



# Welcome to **Glenmore Park** Care Community



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

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

Located at the foot of the Blue Mountains, Glenmore Park Care Community is surrounded by the peaceful parklands and waterways of Glenmore Loch. Residents and their families can enjoy the convenience of local cafes, restaurants, Westfield Penrith and the Nepean River.

Our Care Community features an onsite wellness centre, providing a team of physiotherapists, exercise physiologists and occupational therapists to help residents achieve improved mobility, independence and overall wellbeing.

**Ageing is living**

# Experience the Opal HealthCare difference at **Glenmore Park**



## Daily life

There's always plenty to do, with resident kitchens for making a cuppa or baking treats. Play some tunes on the jukebox, challenge a friend to a game of bowls or spend time on the computer in our adult learning space.

Our spacious indoor areas, shaded balconies and gardens are pleasant spaces to spend time with friends and family.

With us, you're free to enjoy your interests, independently or with others, continue to learn and try new things, and participate – so you can enjoy your day, your way.



## Health & wellbeing

- Seasonal menus
- Dedicated wellbeing team onsite
- Social activities that encourage friendship and connection
- Music, art, entertainment and events
- Cultural and faith-based community support



## Home

- Modern single and companion bedrooms with private ensuite bathroom
- Covered BBQ area on our terrace
- Shaded gardens and potting sheds
- Landscaped courtyards with outdoor seating
- Hair and beauty salon
- Multipurpose entertainment lounges



## Care

- Registered nurses onsite 24/7
- Experienced leadership and team
- Primary and allied health available including physiotherapy
- Memory Care Neighbourhood
- Permanent, respite, dementia and palliative care
- Wellness Centre for rehabilitation and restorative care



## Get in touch

Our dedicated relationship management and admissions support team is 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: 02 4737 5300

Email: [glenmorepark@opalhealthcare.com.au](mailto:glenmorepark@opalhealthcare.com.au)

Address: 5-7 Floribunda Ave, Glenmore Park NSW 2745

Website: [opalhealthcare.com.au](http://opalhealthcare.com.au)

Part of the  Opal HealthCare family