



# Welcome to **Kanwal Gardens** Care Community



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

At Kanwal 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.

Our Care Community is located on the Central Coast in a tranquil bush setting with all rooms enjoying leafy garden views. We enjoy a peaceful coastal lifestyle surrounded by nature, with all the amenities of the region and the local hospital close at hand. Known for our extensive landscaped gardens and beautiful koi pond, our gazebo overlooking the pond offers space for spending time with loved ones or moments of quiet reflection. We support all kinds of care needs and our memory care neighbourhood provides a safe and inclusive environment for residents living with dementia.

**Ageing is living**

# Experience the Opal HealthCare difference at Kanwal Gardens



## Daily life

Our care community is a warm and loving place for people from all walks of life. Activity often centres around our garden, where residents enjoy potting plants or tending flowers, walking or watching our ducks, chickens and koi. With spacious indoor and outdoor living areas, there are plenty of places to relax, savour our chef's delicious food and engage in hobbies.

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 Kanwal Gardens life – so you can enjoy your day, your way.



## Health & wellbeing

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



## Home

- Traditional rooms feature single bed, bedside table, armchair, robe, flat screen TV and soft furnishings
- 6 different room types, with single, couple or companion share options, up to 37m<sup>2</sup>
- Single and couple rooms feature private ensuite
- Well appointed lounge and dining areas
- Landscaped gardens and courtyard area
- Function space
- Onsite cafe
- Hair salon



## Care

- Registered nurses onsite 24/7
- Experienced leadership and 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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Part of the  **Opal HealthCare** family