



# Welcome to **Mona Vale View** Care Community



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

At Mona Vale View 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 near Mona Vale Golf Course, our Care Community enjoys a leafy aspect and a peaceful atmosphere. Our covered terrace sitting and dining areas provide the perfect breezy spot to sit and catch up with family and friends, or enjoy moments of peaceful reflection.

**Ageing is living**

# Experience the Opal HealthCare difference at Mona Vale View



## Daily life

We're a pet friendly Care Community and enjoy visits from furry friends, they bring delight and companionship to residents. We encourage our residents to pursue their interests be it in painting or art therapy, playing the piano or listening to music, tending to our gardens and plants, 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 Mona Vale View 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
- Opal HealthCare bus for community outings



## Home

- Comfortable rooms with single bed, bedside table, armchair, robe, flat screen TV, soft furnishings
- Single or companion with ensuite, up to 32m<sup>2</sup>
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyard
- 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 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:** 02 9910 7100

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

**Address:** 2 Jenkins Street, Mona Vale, NSW, 2103

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

Part of the  **Opal HealthCare** family