



# Welcome to **Epping Meadows** Care Community



## Discover why this could be your best move yet

At Epping Meadows Care Community we encourage our residents to live a life of meaning and purpose. That's why understanding the big and the little things about how you like to live each day is important to us – so we can help you feel at home, have the right support and live your best life in our care.

Our Care Community is nestled in a quiet residential suburb in northern Melbourne, with local parks, reserves and the amenities of Westfield Plenty Valley nearby. We enjoy leafy views across the meadow that our Care Community was named after, and residents enjoy spending time outdoors on our spacious terrace, or exercising in our brand new wellness centre. Our Memory Care Neighbourhood provides a safe and inclusive environment for people living with dementia.

**Ageing is living**

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more images  
& information



# Experience the Opal HealthCare difference at Epping Meadows



## Daily life

Residents enjoy tending our gardens, cooking and participating in creative arts. Music enthusiasts play our piano and our sewing station is popular with residents who are handy with a needle and thread. When the weather's good, residents spend time outside on the terrace where alfresco dining is available.

We have strong ties to the local community and our retirement village neighbours are part of our extended family, often joining in activities together.

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 – so you can enjoy your day, your way.



## Home

- Modern single and companion bedrooms with private ensuite bathroom
- Well-appointed lounge, dining and activity areas
- Landscaped courtyards with outdoor seating
- Hair and beauty salon
- Welcoming communal spaces



## Health & wellbeing

- Seasonal menus
- Dedicated wellbeing team onsite
- Raised garden beds
- Music, art, entertainment and events
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Bus outings
- Wellness Centre for reablement and restorative care



## Care

- Registered nurses onsite 24/7
- Experienced leadership and team
- On-site Chef preparing fresh and nutritious meals
- Primary and allied health available including physiotherapy
- Memory Care Neighbourhood
- Sensory gardens
- Permanent, respite, dementia and palliative care



## Get in touch

Our dedicated relationship management and admissions support team is here to walk you through the often daunting process of choosing and moving into aged care.

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