

155 BALMORAL AVENUE

Winter Newsletter | February 2025



Key Milestones



Timeline:

2024: Substructure completed

2025: Building envelope, interior and exterior works begin, early Spring

2026: Grand Opening

Keeping our sidewalks safe:

With historic snowfalls this month, we've taken steps to ensure pedestrian safety including shoring ponding areas with biodegradable coir logs as well as increasing shovelling frequency.

COMMUNITY SURVEY:

We are looking forward to virtually meeting again in March. To best accommodate the majority, we are requesting your feedback. We have prepared a short, 3-question survey to assess the most convenient time to meet.

Please scan this QR code or visit

<https://forms.office.com/r/1mgfRWFrRG>

Responses are kindly requested by March 12, 2025.

Balmoral Community Advisory
Group Meetings Survey



Construction Updates



- In February, we completed the pouring, forming, and reinforcing of the Level 3 superstructure and started on Level 4. Only 9 more to go!
- At the end of construction, the third floor will be home to an additional 20 memory care suites with amenities to safely serve seniors living with dementia including a dining area, a beautiful private terrace, lounge, and interactive serenity space.
- The fourth floor will be home to assisted living suites with similar amenities.
- Ongoing installation of both mechanical and electrical piping.



24 Hour
Emergency Phone:
1-833-502-6426
Project #AD2212

Interesting Facts



Taking sustainable action on site!

At each of our sites, we are constantly seeking ways to reduce energy use through more sustainable equipment choices. At our Balmoral site, we needed an energy efficient way to light up our tower crane sign. Cranes are required to remain lit to ensure aircraft safety. Thanks to Hybrid Power Solutions, we found a fuel-free and silent power option – using a rechargeable battery for our team to keep the sign illuminated when generators are off.

Site Superintendent, Dino Rissi is all smiles along with Rui Gasper and representatives from Fastening House Inc. who came to our site to demonstrate this innovative hybrid battery solution to our site crew. We continue to work with Amica and our partners to find ways to reduce energy use on-site through more sustainable equipment choices.



To make a project-related inquiry, please scan this QR code.

Living *with* Intention

Practicing Mindfulness in your senior years

Living intentionally means ensuring our daily actions align with our passions, joys, values, and purpose. Incorporating mindfulness into daily routines can help us be fully present in each moment. It allows us to connect more deeply with what matters most, making it easier to pursue meaningful goals and cultivate joy in our daily lives. Research has shown that mindfulness has significant benefits for mental and physical health, especially as we age.

Tips for Practicing Mindfulness

Mindful Mornings: Start the Day with Purpose

A mindful morning routine is a great way to ensure your day begins with intention. Take a few moments each morning to check in with yourself. Breathe deeply, notice how your body feels, and ask yourself what you hope to achieve today.

Benefit: Mindful mornings promote emotional regulation and help you start the day with clarity, reducing anxiety and fostering a sense of purpose.

Mindful Movement: Reconnect with Your Body

Mindfulness can be seamlessly integrated into physical activity. Whether you're walking, stretching, or practicing yoga, mindful movement allows you to stay connected to your body and the present moment. Pay attention to the sensations in your body as you move — notice how your muscles stretch, your feet contact the ground, or your breath deepens.

Benefit: Mindful movement reduces stress, improves flexibility, and enhances your overall well-being. It also provides an

opportunity to reconnect with activities you love, reinforcing your intentional goals.

Mindful Conversations: Foster Meaningful Connections

The social connections we nurture are essential to our well-being. Mindful conversations, where you focus your full attention on the person speaking, can deepen relationships and ensure that your interactions are aligned with the values of connection and support. Practice active listening and be present in the moment. This mindful approach not only enriches your relationships but also contributes to the fulfillment of intentional goals.

Benefit: Mindful conversations improve emotional connections, reduce misunderstandings, and enhance feelings of belonging and happiness.

Mindfulness in Nature: Connect with Natural Beauty

Whether enjoying a walk or simply sitting by a tree, nature invites you to be fully present. Notice the sights, sounds, and smells around you. Being in nature is a powerful reminder to slow down and appreciate the simple joys of life.

Benefit: Nature-based mindfulness has been shown to reduce anxiety, enhance mood, and improve cognitive function, making it an essential practice for emotional well-being.

Mindfulness is a powerful tool for living with intention and by integrating it into daily life, we can all cultivate a deeper sense of purpose and well-being.



AMICA BRIGHT SPOT

Last month, Amica residents discovered how Nordic countries embrace the magic of winter through their philosophies of living. A variety of sensory experiences were offered including virtual tours of Nordic lands, street market displays, holistic spa treatments and Nordic themed arts and crafts. A delicious dinner featuring dishes like duck breast served with icelandic billberry and skrie (Norwegian Cod) concluded the festivities, leaving residents wonderingwhere will we travel next?

Learn more about exceptional experiences at Amica at amica.ca.



Thank you for your continued patience throughout Balmoral's redevelopment. When we reopen, this beautifully designed retirement residence will offer seniors expansive views, well-appointed amenities, exceptional service and three levels of care to better serve you in the Deer Park neighbourhood you love.

In the meantime, if you have any questions about Amica, please call Susan at **416-927-0055**.

AMICA
SENIOR LIFESTYLES