



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 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.

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 ideal spot to 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. We encourage our residents to pursue their interests whether its painting or art, 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 – so you can enjoy your day, your way.



Health & wellbeing

- Seasonal menus
- Dedicated wellbeing team onsite
- Social activities that encourage friendship and connection
- Technology including VR, AR and e-Pets to entertain, engage, educate, and connect with family and friends
- Bus outings



Home

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



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 garden
- 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.

Our purpose is to bring joy to those we care for.

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Part of the  **Opal HealthCare** family