



Welcome to **Tingira Hills** Care Community



Discover why this could be your best move yet

At Tingira Hills 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.

Set in the Lake Macquarie region with sweeping elevated district views, our Care Community provides a welcoming and inviting environment for residents and families, offering residential aged care and assisted living in the one location. Our modern and well-appointed home offers a variety of living spaces to spend time with family and friends, including extensive gardens, breezy terraces and comfortable lounge areas.

Ageing is living

Experience the Opal HealthCare difference at Tingira Hills



Daily life

Our resident green thumbs enjoy tending to the gardens in our many outdoor terraces and courtyards. We have strong community ties, including visitors who bring pets who delight our residents in providing comfort and companionship. Our creative arts and craft groups enjoy making art that we display throughout our Care Community. Our chef is known for cooking up delicious meals that satisfy all kinds of tastes.

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 Tingira Hills life – so you can enjoy your day, your way.



Health & wellbeing

- Fresh and nutritious chef prepared meals
- Seasonal menus
- 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

- Modern rooms with single bed, bedside table, armchair, built-in robe, flat screen TV, soft furnishings
- 6 room types, singles with ensuite or companion, up to 36m²
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyard
- Café onsite
- Hair salon
- Welcoming communal spaces



Care

- Registered nurses onsite 24/7
- Experienced leadership and team
- 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  **HealthCare** family