

155 BALMORAL AVENUE

Summer Newsletter | July 2025



Key Milestones



Timeline:

2024: Substructure completed

2025: Building envelope, interior and exterior works begin

2026: Grand Opening



Familiar faces: Andreia, Adrian, Dino, Sebin and Megan during a recent site visit.



Construction Updates



- All concrete slabs and columns have been poured up to Level 10.
- Along with Independent Living suites, this level will also feature a solarium.
- Wiring for electricity is now in place on Levels 3 through 5, and plumbing has reached Level 6.
- Several building systems are being installed throughout the building, including heating, cooling and sprinklers.
- On the exterior, you will see some added colour. Blue is waterproofing while yellow is insulation – both vital building materials!

Inspired Design

Balmoral's solarium is thoughtfully designed to promote wellness, comfort, and tranquility, creating a harmonious connection to others and nature. With direct access to the amenity terrace, expansive windows will flood the space with natural light, fostering a seamless indoor-outdoor experience. This inviting setting will encourage socialization and moments of quiet enjoyment.



In Good Hands!



A lifetime of building expertise

Peter Schwind began his career framing custom homes in Ontario as a carpenter. He later advanced into modular building, partnering on development projects involving small homes and commercial spaces.

Next came his chapter out west, where Peter helped build everything from retirement communities to box stores across BC and Alberta. Peter proudly brings decades of hands-on experience and a national perspective as Director of Construction at Amico.



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



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

Bringing the outdoors...in!

How indoor plants support healthy aging.



It's easy to see why millions are passionate gardeners: 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

Studies have shown indoor plants can help us feel more connected to nature, which has been shown to improve mood while 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 Toronto Sun 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 | Toronto Sun](#).

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



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 contact our Community Relations Team at **416-927-0055**.

AMICA
SENIOR LIFESTYLES