



# Welcome to **Springwood Greens** Care Community



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

At Springwood Greens 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 within the bushland surrounds of Springwood in the lower Blue Mountains, our warm and inviting country-style home is a tranquil retreat among stunning gardens. Located opposite the Springwood Golf Club, the local hospital and amenities are within easy access. Known for our extensive gardens, with exquisite flowering trees, flowing stream and meandering walkways, our Care Community offers many peaceful spaces to relax, exercise, socialise and enjoy the serenity.

**Ageing is living**

# Experience the Opal HealthCare difference at Springwood Greens



## Daily life

Our gardens are perfect for residents with green thumbs who enjoy tending plants as the seasons change. Our walking group takes daily walks through the gardens, and friends, family and animals are always very welcome visitors. Many residents have long enjoyed the arts and crafts scene in the Blue Mountains so we encourage artistic pursuits of all descriptions. We have strong friendships with local schools and mother's groups which are loved by the young and young-at-heart.

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 Springwood Greens 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
- Gardening and walking groups
- Opal HealthCare bus for community outings



## Home

- Modern rooms feature single bed, bedside table, armchair, robe, flat screen TV and soft furnishings
- 2 different room types, with single or companion share options, up to 27m<sup>2</sup>
- Well appointed lounge and dining areas
- Beautifully landscaped gardens and courtyard areas
- 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
- Permanent, respite, 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