

# Community Services

### Live, laugh, have fun & stay connected with others

Maroba provide a range of community aged care services for people living at home who want to maintain their well-being and stay connected with others.

Our community aged care services provide wellness-based programs and personal support delivered by our friendly and professional staff.

You can decide what services you need and what interests you.

Our wellness programs are designed to keep you active, maintain or improve health and facilitate social interaction. We work with you to set lifestyle goals, create personalised plans and help you achieve them.

#### Our Services

- Gym sessions increase strength and balance
- Exercise programs improving strength, movement and health
- Physiotherapy improve or regain better mobility
- Community events engage in daily activities to have fun, themed days, bus trips, learn new skills and make social connections
- **'Stay the day'** stay with us and get involved in our daily activities, enjoy a meal or relax with friends
- Maroba 'essentials' enjoy a visit to our onsite hair salon, day spa, library, or access spiritual and pastoral care
- Health support use our allied health specialists for support with physical and mental health

#### Enjoy life and love every minute being part our friendly Maroba Community!





58 Edith St, Waratah, 2298

## Community Services Our Services Price List

Gym session Exercise class Physiotherapy	\$10.00 \$10.00 \$115.00 (initial assessment) \$99.00 (per session)
Bus trips	\$15.00 minimum cost
(Prices will vary depending on outing, entry costs, etc)	
Themed Luncheons	\$30.00
(includes concert, 2 course meal, beverages)	
Packages	
Activity plus morning tea	\$14.00
Activity plus morning tea and 2 course lunch	\$26.00
Stay the day	\$90.00 & ½ day \$45.00
(includes morning tea, activities, 2 course lunch, afternoon tea)	
Beauty Services	
File & Polish	\$20.00
Manicure, Polish & Hand massage	\$28.00
Pedicure & Polish	\$32.00
Luxury Facial – 60 minutes	\$65.00
Express Facial – 30 minutes	\$45.00
Swedish Massage – 60 minutes	\$75.00
Neck, Back & Shoulders Massage- 30 minutes	\$35.00
Coconut Scalp & Shoulder Massage – 30 minutes	\$35.00
Indian Head Massage – 30 minutes	\$45.00
(oil massage for relaxation & stress)	
Full Body Treatment – 90 minutes	\$100.00
(includes body exfoliation, spa bath, moisturizer & Light Massage)	
Spa Bath – 60 minutes	\$55.00
(includes candles, strawberries & chocolates & glass of wine)	
Hair Removal – eyebrows, lip or chin	\$10.00-\$12.00

Hairdresser services also available. Note: Prices are subject to change annually, in July.

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