

155 BALMORAL AVENUE



Summer Newsletter | July 2024

Working with our clients and partners, we've been building a better future, together, since 1987.

Key Milestones



Anticipated Timeline:

2024: Substructure completion date, late Spring

2024: Superstructure begins, late Summer

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

2026: Grand Opening

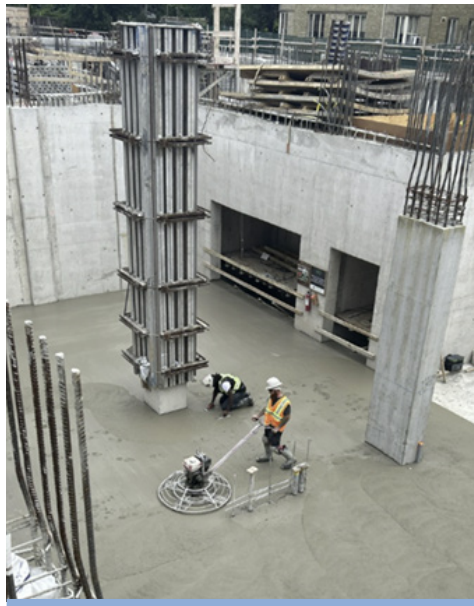


Construction Updates



Below grade level works that have been completed as part of the buildings' foundation include:

- Excavation & shoring
- Stairwells & elevator shaft construction
- Rough in work for mechanical & electrical elements
- All updates to the line painting on Avenue Road have been completed and reviewed by the City Transportation team.



Interesting Facts



- Demolition of the existing buildings is now complete as is the excavation of the site to lowest level.
- This allows for elevators, stairwells, mechanical and electrical equipment, and first level of underground parking.
- A luffer crane is now onsite and will remain while the building is vertically constructed.
- This type of crane allows the jib (or 'arm') and load to always stay within the site boundaries.

What's next?

- Starting from the west side of the property, we are working on the slab on grade. This forms the main floor of the building.

We are thankful to the community for its patience and understanding of the necessary road closures and lane adjustments to ensure safety for all.



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



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

How everyone, including older adults, can eat for health one nutrient at a time!



Whether you are preparing meals at home or shopping for a loved one, selecting foods which are rich in vitamins and minerals are vital to supporting healthy aging.

An easy tip: Choose foods that deliver the vitamins, nutrients and minerals are vital to supporting healthy aging.

A balanced diet is always important and certain vitamins like Vitamins B6, B12, D and Calcium help reduce the risk of illnesses like heart disease and osteoporosis. Learn more [HERE](#)

Amica's Signature Peanut Chicken Power Bowl Recipe

Created by **Chef Gary McBlain**, Amica's National Director of Culinary, this power bowl tops protein-rich quinoa with grilled chicken, colourful shredded veggies and a tasty peanut sauce so it's bursting with flavour and nutrients.

Peanut sauce

- 1 tablespoon sodium-reduced soy sauce
- 2 1/2 teaspoons freshly squeezed lime juice
- 1 1/4 teaspoons rice vinegar
- 2 1/2 teaspoons honey
- 1/4 teaspoon sambal oelek sauce or hot sauce

2 tablespoons peanut butter

2 teaspoons sesame oil

Quinoa bowl

- 1 cup cooked quinoa (or cooked brown rice, if you prefer)
- 3 oz grilled chicken breast
- 1 cup shredded purple cabbage
- 1/2 cup shredded carrot
- 1/3 cup cucumber, chopped into matchsticks
- 1 tablespoon finely chopped fresh cilantro
- 2 tablespoons chopped peanuts

Directions

1. To make the peanut sauce, whisk together soy sauce, lime juice, rice vinegar, honey, and sambal oelek sauce in a small bowl. Add the peanut butter and sesame oil and mix until well combined. If you prefer, toss all sauce ingredients into a blender or food processor and blend until smooth.
2. Toss cooked chicken with peanut sauce and set aside.
3. Divide quinoa into two bowls. Top each bowl of quinoa with chicken, cabbage, carrot, cucumber then drizzle with remaining peanut sauce. Sprinkle with cilantro and peanuts.

Makes 2 servings. **Enjoy!**



AMICA BRIGHT SPOT

Recently, Marie Mank, a resident of Amica Georgetown was invited to Amica's Support Office, along with 3 of her friends for a special ribbon cutting ceremony in her name.

Marie, honored for her efforts in knitting Remembrance Day poppies for the Royal Canadian Legion, was celebrated with a boardroom named after her. Her pattern was shared with all Amica residences resulting in thousands of poppies being knitted for the Royal Canadian Legion.

Click [HERE](#) to see Marie's inspiring story.



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