

Seniors' catering has never been this good

You know you're on to a good thing when you can get Curtis Stone's food at The Alba Apartments' restaurant.

There are certain comedy tropes that have endured for decades, including the differences between cats and dogs, problematic mothers-in-law and just how awful airline food can be.

But in more recent years, airlines have significantly lifted their catering game. A similar transformation is taking place in seniors' living environments, another sector that traditionally hasn't always had a great reputation when it comes to the quality of the food they serve.

In securing Curtis Stone Events to operate the rooftop restaurant at The Alba Apartments, Australian Unity has set a new industry benchmark. As the event business of the Australian celebrity chef, which he runs with his brother Luke Stone and long-time friend Chris Sheldon, Curtis Stone Events provides catering for the most high-profile and prestigious of occasions.

Guests of Flemington Racecourse's exclusive Birdcage this Spring Racing Carnival, for instance, were treated to the innovative fine food around which the chef has built his Michelin-starred international reputation.

Residents of The Alba can now enjoy this same calibre of lunches and dinners any day they choose to eat in Australian Unity's rooftop restaurant.

"You simply will not find food and beverage quality at this level of expertise at any



The Curtis Stone Events menus at the rooftop restaurant are exceptional quality and ensure residents' nutritional needs are met.



other seniors' living community anywhere in Melbourne," says The Alba sales director Rob Macpherson.

Located opposite Albert Park Lake, The Alba offers a mix of "easy living" apartments – an enhanced independent retirement living offering with tailored services which frees residents from daily chores so they can make the most of their retirement – and several floors of The Alba Aged Care Suites.

Next door is Australian Unity's independent retirement community, The Grace.

Its location means the elegant Level 15 Restaurant, which is for the exclusive use of residents of both buildings and their family and friends, has stunning views of both the lake and city skyline.

"The restaurant helps remove the burden of having to shop, food-prepare and cook every

night, especially if you live on your own," Macpherson says. "It's not always inspiring to cook for one, so this way you can enjoy amazing food with the company of others in a really spectacular looking space."

That's not to say passionate cooks must hang up their aprons. "The apartments are fully fitted out with kitchens so you can still cook meals or bake a tray of shortbread if you have guests coming over," he adds.

On Wednesday, December 6, The Alba is holding an event that will provide education on nutrition for optimal ageing, to be presented by wellness and healthy living manager Damian Rocks, who is experienced in ayurvedic medicine and naturopathy.

The event will also cover how the team at Curtis Stone Events has carefully created its menus to ensure the nutritional needs of

senior residents are met while not compromising on quality.

Best of all, Curtis Stone Events will be catering the afternoon tea "so you can get a real sense of the flavours and quality they serve daily", Macpherson says. Guests will also take home a delicious Christmas treat.

"We see our approach as the future of seniors living," he says. "Life at The Alba Apartments is designed for residents to forgo time previously spent on chores and maintenance so they can spend more time doing things they love – which, if they want, includes the luxury of having chef-prepared meals for lunch or dinner."

People considering retirement community living should seek professional, independent financial and legal advice.



Eat well, age well.

THE ALBA

ALBERT PARK LAKE

Discover the secret to optimal ageing through nutrition at The Alba, Australian Unity's new assisted living community for older people. Our Wellness & Healthy Living Manager, Damian Rocks will explain how good food is vital to ageing well. Curtis Stone Events will unveil their weekly-changing, three-course menu, that is designed to offer seasonal, healthy choices. Tour our innovative community and display apartments, savour refreshments and take home a Christmas treat. Mark your calendar now!

Nutrition for Healthy Ageing Event. Wednesday 6 December, 2pm – 4pm. The Alba 114 Albert Road, South Melbourne. RSVP by 1 December at hello@thealba.com.au

thealba.com.au

Australian Unity
Real Wellbeing

The Alba Apartments are owned and operated by Australian Unity Nominees Pty Ltd and managed by Australian Unity Retirement Living Management Pty Ltd.