



Welcome to **Altona Gardens** Care Community



Discover why this could be your best move yet

At Altona 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.

We're located on a quiet street in Altona North, 20 minutes from the Melbourne CBD with easy access from the West Gate Freeway.

Known for our welcoming, vibrant and inclusive environment, we have a diverse representation of cultural heritage. Residents enjoy our courtyards and gardens which offer peaceful spaces to spend time with family and friends, or have moments of quiet reflection.

Ageing is living

Experience the Opal HealthCare difference at Altona Gardens



Daily life

Our residents enjoy all kinds of creative pursuits, be it singing, music, arts or crafts, or even the occasional game of bocce. Our gardens are a source of pleasure for many, and our elevated vegetable patch is nurtured by residents in our gardening club, who enjoy harvesting the fresh produce for our in-home chef to cook up at meal times.

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



Health & wellbeing

- Friendship and connection through Meaningful Mates
- 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
- Music, art and pet therapy
- Cultural and faith-based community supports
- Dedicated Opal Healthcare bus for community outings



Home

- Comfortable rooms with single bed, bedside table, armchair, built-in robe, flat screen TV, soft furnishings
- 2 room types, single or companion rooms, up to 24m²
- Homely lounge, dining and activity areas
- Landscaped gardens and large courtyards
- Barista coffee cart
- Hair salon
- Welcoming communal spaces



Care

- Registered nurses onsite 24/7
- Experienced leadership and team
- Fresh and nutritious chef prepared meals
- Primary and allied health
- Secure memory care neighbourhood
- Sensory gardens and memory supports
- 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: 03 8325 7600

Email: altonagardens@opalhealthcare.com.au

Address: 28 - 30 Rymill Court, Altona North, VIC 3025

Website: opalhealthcare.com.au

Part of the  **Opal HealthCare** family