



Welcome to **Narraweena Grove** Care Community



Discover why this could be your best move yet

At Narraweena Grove 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.

We're located at the gateway to Sydney's Northern beaches, with Dee Why Beach and the Northern Beaches Hospital within a 10-minute drive, and easy access to local bus routes. Our well-appointed indoor and outdoor living spaces provide ideal places to spend time with family and friends or enjoy moments of quiet reflection. Our Memory Care Neighbourhood provides a safe, inclusive and supportive environment for residents who are living with dementia.

Ageing is living

Experience the Opal HealthCare difference at Narraweena Grove



Daily life

Our ice cream cart is a hit on a hot day, and our gardens are popular for growing herbs, flowers and potted plants.

We enjoy close community ties, including friendships with children from the local kindergarten, and residents stay active through exercise classes.

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



Home

- Comfortable single and companion bedrooms featuring bedside table, armchair, robe, flat screen TV, soft furnishings
- 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