



The Peninsula Villages *Lifestyle*



YOUR LIFE
YOUR CHOICE
OUR COMMUNITIES



Live Life Your Way

Peninsula Villages is a collection of idyllic retirement living and aged care communities located on the Central Coast.

Our charming communities boast an array of amenities, recreational activities and onsite facilities that make them highly desirable places to live.

Our communities provide residents with the perfect balance between flexibility and an active lifestyle. Whether you are a nature enthusiast, an art lover, a food connoisseur, or someone seeking a close-knit community, Peninsula Villages have something to offer for everyone.

Embrace the charm of our communities and discover a truly fulfilling and enriching lifestyle.

Gardens & Natural Surroundings

One of the standout features of Peninsula Villages is our stunning natural surroundings. Nestled amongst picturesque gardens, residents can revel in the tranquillity of well-landscaped gardens and outdoor areas. Whether it's taking a leisurely stroll within the village courtyards, enjoying a cup of tea in the onsite tea house or simply enjoying the surrounds of each community, residents are spoiled for choice when it comes to immersing themselves in the great outdoors.

Recreational Activities & Wellness Centre

Peninsula Villages offers an abundance of recreational activities for those seeking an active lifestyle. Residents can participate in a wide range of onsite activities and sports, including bowls, swimming and darts. The Peninsula Villages communities are also equipped with a Wellness Centre that includes state-of-the-art rehabilitation and fitness equipment.

In addition, all our communities organise group classes and clubs for various interests, such as yoga, water aerobics, and book clubs. This helps to foster a sense of community and camaraderie among residents.





Resident Activities

Peninsula Villages' Independent Living communities offer a variety of activities and events for residents to enjoy. Some of the most popular activities include book clubs, exercise classes, bowling clubs, and excursion groups. The communities also have a wheelchair accessible pool and an undercover bowling green for residents to use.

Peninsula Villages' Aged Care communities offer a wide range of activities and programs to help residents stay active and engaged. The Wellbeing Team organises weekly activity programs with activities catering to varying needs and abilities. Some of the activities offered include:

- Group games and activities
- Quizzes and bingo
- Exercise classes
- Indoor golf and bowls
- Aqua exercise and activities
- Themed evenings and parties
- Music groups and appreciation
- Concerts and entertainment
- Pet therapy and community visits
- Excursions and day trips

To learn more about the latest activity schedules, please contact the Wellbeing Manager at 02 4344 9199.



ARTS AND CRAFTS

Arts and crafts are a popular hobby for many older people. They allow residents to be creative and express themselves in a unique way. Peninsula Villages offers a variety of arts and crafts activities, such as painting, drawing, and quilting.



SINGING & MUSICAL ACTIVITIES:

Peninsula Villages also offers a variety of singing and musical activities, such as sing-along sessions, concerts, and musical performances. These activities are enjoyable, but they also help promote a sense of well-being.



SPIRITUAL ACTIVITIES

Peninsula Villages also offers a variety of spiritual activities, such as church services and religious gatherings. These activities can provide residents with a sense of peace and comfort.



HAIRDRESSING

Peninsula Villages also offers a hairdressing service, which includes wash, blow dry, cut, and styling. These services are enjoyable, but they also help promote a sense of well-being.



IN-HOUSE LIBRARY & CAFETERIA

Peninsula Villages also has an in-house library and cafeteria. The library offers a comprehensive supply of books for residents to enjoy. Reading is an activity that people of all ages can enjoy, and it's a great way to stimulate the mind and maintain their cognitive ability. The cafeteria offers a variety of food and drinks for residents to purchase.





Dining

Dining at Peninsula Villages is a social experience. Meals are served in a homely environment that promotes interaction and a sense of community. Peninsula Villages is pleased to have an experienced in-house chef who prepares a seasonal menu for residents. Our ethos for our menus is based on providing flavourful, nutritious meals that foster an enjoyment of food by our residents. All meals are cooked on site and prepared daily.

Meals are provided to our care residents. Our retirement living residents are also able to access community meals as part of a care package. Please enquire with our team to learn more about the options available to you.

Community Engagement & Social Events

Peninsula Villages is committed to creating a sense of community for its residents. Residents can participate in a variety of community engagement activities, such as volunteering, charity days and resident morning teas. Regular social events are also hosted throughout the year to foster a strong sense of belonging and provide opportunities for residents to connect with their neighbors and build lasting friendships.

Resident Excursions

Across all of our communities, Peninsula Villages promotes variety, inclusivity and choice, encouraging residents to participate in activities, events and excursions that interest them.

Our excursions cover the Central Coast, Sydney and Newcastle areas with destinations including Avoca Beach Picture Theatre, Gosford Race Club, Newcastle Civic Centre and the Sydney Entertainment Centre. We also have a weekly shopping trip to local centres on the Coast and trips to a variety of cafes, restaurants and clubs.





Onsite Services

While Ambleside Village, Cooina Village and Springwood Village offer their own unique services to residents, we are pleased to offer a wide range of convenient services to our residents at Peninsula Villages, Don Leggett House, Pam Palmer House and Pozieres House, including:



Laundry



Chapel Services



Meals



Village Café



Hairdressers



Wellness Centre



Health Services

Contact us

02 4344 9199

agedcare@penvill.com.au

peninsulavillages.com.au

Connect with us on Facebook

