

Carer Breaks Menu: April – June 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 3 rd April 1 st May 5 th June	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.	Movie ticket to be used at your convenience: Marion Event Cinemas 12noon Meal: Spargo's Café & Bar (Level 2).	Southern Adelaide	10 Tickets available	Group Activity
Wednesday 3 rd April 1 st May 5 th June	Movie and Meal Glenelg Valued at \$50 per person	Mamma Carmela – 4-6 Jetty Road Glenelg. Booking required - up to \$30 / head.	Movie ticket to be used at your convenience: Glenelg Event Cinemas 12noon Meal: Mamma Carmela.	Southern Adelaide	10 Tickets available	Group Activity
Tuesday 9 th April 14 th May 11 th June	Movie and Meal Kadina Valued at \$50 per person	Cracked Pepper – 24 Taylor Street. Light lunch & coffee - up to \$30 / head.	Movie ticket to be used at your convenience: Kadina Cinema (Augusta) 12noon Meal: Cracked Pepper.	Yorke & Mid North	10 tickets available	Group Activity
Tuesday 9 th April 14 th May 11 th June	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.	Movie ticket to be used at your convenience: Cameo Cinema 12noon Meal: The Murray Bridge Club.	Murray Bridge	10 tickets available	Group Activity
Thursday 11 th April 9 th May 13 th June	Movie and Meal Gawler Valued at \$20 per person	Gawler Cinemas Silver Screen Deal. Includes: Movie ticket, coffee, biscuits, sandwiches and cake.	Gawler Cinema - 11 Murray St, Gawler. 10 am for coffee and biscuits 10.30 am movie, followed by a sandwich and cake.	Barossa and Light	10 tickets available	Group Activity
Saturday 20 th April 18 th May 15 th June	Movie and Meal Riverland Valued at \$50 per person	Cinnamon Grove Café Renmark. Booking required - up to \$30 / head.	Movie ticket to be used at your convenience: Chaffey Theatre - Country Arts 12noon Meal: 77 Ral Ral Avenue Renmark.	Riverland	10 tickets available	Group Activity

Saturday 20 th April 18 th May 15 th June	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.	Movie ticket to be used at your convenience: Lincoln Cinema 12noon Meal: Del Giornos.	Eyre Peninsula	10 tickets available	Group Activity
Tuesday 23 rd April 28 th May 25 th June	Movie and Meal Mount Gambier Valued at \$50 per person	Gambier Hotel – 2 Commercial St West. Light lunch & coffee - up to \$30 / head.	Movie ticket to be used at your convenience: Oatmill Cinema 12noon Meal: Mount Gambier Hotel.	Limestone Coast	10 tickets available	Group Activity
Wednesday 24 th April 22 nd May 26 th June	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.	Movie ticket to be used at your convenience: Mt Barker Wallis Cinemas 12noon Meal: The Oak & Iron Tavern.	Adelaide Hills	10 Tickets available	Group Activity
Wednesday 24 th April 22 nd May 26 th June	Movie and Meal Modbury Valued at \$50 per person	The Pickled Duck – 993 North East Rd Modbury. Booking required - up to \$30 / head.	Movie ticket to be used at your convenience: HOYTS Tea Tree Plaza 12noon Meal: The Pickled Duck.	Northern Adelaide	10 Tickets available	Group Activity
Friday 26 th April 24 th May 28 th June	Movie and Meal Victor Harbor Valued at \$50 per person	Grosvenor Hotel - 40 Ocean St Victor Harbor. Light lunch & coffee - up to \$30 / head.	Movie ticket to be used at your convenience: Victa Cinema 12noon Meal: Grosvenor Hotel.	Southern Fleurieu / KI	10 tickets available	Group Activity
DATE	BREAK	HIGH TEAS	DETAILS	REGION	CAPACITY	CATEGORY
Tuesday 2 nd April	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
Sunday 26 th May	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 10.30am: Limestone Coast Pantry, 1/20 Harrald Street, Mt Gambier.	Limestone Coast	10 Tickets available	Group Activity
Thursday 13 th June	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 11am: 12 Aldinga Road Willunga.	Fleurieu	10 tickets available	Group Activity

