



# Welcome to **Springwood Greens** Care Community



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

At Springwood Greens 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 within the bushland surrounds of Springwood in the lower Blue Mountains, our warm and inviting country-style Care Community is a tranquil retreat among stunning gardens. Located opposite Springwood Golf Club, the local hospital and amenities are within easy access. Known for our extensive gardens, with exquisite flowering trees, flowing stream and meandering walkways, our Care Community offers many peaceful spaces to relax, exercise, socialise and enjoy the serenity.

Ageing is living

# Experience the Opal HealthCare difference at Springwood Greens



## Daily life

Our gardens are perfect for residents with green thumbs who enjoy tending plants as the seasons change. Our walking group takes daily walks through the gardens, and friends, family and animals are always welcome visitors. Many residents have long enjoyed the arts and crafts scene in the Blue Mountains so we encourage artistic pursuits of all descriptions. We have strong friendships with local schools and mother's groups which are loved by the young and young-at-heart.

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
- Gardening and walking groups
- Bus outings



## Home

- Modern single and companion bedrooms with private ensuite bathroom
- Well-appointed lounge and dining areas
- Landscaped courtyards with outdoor seating
- 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
- Permanent, respite, 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  HealthCare family