

AMICA KERRISDALE

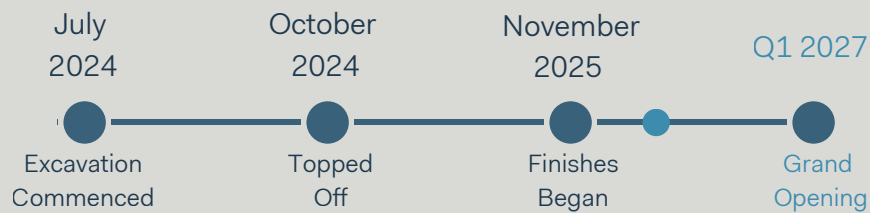
Quarterly
Newsletter

WINTER 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 milestones continue to take place at Amica Kerrisdale! As of October, the building has officially topped off - meaning the structure is now complete. This marks a major achievement in the construction journey.



Window wall installation is progressing well, with the north side nearly 90% complete. Crews are now shifting focus toward the south side, bringing overall completion to about halfway.

Inside the building, framing is underway on Levels 1 and 2, setting the stage for the next phase of finishes and design.

Stay tuned for more updates!

HOLIDAY SEASON IN KERRISDALE



Celebrate the magic of the season in Kerrisdale, where holiday charm fills the streets throughout December. On select Saturdays - December 6, 13, and 20 - the village comes alive from 11 AM to 4 PM with horse and carriage rides, festively decorated boutiques, and roaming performers spreading cheer.

Enjoy the sounds of the season with live music and strolling brass bands on December 7, 14, and 21. On December 23, the horse and carriage returns for one final festive ride, making it a perfect outing just before Christmas Eve.

Kerrisdale Village offers a nostalgic and joyful holiday experience for all ages.



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Tips to share Joy this holiday season



The holiday season is a wonderful opportunity to create joyful memories, connect with loved ones, and embrace both old traditions and new experiences. Amid the holiday hustle, it's still possible to make meaningful moments. Here are four tips to help you make the holidays special:

1. Turn nostalgia into “joyful reflections”

This holiday season, focus on creating a sense of joy through engaging in “joyful reflection.” Reminiscing about happy moments from holidays past, like the laughter around the dinner table or the joy of giving, can spark positive emotions. Take a trip down memory lane, but with an emphasis on the happy moments. This helps create a warm, optimistic outlook that brings the joy of those memories into the present. Create a “Memory Jar” by writing down your favourite memories or moments of joy from holidays past and revisit them together with loved ones in person or online.

2. Share “gratitude moments” with friends and loved ones

One of the simplest ways to boost happiness during the holidays is to practice gratitude, not just privately but in a shared, meaningful way. Express gratitude by writing or sharing a heartfelt note with someone you care about. This practice isn't just for the giver — it strengthens bonds and lifts both the person expressing thanks and the recipient. Sharing ‘gratitude moments’ can be a beautiful holiday tradition that makes everyone feel seen, valued, and connected.

3. Engage in “mindful reflection” on holiday traditions

Sometimes, the holidays can feel like a repetitive cycle. Psychologically, engaging in “mindful reflection” by consciously observing and appreciating long-standing traditions or rituals — whether it's decorating the tree, lighting candles, or the smell of your favourite holiday foods coming out of the oven — can foster a deep sense of present-moment joy. This season, participate in these traditions with intention and experience them noticing how each element brings a sense of continuity and connection to their past, present, and future.

4. Create new traditions for fresh joy

While old traditions hold sentimental value, trying something new can bring a fresh wave of excitement and happiness. Psychologically, novelty stimulates positive emotions, so this season start a new tradition that excites you — whether it's baking a new recipe, making a DIY holiday craft, or watching a holiday movie you've never seen before. These new experiences can bring a delightful sense of renewal, keeping the holiday season fresh and vibrant.



AMICA BRIGHT SPOT

Amica resident Marina Wu recently uncovered a wonderful new passion for painting. Although she'd always enjoyed doodling while raising her daughters, she never had the chance to explore art more deeply—until she joined a volunteer-led painting class at Amica.

The moment Marina picked up a brush, her instructor assumed she'd been painting for years. To everyone's surprise and delight, it was her very first time.

Marina now nurtures her creativity through YouTube tutorials and residence art classes, much to the joy of her proud family. She paints almost every day—and this year, her snowy scene was selected for the Amica Helping Hands Charity holiday card.

“Always try new things,” Marina says. “You never know, you might have a hidden talent!”

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**.

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