



# Welcome to **Killarney Vale** Care Community



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

At Killarney Vale 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 on the Tuggerah Lake foreshore on the beautiful NSW Central Coast, residents and their families can enjoy pristine Shelly Beach and Toowoona Bay, the local shops at Killarney Vale, Bateau Bay Square Shopping Centre, and the Westfield Shopping Centre at Tuggerah. Our newly renovated extension offers beautifully-appointed and light-filled living spaces, with single and companion rooms, all with ensuite bathroom. Our landscaped gardens with shaded courtyards and outdoor BBQ provide many peaceful areas to relax with family and friends and the Tuggerah lake foreshore walk is at the end of our garden.

**Ageing is living**

# Experience the Opal HealthCare difference at Killarney Vale



## Daily life

With activated spaces and a focus on making every day enjoyable, there's plenty to do at Killarney Vale. Our keen gardeners enjoy tending our lush gardens, growing herbs and vegies. Others enjoy the outdoors for our abundant bird life, having a cuppa with loved ones or daily walks. We're pet friendly people, with a resident cat and many animal visitors who bring delight and companionship to all.

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 Killarney Vale life – so you can enjoy your day, your way.



## Health & wellbeing

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



## Home

- Modern rooms, many with king single bed, bedside table, armchair, built-in robe, flat screen TV and soft furnishings
- 2 room types, single or companion, up to 42m<sup>2</sup>
- Freshly refurbished rooms feature private ensuite, some with private balconies or courtyard access
- Well appointed lounge and dining areas
- Landscaped gardens and courtyard area
- Café onsite
- 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
- 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:** 02 4345 2700

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

**Address:** 1 Daniel Close, Killarney Vale, NSW 2261

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

Part of the  **HealthCare** family