



Welcome to **Nambour Gardens** Care Community



Discover why this could be your best move yet

At Nambour 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.

Nestled in the sub-tropical hinterland of the Sunshine Coast, our charming Care Community is located just minutes from Nambour General Hospital and is well positioned to access the best that the hinterland has to offer. Our pretty gardens are a feature of our Care Community and our chef uses our home grown produce to make delicious fresh cooked meals. We have strong community ties in Nambour and surrounds and are known for our expert care and welcoming hospitality. Our companion model of care fosters a sense of family and belonging among residents.

Ageing is living

Experience the Opal HealthCare difference at Nambour Gardens



Daily life

Our residents enjoy community giving and our knitters proudly contribute to local and national causes. We encourage residents to pursue their interests, be it art, gardening, music, 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 Nambour Gardens life – so you can enjoy your day, your way.



Health & wellbeing

- Seasonal menus and regular happy hour
- Dedicated lifestyle team onsite
- Bi-weekly community BBQs for fun and friendship
- Regular animal visits bring smiles!
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Opal HealthCare bus for community outings
- Intergenerational programs with schools and playgroups
- Men's Club brings companionship and purpose



Home

- Modern rooms with single bed, bedside table, armchair, robe, TV, soft furnishings
- 2 room types, single and companion with shared bathrooms
- 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 available
- 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