available	Group Activity
Friday 15 th March	The 60 Four: Live in Concert Port Pirie	The 60 Four: Live Concert - Heralded as “Australia’s best tribute act”, The 60 Four	Arrive at 7.15 pm for a 7.30pm show. Northern Festival Centre 106 Gertrude Street, Port Pirie.	Far North	10 tickets available	Group Activity

	Valued at \$50 per person	<p>present the biggest hits of the '60s and '70s in an energetic, Las Vegas-style performance.</p> <p>Backed by a spectacular 9-piece band, The 60 Four deliver a powerful performance of evocative and exhilarating nostalgia, with spine-tingling ballads and up-tempo, twisting hits. Think The Beatles, The Beach Boys, Frankie Valli and The Four Seasons, The Bee Gees, Johnny O'Keefe and Elvis Presley</p>				
Saturday 16 th March	Leigh Qurban - The Cheerful Pessimist Adelaide City Valued at \$ 25 per person	<p>Leigh Qurban – The Cheerful Pessimist - Is the glass half empty or half full?...either way you'll have to wash it!</p> <p>Back with another rip snorta of a show, award winning comedian Leigh Qurban is here to make you laugh and un-inspire you.</p>	Arrive 8.30 pm for a 8.45 pm show. Hells Kitchen L1 Rhino Room, 131 Pirie Street, Adelaide	Central Adelaide	10 tickets available	Group Activity
Sunday 17 th March	Pure McCartney Fleurieu Valued at \$35 per person	<p>Pure McCartney is a tribute to one of the most loved and successful songwriters of all time - Sir Paul McCartney</p> <p>This is a show not to be missed with world class musicians performing songs from McCartney's extensive songbook.</p>	Arrive at 1.45 pm for a 2pm show. Cinema Two at Victa Cinemas 39 Ocean St, Victor Harbour.	Southern Fleurieu & KI	10 tickets available	Group Activity
Friday 22 nd March	Queen Forever Limestone Coast Valued at \$75 per person	<p>Queen Forever – A night at the theatre. Join us for a monumental night as Queen Forever brings their acclaimed “A Night at the Theatre” tour.</p> <p>Get ready to rock out to all of Queen’s greatest hits, from “Bohemian Rhapsody” to “We Will Rock You,” along with a selection of deeper cuts that showcase the breadth of Queen’s musical journey. This show doesn’t just celebrate the hits; it immerses you in the full spectrum of Queen’s legacy.</p>	Arrive at 7.15 pm for a 7.30 pm show. Sir Robert Helpmann Theatre 10 Watson Terrace Mount Gambier	Limestone Coast	10 tickets available	Group Activity

DATE	BREAK	RETREATS	DETAILS	REGION	CAPACITY	CATEGORY
Mon - Wed 8 th - 10 th Jan	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 Hobart Hurricanes 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 8 th and 9 th January: Quest on Franklin, Franklin St. Group Dinner 8 th January at 630pm: The Franklin Hotel, Franklin St (meet at Quest on Franklin foyer at 6pm). Cruise/Tour 9 th January: Adelaide City Highlights and Popeye Cruise half day tour (pick up at Adelaide Bus Station at 915am / returning to Elder Park approx. 1230pm). Match 9 th January at 7.10pm: Adelaide Oval. *Itinerary provided prior to event	Central Adelaide	8 spaces available	Retreat (max 1/year)
Sat - Mon 27 th - 29 th Jan	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 27 th & 28 th January: Port Lincoln Hotel (2 breakfasts provided) Group Dinner 27 th January at 6pm: Sarins Restaurant Tour 28 th January: 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)
Wed - Fri 7 th - 9 th Feb	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 (PLEASE NOTE MASSUESE MAY BE MALE).	Accommodation: Links Lady Bay Resort Group Dinner first night: Lady Bay Restaurant Breakfast 2 mornings: Continental Breakfast delivered to room Massage booking: 45 minutes -appt. time to be provided with itinerary. *Itinerary provided prior to event	Fleurieu	10 Spaces available	Retreat (max 1/year)
Thurs - Sat 22 nd - 24 th Feb	Coonawarra Experience Penola Valued at \$700 per person	Coonawarra tour includes 2-nights' accommodation, dinner at a local Hotel, Carers SA Retreat tour (Yallum Park tour, dining at Ottelia in Coonawarra, Historical Coonawarra Railway Siding Visit, and private kangaroo sanctuary visit), and pick up and drop off at motel.	Accommodation: 22 nd -23 rd Alexander Cameron suites Dinner: 22 nd Feb Royal Oak Hotel 23 rd Feb – Tour - Tour Operator to pick group up at Alexander Cameron suites	Limestone Coast	10 spaces available	Retreat (max 1/year)

			<p>(time to be advised on itinerary) Yallum Park Tour, Coonawarra Railway Siding, lunch at Ottelia Coonawarra, Wynns Coonawarra Estate, private Kangaroo Wildlife Sanctuary Visit.</p> <p>*Itinerary provided prior to event</p>			
<p>Fri - Sun 23rd – 25th Feb</p>	<p>Kangaroo Island Ocean Safari Escape Kangaroo Island Valued at \$700 per person</p>	<p>Enjoy 2 nights accommodation along the foreshore of Kingscote, breakfasts, and 1 dinner included. Then enjoy an exhilarating ride along the beautiful Kangaroo Island coastline on a 75-minute Ocean Safari. Ferry and return Ferry included.</p>	<p>Ferry: Friday 23rd Feb return Sunday 25th Feb Times to be advised. Accommodation: Friday 23rd & Saturday 24th Feb at the Auroa Ozone Hotel Kingscote.</p> <p>Dinner: Friday 23rd Feb 6.30pm Zone Restaurant and Bar.</p> <p>Tour: Saturday 24th Feb -. Drive yourself to the Ocean Safari Tour in Penneshaw (approximately 45 minutes' drive) for the tour leaving at 3pm.</p> <p>Checkout: Sunday 25th February</p> <p>*Itinerary provided prior to event</p>	Kangaroo Island	8 spaces available	Retreat (max 1/year)
<p>Fri - Sun 15th – 17th March</p>	<p>Lifeflow Retreat Adelaide Hills Valued at \$700 per person</p>	<p>Take in the tranquility of the Adelaide Hills as you relax and learn grounding activities to re-energise and reconnect. Includes 2-nights' accommodation, delicious vegetarian meals, yoga sessions, deep relaxation, guided meditations and peaceful walks in nature. You'll have plenty of time to rest, recharge, and restore your energy. May appeal to those with advanced mindfulness/meditation experience.</p>	<p>Accommodation TBC: Tara Hills Retreat Centre Meals: details TBC Guided sessions: details TBC Adelaide</p> <p>*Itinerary provided prior to event</p>	Adelaide Hills	10 spaces available	Retreat (max 1/year)
<p>Tue - Thurs 19th – 21st March</p>	<p>The Bend Retreat Motorsport Park Taillem Bend Valued at \$650 per person</p>	<p>Join other Carers for a two-night stay at the Bend. Enjoy hot laps in either the V8 Ford Mustang or V8 Holden Race car around the Bend circuit, Karting and meal included.</p>	<p>Accommodation: Rydges Pit Lane Hotel, Taillem Bend Hot Laps, Karting and Meal: Bend Motorsport Park, Taillem Bend.</p> <p>*Itinerary provided prior to event</p>	Adelaide Hills/ Murray Bridge	10 spaces available	Retreat (max 1/year)