Friday 28 th June	Barossa High Tea Lyndoch Valued at \$49 per person	Glorious High Tea – Indulge in a Glorious High Tea in the sensational Barossa Chateau. Dietary requirements such as Gluten Free, Vegetarian, Vegan, Lactose Free etc will incur a \$10 per person surcharge payable on arrival and are at your own expense. All dietaries MUST be advised prior to your visit to ensure they can be catered for.	High Tea at 1.30pm: 35 Hermann Thumm Drive, Lyndoch.	Barossa and Light	10 Tickets	Group Activity
DATE	BREAK	GROUP EVENTS ACROSS ALL REGIONS	DETAILS	REGION	CAPACITY	CATEGORY
Monday 1 st April	Banrock - Wetlands Explorer Experience and Lunch Kingston on Murray Valued at \$60 per person	Self-Guided Wetlands Walk followed by a set menu lunch. Banrock Station Wine & Wetland Centre situated in the heart of the Riverland. Join a group of Carers for a self-guided walk around the wetlands, followed by a lunch in the wetlands centre to the value of \$50 per person.	Holmes Road, Kingston on Murray. Meet for the walk at 11 am. Meet in the wetlands centre table booked under the name of Carers SA for lunch at 1pm.	Riverland	10 Tickets available	Group Activity
Friday 5 th April	Hijinx Hotel Adelaide Valued at \$55 per person	Get ready for your PLAYcation – ride the lift up to the Hijinx hotel, play 1 set of challenge rooms and enjoy pizza and fries and a drink.	Time: 6.45pm for a 7pm start – finishes at 8.30 pm. Level 1, Rundle Place 77-97 Rundle Mall Adelaide.	Central Adelaide	20 Tickets available	Group Activity
Saturday 6 th April	Indonesian Batik Workshop Adelaide Valued at \$70 per person	Join Rehana Usman in Adelaide and discover how to make a gorgeous Indonesian Batik. Indonesian batik has been titled the Masterpiece of Oral and Intangible Heritage of Humanity by UNESCO. Just bring an old apron, a plastic bag and your reading glasses if you use. Bring your water bottle. Please bring a mask.	Time 4pm – 6.30 pm. Enfield – address supplied prior to the event.	Western Adelaide	10 Tickets available	Group Activity
Sunday 14 th April	BBQ Buoys – Lazin’ & Grazin’ Valued at \$68 per person	What’s better than enjoying a drink and some beautiful food with a twist of adventure. A recreational boat ride that gives you the chance to take in the city while floating down the River Torrens enjoying a drink and some nibbles (Lazin’ & Grazin’ Savoury Pack).	Time 12.45 pm for a 1pm cruise. 2hours in duration Pinky Flat (next to Montefiore Road Bridge – parking available War memorial Drive 4P zone).	Central Adelaide	10 Tickets Available	Group Activity

Monday 15 th April	Nourished by Jo Yorketown Valued at \$80 per person	Personalised event specifically for Carers SA Carers in the Yorketown region. Showcasing culture, food and art in the area.	Details To be advised. Hosted Lunch included.	Yorke/Mid North	10 Tickets available	Group Activity
Tuesday 16 th April	Movie and Lunch Moonta Valued at \$50 per person	Lunch at Café Capella's up to \$30 per person and a movie ticket to be used at your convenience at either Kadina Cinema or Augusta Cinema.	Café Capella's 1 Henry Street, Moonta. 12noon.	Yorke/ Mid North	10 tickets available	Group Activity
Sunday 21 st April	Temptation Sailing Twilight Cruise Glenelg Valued at \$44 per person	Join us onboard Temptation for our unique and wonderful Twilight Cruise. Relax while we cruise along the beautiful Adelaide Coastline.	Time 5pm – 6.30pm. Marina Pier Holdfast Shores Marina Glenelg.	Southern Adelaide	20 tickets available	Group activity
Friday 3 rd May	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 available	Group Activity

Thursday 23 rd May	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 4.45pm for a 5pm tee off. Level 1/162-170 Pulteney Street Adelaide.	Central Adelaide	20 tickets available	Group Activity
Tuesday 4 th June	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 10.30am boarding time - 10:45am departure. Returning at 1.45pm.	Adelaide Hills/Murray Bridge	20 Tickets available	Group Activity
Friday 14 th June	Cuttys Glass Bottom Tours Whyalla Valued at \$59 per person	Whyalla Giant Cuttlefish Glass Bottom Boat Tour Some people snorkel or dive, but if you want all the thrills without getting your feet wet, our glass-bottom boat tour is for you! The Giant Cuttlefish tour showcases the tens of thousands of Australian Giant Cuttlefish who choose the beautiful coastline of Whyalla for their ritual of mating and spawning.	Arrive at 10.45 for the 11 am (1 hour) tour. Directions to be advised.	Yorke Peninsula / Mid North	10 tickets available	Group activity

Saturday 22 nd June	Air Plant Seascape Terrarium Workshop Port Noarlunga Valued at \$50 per person	In this delightful terrarium class in Adelaide, you'll learn the ins and outs of caring for air plants while creating your very own beachy terrarium. Don't worry if you're new to this, Charlene from Botanista will guide you through the process with ease.	Time: 2pm. Botanista - Shop 1/18 Gawler Street, Port Noarlunga SA.	Southern Adelaide	10 tickets available	Group Activity
Wednesday 26 th June	Art and Craft session Limestone Coast Valued at \$80 per person	Light Heart Therapies & Studio. Introduction to art therapy workshop. Light Heart Therapies & Studio offer Art Therapy workshops aimed at providing an outlet for individuals to indulge in some time out for themselves and explore creativity.	10.30 am – 12.30pm. 217 Commercial Street West, Mt Gambier (Parent & Child Hub). Refreshments are supplied, but feel free to bring anything extra you may like.	Limestone Coast	10 tickets available	Group Activity
Thursday 27 th June	Hand Building Workshop Adelaide Valued at \$69 per person	In this unique experience, you'll get hands-on with clay, sculpting your own ceramic masterpiece with your own two hands and a dash of creativity Whether you're a first-time explorer or already have some experience, our pottery classes provide a space full of creative possibilities. From basic pottery techniques to making handmade mugs and bowls, our expert instructors will guide you each step of the way.	Time 1pm-3pm (approx. 2 hours). Sixteeno's Art Studio 160 Wright Street, Adelaide	Adelaide	10 tickets available	Group Activity

