



Welcome to **Nambour Gardens** Care Community



Discover why this could be your best move yet

At Nambour Gardens 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.

Nestled in the sub-tropical hinterland of the Sunshine Coast, our charming home is located just minutes from Nambour General Hospital and is well positioned to access the best that the hinterland has to offer. Our pretty gardens are a feature of our home and our chef uses our home grown produce to make delicious fresh cooked meals. We have strong community ties in Nambour and surrounds and are known for our expert care and welcoming hospitality. Our companion model of care fosters a sense of family and belonging among residents.

Ageing is living

Experience the Opal HealthCare difference at Nambour Gardens



Daily life

Residents enjoy community giving and our male and female knitters proudly contribute to local and national events, such as providing crocheted poppies for WWI centenary celebrations at the Australian War Memorial in Canberra. We encourage residents to pursue their interests, be it painting or art, gardening, music, or enjoying Virtual or Augmented Reality experiences that support cognition and reminiscence.

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
- Cycling Without Age outdoor experiences
- Opal bus for community outings



Home

- Modern rooms with single bed, bedside table, armchair, robe, TV, soft furnishings
- 2 room types, single and companion with shared bathrooms.
- 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
- 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.

Phone: 07 5444 9700

Email: nambourgardens@opalhealthcare.com.au

Address: 9 Princess Crescent, Nambour, QLD, 4560

Website: opalhealthcare.com.au

Part of the  **HealthCare** family