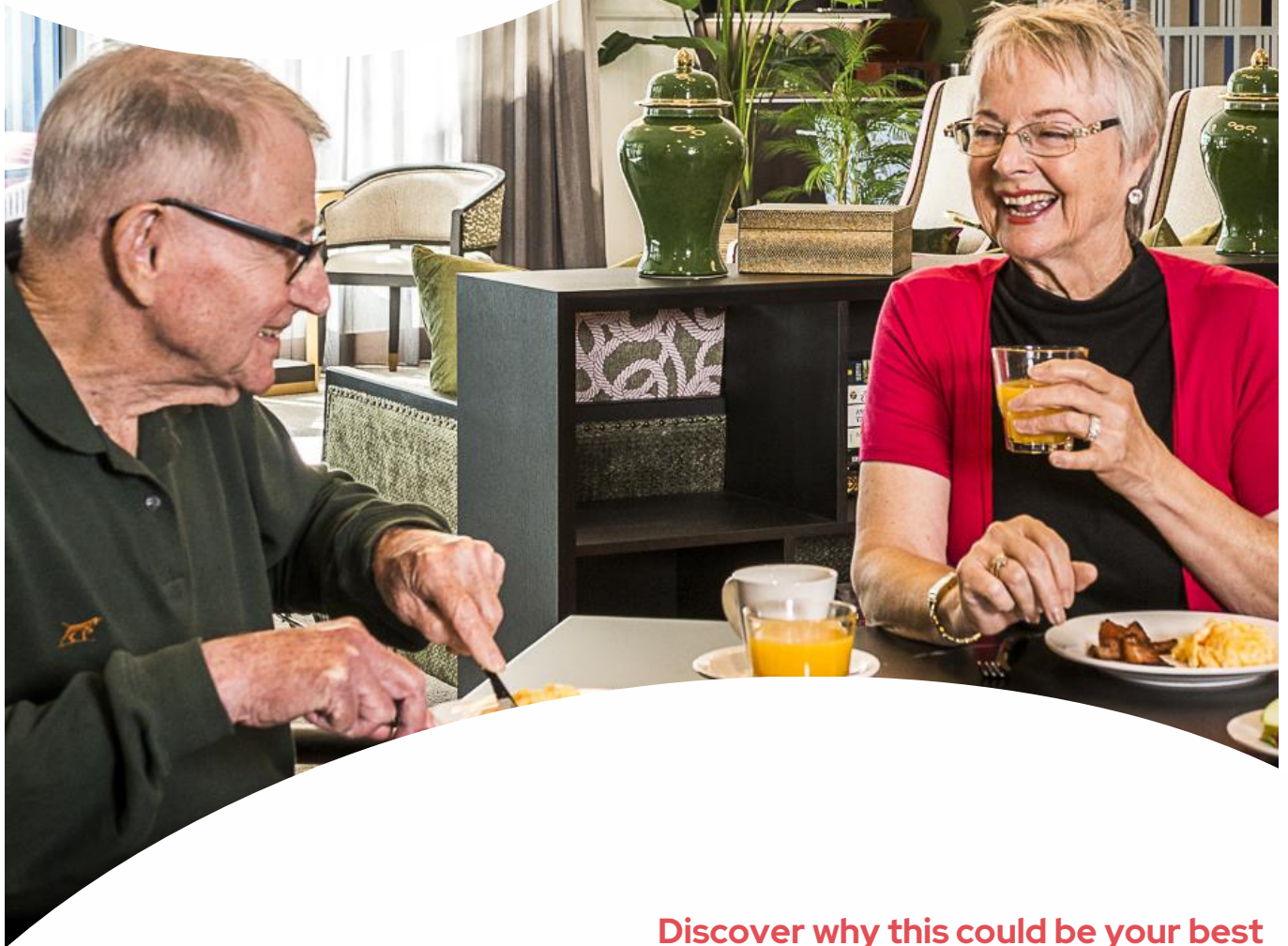




# Welcome to **Toongabbie Terrace** Care Community



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

At Toongabbie Terrace 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 in the heart of Greater Western Sydney, Toongabbie Terrace is conveniently located next door to the local bowling club and a short walk from the train station. Residents can enjoy views of the local area from our outdoor terraces, catching up over a cuppa at our cafe, or staying active at our onsite Wellness Centre.

**Ageing is living**

# Experience the Opal HealthCare difference at Toongabbie Terrace



## Daily life

Whether it's enjoying a book in our library, a cold beverage at our rooftop bar, a friendly game of billiards or spending time outdoors in our potting shed, there's plenty to do at Toongabbie Terrace.

Our vibrant and light filled courtyards are great for socialising with family and friends, and our rooftop terrace is a haven for residents.

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
- Music, art, entertainment and events
- Resident kitchens
- Cultural and faith-based community support
- Pet friendly



## Home

- Modern single and companion bedrooms with private ensuite bathroom
- Well-appointed lounge, dining and activity areas
- Landscaped courtyards and terrace balconies
- Café with barista-style coffee
- Library
- Billiard and grand piano
- Hair salon and barber
- Multipurpose rooftop terrace with putting green and potting shed



## 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
- Permanent, respite, dementia and palliative care
- Wellness Centre for reablement and restorative 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.

**Phone:** 02 8848 7200

**Email:** [toongabbieterrace@opalhealthcare.com.au](mailto:toongabbieterrace@opalhealthcare.com.au)

**Address:** 4-8 Wentworth Ave, Toongabbie NSW 2146

**Website:** [opalhealthcare.com.au](http://opalhealthcare.com.au)

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

Part of the  **Opal HealthCare** family