DATE	BREAK	RETREATS	DETAILS	REGION	CAPACITY	CATEGORY
Fri – Sun 5 th – 7 th April	Links Lady Bay Normanville Valued at \$680 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	9 Spaces	Retreat (max 1/year)
Tues-Thurs 16 th - 18 th April	Kangaroo Island Carers Retreat to the Mainland Valued at \$640 per person	Kangaroo Island Carers Retreat to the Mainland Includes vehicle on Sea Link from KI to Mainland and return, two nights accommodation at the Quest on Franklin (breakfast included), group dinner, matinee Elvis: A Musical Revolution.	Ferry: Tuesday 16th April return Thursday 18 th April - times to be advised. Accommodation: Tuesday 16th & Wednesday 17th at the Quest on Franklin. Dinner: Tuesday 16th 6.30pm The Franklin Hotel, Franklin St. Show: Meet in Foyer at 1pm to walk (approx. 5 minute walk) together to the Her Majesty's Theatre for the Elvis: A Musical Revolution matinee show. *Itinerary provided prior to event	Kangaroo Island	7 spaces	Retreat (max 1/year)
Fri - Sun 19 th - 21 st April	Lifeflow Retreat Adelaide Hills Valued at \$700 per person	Improve your sleep Retreat - Take in the tranquillity of the Adelaide Hills as you relax for a restful weekend, exploring a range of practical tips to help improve your sleep, that can be implemented immediately. 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.	Accommodation: Tara Hills Retreat Centre, Magpie Single room with <u>shared bathroom.</u> Meals: Vegetarian Guided sessions: details TBC. *Itinerary provided prior to event	Adelaide Hills	8 spaces available	Retreat (max 1/year)
Wed - Fri 1 st - 3 rd May	AFL – Showdown Adelaide Valued at \$700 per person	Footy showdown – Adelaide v Port Adelaide (Rd 8 2 nd May). Meet as a group for a group dinner on the first night. Take time to relax and enjoy the sights of the city aboard the iconic Popeye Cruise for a	Accommodation 1 st -3 rd May: Quest on Franklin, Franklin St. Group Dinner 1 st May at 630pm: The Franklin Hotel, Franklin St (meet at Quest on Franklin foyer at 6pm).	Central Adelaide	10 Spaces available	Retreat (max 1/year)

		Devonshire tea cruise in the morning before heading to the game at the Adelaide Oval in the evening. Includes 2 nights' accommodation, 2 breakfasts, Group Dinner, match tickets, cruise/tour.	Cruise/Tour 2 nd May: Tram to Elder Park for the Popeye Cruise Devonshire tea tour. Footy Match kick off 2 nd May at 7pm: General Admission Adelaide Oval. 3 rd May – checkout at 10 am. *Itinerary provided prior to event			
Fri-Sun 24 th -26 th May	Lifeflow Retreat Adelaide Hills Valued at \$700 per person	Mindful Relationships Retreat - Take in the tranquillity of the Adelaide Hills as you relax for a restful weekend, exploring meditation to help free yourself from the painful stories that can inhibit open and healthy relationships. This process can also gradually open our hearts and minds to the person we are often hardest on – ourselves – bringing us to a space of increased self-acceptance and deeper appreciation of our own life. 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.	Accommodation: Tara Hills Retreat Centre, Magpie Single room with <u>shared bathroom.</u> Meals: Vegetarian Guided sessions: details TBC. *Itinerary provided prior to event	Adelaide Hills	8 spaces available	Retreat (max 1/year)
Fri – Sun 14 th - 16 th June	Links Lady Bay Normanville Valued at \$680 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	Retreat (max 1/year)
Fri -Sun 28 th - 30 th June	Barossa and Maggie Nuriootpa Valued at \$550 per person	Barossa Valley retreat includes 2 night's accommodation at the Vine Inn Barossa, first night dinner in the Vine Garden Bistro, breakfast each morning, and a seasonal long lunch cooking school at Maggie Beer's farm	Accommodation: 28 th -30th June - The Vine Inn. Dinner and Breakfasts: Vine Garden Bistro.	Barossa and Light	10 spaces available	Retreat (max 1/year)

		In this class, you will learn how to cook seasonal dishes from Maggie's Recipe books led by Maggie's team at the Farm. This cooking experience runs for a couple of hours followed by lunch.	29 th June – Seasonal long lunch cooking school at Maggie Beer's farm. *Itinerary provided prior to event			
--	--	--	---	--	--	--