

155 BALMORAL AVENUE

Fall Newsletter | September 2024



Key Milestones



Anticipated Timeline:

2024: Substructure Complete

2024: Superstructure begins, late Summer

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

2026: Grand Opening



With the return to school, pedestrians are reminded to follow flag personnel directions to ensure everyone's safety.



Construction Updates



Below grade level works that have been completed include:

- Foundation and waterproofing
- Footing excavation and concrete footings
- Forming and pouring of concrete slab on grade

Work continuing on Level One includes:

- Concrete/forming pouring continue on ground and level one
- Mechanical, electrical rough-ins in the slab
- Reinforcing steel installation



from left: Peter & Sebin

Familiar Faces



Director of Construction at Amico Design Build, **Peter** manages the overall construction progress and works closely with sub-contractors and trades who perform work on site daily.

As one of the Project Coordinators' at Amico Design Build, **Sebin** works closely with the sub-consultants to organize bid and tenders and requests for information for elements of the building. There are over 55 scopes of work to tender for the building!

As Senior Site Superintendent, at Amico Design Build, **Dino** is the "boots on the ground" everyday at site. He oversees all stages of the construction and is the daily go-to manager for just about everything! Dino has built numerous schools, condominiums, and retirement homes across the GTA!



from left: Emanuel & Dino

As Senior Project Manager of Construction, Amica Senior Lifestyles, **Emanuel**, keeps a watchful eye on budget, and routinely liaises with the Design and Operations teams to keep all projects on track. He has worked on many projects across Canada.



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



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

7 stimulating activities to support brain health

September marks the return of Autumn and with it, treasured traditions like apple picking, changing seasonal wardrobes and planning road trips to enjoy the beautiful Fall colours. It also brings the gradual reduction of daily sun which can result in lower serotonin levels and impact overall brain health.

Factors such as aging, stress, genetics, health conditions and lifestyle choices like drinking and smoking can impact brain function but research shows that there are plenty of things we all can do to protect and enhance our cognitive skills.

Try these simple time-tested tips and strategies to exercise your brain and boost your cognitive function...in any season!

1. Move your body to benefit your brain

Moderate-to-vigorous exercise isn't just good for your heart and your body — it also increases blood flow and oxygen to the brain, which helps improve memory and decrease the risk of dementia. So go for a brisk walk, a swim, or an exercise class every day. Or try a new sport for a bonus brain boost.

2. Learn something new

Use an app to practice a new language, experience the benefits of art and art-making, take an online course or discover something new at your local museum.

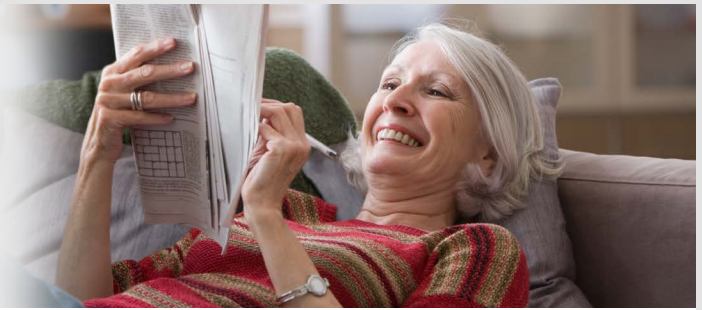
3. Challenge yourself with brain games

Games are great for building focus, memory, and critical thinking skills. Crossword puzzles, video games, number and word puzzles, Sudoku, memory challenges, chess, backgammon, and card games all keep your brain humming.



AMICA BRIGHT SPOT

We are still buzzing from our Sip & Savour national events hosted earlier this month. Residents, team members and guests came together to celebrate the true 'Joie De Vivre' of living in Canada through innovative VR experiences, amazing food, local wines, music and so much more. We can't wait for the next one!



4. Catch more ZZZ's

A good night's sleep helps the brain set memories and repair itself. Getting seven to eight hours of sleep each night can positively affect your concentration, memory, and mood. Visit sleeponitcanada.ca to learn more.

5. Guard your mental health

Left unchecked, stress negatively impacts your memory, mood, and brain function, and can contribute to a variety of health conditions. Listening to music, meditation, nature walks, journaling, knitting and colouring are all soothing activities that can lower stress.

6. Make smart, healthy choices

When you eat more vegetables, fruits, and fish with omega-3 fatty acids, quit smoking and reduce your alcohol intake, you're helping your body and your brain. Those healthy actions help prevent disease and benefit your blood vessels, which deliver nourishing blood and oxygen to your brain.

7. Socialize to stay sharp

Great news: spending time socializing with friends and family is not only enjoyable, it also improves brain function and lowers the risk of dementia.

Make your life as colourful as the beauty you see in the trees around you!

To learn more about healthy aging, visit 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