



PART 'G'

Enhancing your health and wellbeing.

Westerling
NORTH ADELAIDE

A place to thrive.

Our vision for Westering North Adelaide is to create a premium retirement community where you can flourish – socially, physically, and mentally.



Every element of the planning process is guided by this commitment to your wellbeing. Backed by extensive research, retirement living offers a lifestyle choice that supports greater connection, health, and peace of mind – making it a smart and fulfilling decision for your next chapter.

Retirement Living: Fostering social connections.

Retirement living offers more than convenience – it opens up new opportunities for meaningful social connection. Research shows that community residents are more socially active, and this translates to better health outcomes.

25%

Around 25% of Australians aged 65+ are socially isolated.

65+

5X

Retirement community residents are up to 5 times more likely to take part in social activities.



At Westering North Adelaide, we're building in spaces for community, connection and shared interests – because it's these everyday moments that make life richer. And based on your feedback, we know you value this too.

Physical health benefits to Retirement Living at Westering North Adelaide.

We understand how important it is to stay physically active as you age – not just for health, but for enjoyment. That's why we're including amenities such as a fitness centre, walking paths, and recreational options in our planning. These are not just facilities – they're invitations to move more, connect more, and enjoy more.

What you had to say:



Wellness and exercise classes received a score of 4.1 out of 5 in terms of importance. This highlights a strong interest in maintaining physical and mental wellbeing through group activity.

4.1/5



Fitness centre achieved a score of 4.2 out of 5 in terms of importance. Future residents value easy access to spaces that support independent health and mobility.

4.2/5



Visiting allied health professionals achieved a score of 4.3 out of 5 in terms of importance.

4.3/5

The insights from our future residents have made it clear: health matters. From everyday fitness to occasional access to health professionals, we're designing Westering to support how you want to live.

Retirement Living: Supporting physical health.

What the research says:

30%

of retirement community residents take part in onsite fitness programs.



69%

get at least 30 minutes of exercise each week.



14k

fewer hospital admissions are linked to better access to care and healthier lifestyles in retirement communities.



At Westering North Adelaide, we're creating more than a place to live – we're building a community where you can thrive on your terms.

Thank you.

We look forward to providing you with our exciting updates on Westering North Adelaide as the year progresses.

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