



# Welcome to **Narraweena Grove** Care Community



## **Discover why this could be your best move yet**

At Narraweena Grove Care Community we encourage our residents to live a life of meaning and purpose – that’s why understanding the big and the little details about how you like to live each day is important to us – so that we can help you feel at home, have the right support and live your best life in our care.

Located at the gateway to Sydney’s Northern beaches, with Dee Why beach and the Northern Beaches Hospital within a 10-minute drive, and easy access to local bus routes. We’re a family-oriented home with community at the heart of our care. Our well-appointed indoor and outdoor living spaces provide ideal places to spend time with family and friends or enjoy moments of quiet reflection. Our memory care neighbourhood provides a safe, inclusive and supportive environment for residents who are living with dementia.

Ageing is living

# Experience the Opal HealthCare difference at Narraweena Grove



## Daily life

We have an active social life, with residents running their own Narraweena General Store, selling treats, magazines and beverages. Our ice cream cart is a hit on a hot day, and our gardens are popular for growing herbs, flowers and potted plants. We enjoy close community ties, including great friendships with children from the local kindergarten, and residents stay active through exercise classes and helping with jobs around our home.

It's an environment where you're free to enjoy your interests, independently or with others, continue to learn and try new things, and participate in our home life – so you can enjoy your day, your way.



## Health & wellbeing

- Seasonal menus and regular happy hour
- Dedicated lifestyle team onsite
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Opal bus for community outings
- Social activities



## Home

- Comfortable rooms with single bed, bedside table, armchair, robe, flat screen TV, soft furnishings
- 2 room types, single or companion, up to 33m<sup>2</sup>
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyard
- Welcoming communal spaces



## Care

- Registered nurses onsite 24/7
- Experienced leadership, qualified and capable team
- Fresh and nutritious chef prepared meals
- Primary and allied health available
- Secure memory care neighbourhood
- Sensory garden
- Permanent, respite, dementia and palliative care

## Get in touch

Our dedicated relationship management and admissions support team are here to walk you through the often daunting process of choosing and moving into aged care.

**Our purpose is to bring joy to those we care for.**

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