

AMICA KERRISDALE

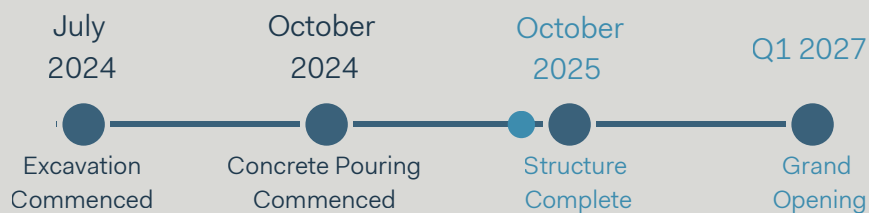
Quarterly
Newsletter

FALL 2025



Senior Living Redefined: Inspired by the timeless elegance of West Coast Modernism, this senior living concept embraces Vancouver's natural beauty. A curated palette of nature-inspired hues and refined materials evokes quiet luxury. With exquisite craftsmanship and a commitment to service, this environment sets a new benchmark where design and comfort harmonize to elevate everyday living.

CONSTRUCTION TIMELINE



CONSTRUCTION UPDATE

Exciting developments are taking place at Amica Kerrisdale! Window installation is officially underway, with level 1 on the north side progressing steadily and level 2 now joining the action. As work wraps up on the north side, crews will shift focus to the south side, keeping momentum strong.

Looking ahead, interior finishes are set to begin early fall, starting with steel stud framing, marking a major milestone in bringing the building's interior to life.

Stay tuned for more updates as we continue to build!



DESIGN HIGHLIGHT



Nestled above the vibrant cityscape of Vancouver, our rooftop garden will offer a peaceful retreat where residents can relax, socialize, and enjoy the beauty of nature. Surrounded by lush greenery and panoramic views of the mountains and ocean, this serene space will promote wellness, reduce stress, and encourage gentle physical activity. Whether you're tending to plants, sharing a cup of tea with friends, or simply soaking in the fresh air, the rooftop garden is sure to be a cherished amenity that fosters a strong sense of community.



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

INTRACORP
Building the Extraordinary

MARCON

AMICA
SENIOR LIFESTYLES

Bringing the outdoors...in!

How indoor plants support healthy aging.



It's easy to see why gardening is a cherished passion for so many: plants and nature enrich the mind, body and spirit

Studies indicate that indoor plants can significantly support healthy aging by improving both physical and mental well-being. They contribute to better air quality; enhance mood and can offer opportunities for social connection, particularly for older adults and seniors.

Connection to Nature

Indoor plants can help us feel more connected to nature, while improving mood and reducing mental fatigue and depression. Both indoor and outdoor gardening can also stimulate cognitive function and memory retention in seniors.

Reduced Stress and Anxiety

Research suggests that interacting with indoor plants can lower stress hormones like cortisol and blood pressure, leading to a more relaxed state and reduced anxiety. The sweet and calming aromas of jasmine and lavender are natural stress relievers which can soothe restlessness and enhance sleep quality.

Physical Health Benefits

Studies have also indicated that being around plants can improve physical flexibility, aid with managing weight, and reduce the need for certain medications. Dried orchids are used in traditional medicinal teas to boost the immune system and relieve feelings of fatigue. Peace lilies can increase the humidity of a room which aids in the prevention of dry skin and other respiratory issues.

Improved Air Quality

Indoor plants like snake plants and aloe vera act as natural air purifiers, removing harmful toxins and improving indoor air quality - especially important for seniors who may be more susceptible to respiratory issues. English Ivy is known to help reduce mold in the air.

Engagement and Purpose

Hobbies like gardening provide meaningful activities that can help seniors maintain a sense of purpose and independence. Simple tasks like watering, pruning, and observing plant growth can be mentally stimulating and physically engaging. They also foster opportunities for lifelong learning – it's never too late to try something new!

Incorporating indoor plants into living spaces can be a simple yet powerful way to promote healthy aging by enhancing physical, mental, and emotional well-being.



Visit amica.ca to learn more tips on healthy aging from the inside...out!



AMICA BRIGHT SPOT

Recently, our **Chief Development Officer, Derek Coss** was featured in a newspaper article where he shared his expertise around the shift away from institutional retirement settings to wellness-driven, hospitality-inspired communities. Derek highlights how Amica is leading this transformation, designing purpose-built spaces that prioritize connection, holistic wellness, and daily moments of joy through biophilic design, dynamic communal spaces, and thoughtful amenities.

See full article: "[Senior living redefined](#)" [HERE](#).

Visit us on social to see more ways we engage community and each other.



Thank you for your patience as we develop our new Amica. This thoughtfully designed residence, offering a full continuum of care will create a unique experience that seniors will enjoy as they age in place. Welcoming curb appeal and exceptional architecture will integrate with the community's existing character while enhancing its richness and diversity. We look forward to offering our best in class service and care in the Kerrisdale neighbourhood you love.

In the meantime, if you have any questions about Amica please call **604-566- 8910**.

AMICA
KERRISDALE