



# Welcome to **Tingira Hills** Care Community



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

At Tingira Hills 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.

Set in the Lake Macquarie region with sweeping elevated district views, our Care Community provides a welcoming and inviting environment for residents and families. Our modern and well-appointed Care Community offers a variety of living spaces to spend time with family and friends, including extensive gardens, breezy terraces and comfortable lounge areas.

Ageing is living

# Experience the Opal HealthCare difference at Tingira Hills



## Daily life

Our resident green thumbs enjoy tending to the gardens in our many outdoor terraces and courtyards. We have strong community ties, including visitors who bring pets who delight our residents in providing comfort and companionship. Our creative arts and craft groups enjoy making art that we display throughout our Care Community. Our chef is known for cooking up delicious meals that satisfy all tastes.

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



## Home

- Modern single and companion bedrooms with private ensuite bathroom
- Well-appointed lounge, dining and activity areas
- Landscaped gardens and courtyard
- Café with barista-style coffee
- Hair and beauty salon
- 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