

# Anglesea

a JAPARA home



# Welcome to Anglesea

Nestled alongside Kuarka Dorla Nature Reserve, Japara Anglesea offers a peaceful slice of beachside living you'll be proud to call home.

Perfectly positioned just a short stroll from local shops and the nearby beach, living with us means enjoying morning walks by the beach, afternoon tea in the garden with friends and visitors, and a range of lifestyle options. We tailor our options to meet your interests and preferences, from gardening to golf and singalongs to shopping trips.

You'll also experience the best of care from our compassionate and committed team, with a range of stay options to suit your needs. In every way we want you to enjoy the full quality of life Japara can offer, and all just a short stroll from the shops, parklands and beach of beautiful Anglesea.

# Lifestyle



There's always something happening at Japara. Our personalised lifestyle options offer a rich and rewarding range of activities designed for the wellbeing of everyone.

#### Entertainment

Watch your favourite film, enjoy a music performance and join in the fun of a singalong.

#### Wellness

Lawn bowls, morning walks, group exercise classes and more offer a variety of ways to stay active.

#### Games

Keep your mind healthy and sharp with a range of board games, cards, quizzes and other social activities.

#### Community

With regular shopping trips and library visits, as well as church visits to Japara, you'll stay connected to your local community.

#### Pampering

Treat yourself to some quiet time just for you, relaxing with a massage or an aromatherapy treatment.

#### Learning

Brush up on a skill or develop a new passion, with a range of activities on offer such as woodwork, dance, art and craft.

#### Hairdressing

With the convenience of an on-site hairdressing salon, you can keep looking your best without leaving home.



Healthy, hearty and delicious. We serve a seasonal menu of meals prepared fresh by our chef.

Here's just a taste:

#### Breakfast

A full continental breakfast including cereals, fruits and porridge

#### Lunch

Farmhouse beef hot pot  
Cinnamon pears with custard

#### Dinner

Hearty scotch broth  
Homemade sausage roll and salad  
Queens pudding with cream

# Care

With around the clock care, the health of your body and mind rests in the best of hands. We offer a level of care suited to each resident's needs.

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Registered nurses onsite 24 hours a day, 7 days a week

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Caring, committed and compassionate staff

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Individualised support and therapy plans

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Visits from your own doctor or specialist

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Dementia friendly environment

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Palliative care options available

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Talk to us about our Japara Signature packages with a wide range of care, stay and lifestyle options.

# Stay

Our spacious single and double room accommodation provides the ideal option for singles, as well as couples who would like to live together while receiving the benefits of 24-hour care.

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Respite, day respite and permanent care available

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Private or shared room accommodation available

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All rooms have private ensuites

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Hairdressing salon

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Join the fun with friends old and new in the lounge, or enjoy some time to yourself in the beautiful gardens and courtyards.



# Location

Our position in peaceful Anglesea allows residents to enjoy the best of seaside living, just a 10-minute walk to the beach or the local shopping precinct.

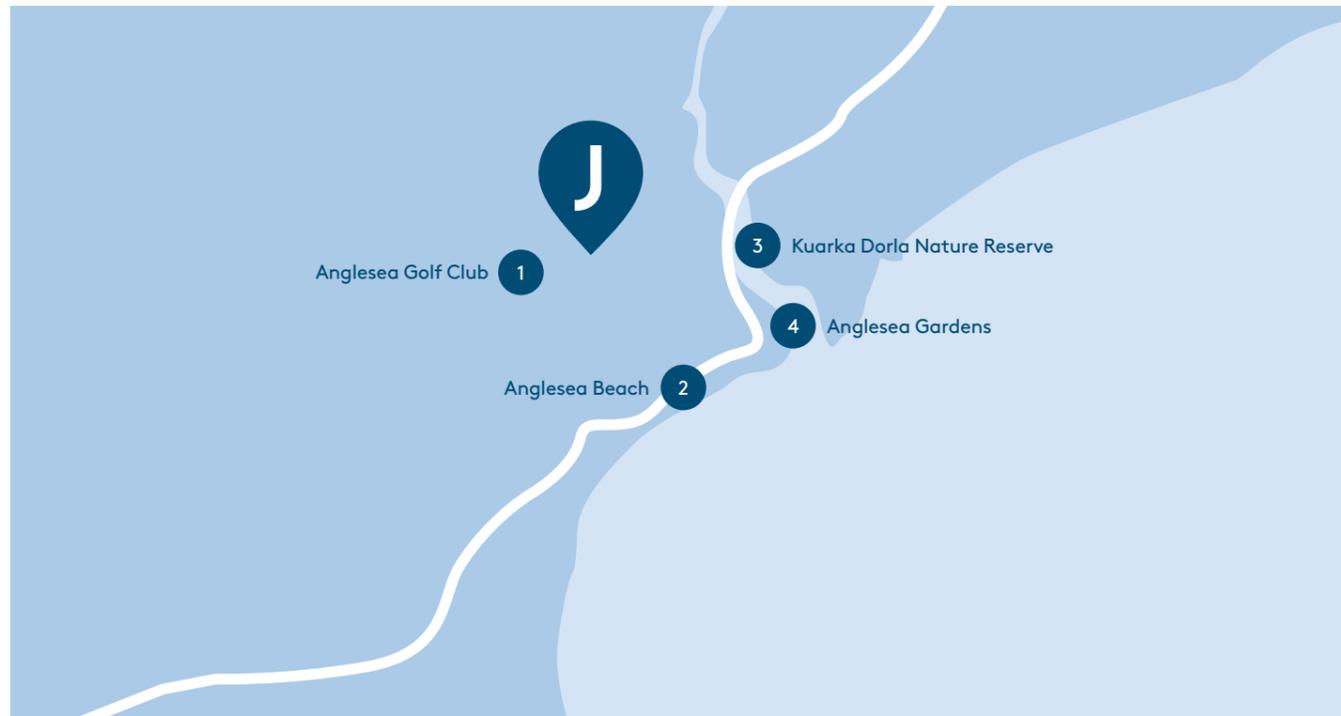
We maintain close links with the community, with regular visits from guests and local groups, as well as a range of coach outings to places of interest.

We welcome family and friends any time of day – encouraging residents to explore the local area, take a dip in the ocean or enjoy a cup of coffee at a local café. And all in the best of company.

Each Japara location is chosen to provide convenience and connectivity for residents and guests.



The neighbouring Kuarka Dorla Nature Reserve is home to flat walking paths, shady trees, picnic tables and the occasional kangaroo.



# Our door is open.

To arrange a tour or for more information, please call Japara Anglesea on 03 5263 9300, or visit [japara.com.au](http://japara.com.au)



Japara would like to thank all residents, family members and staff who helped create this brochure.



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