

155 BALMORAL AVENUE

Fall Newsletter | November 2024



Key Milestones



Anticipated Timeline:

2024: Substructure Complete

2025: Building envelope, interior and exterior work begin

2026: Grand Opening



With winter fast approaching, pedestrians are reminded to follow flag personnel directions to ensure everyone's safety, and lane adjustments to ensure safety for all.

Construction Updates



Recently completed this month!

- Level 1 mezzanine concrete slab along with the stairs in late October
- The mezzanine will be a beautiful feature entry area for residents and visitors
- Throughout November, the pouring and finishing of the Level 2 slab has continued from east to west
- The second floor will be home to dedicated memory care suites with amenities to safely serve seniors living with dementia

Familiar Faces



As Amica's Senior Development Manager, Aysan has been working alongside a team of experts to reimagine Balmoral as an elevated design concept, delivering a refined lifestyle to serve the unique needs of seniors while drawing connection to the vibrant community...just steps from their door. Aysan shares the development "will take its cues from New York City's classic Park Avenue residences, blending timeless architectural elements with a contemporary twist." A grand porch along Avenue Road will bring residents closer to the neighborhood's lively atmosphere while providing a gentle, welcoming buffer from the busy thoroughfare.



What's next?

- Amongst the concrete and rebar on site, will be the placement of major mechanical equipment including HVAC systems, piping and plumbing.

Fun Fact

- Willis Carrier invented the first air conditioner in 1902. The 26-year old got the idea while looking at fog on a train platform in Pittsburg. He founded the Carrier Engineering Corporation 13 years later in 1915.



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



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



Mindful Tips To De-Stress This Holiday Season

While the holidays are filled with many joyful moments with family and friends, they can also bring stress, exhaustion, frustration, and pressure to make everything perfect. How often do you find yourself cleaning the kitchen when guests have left to realize you forgot to cook the beans, put out the salad or find the bread warm in the oven? Have you gotten so distracted by store sales and lengthy line ups that you've missed an appointment or been late to pick up your children? These small blunders seem to multiply during the holiday season.

Why is that?

Simply put, the holiday season can be stressful! This is not surprising given that during the holidays, we tend to:

- Operate outside our normal routines.
- Multi-task more than usual.
- Feel overwhelmed and get less sleep.
- Be surrounded by more people than usual.
- Have higher expectations of everything being 'just right.'

Dr. Neda Gould, PhD and clinical psychologist and director of Johns Hopkins Mindfulness Program at Johns Hopkins University of School of Medicine shares [4 mindful tips to help make your holidays brighter and reduce day to day holiday stressors.](#)

1. ACCEPT IMPERFECTION

Before you start preparing, acknowledge that things may not go exactly as planned. "It's OK if it's not perfect. Imperfection is healthy and normal. For some of us, it might just take a little practice."

2. DON'T LOSE SIGHT OF WHAT REALLY MATTERS

Keep perspective and reflect if this moment is a big moment among other things. Take a moment to think of things you are grateful for or compliment someone around you.

3. RESPOND WITH KINDNESS

Think of those who are alone over the holidays and how difficult it must be for them. Take a breath and extend an act of kindness.

4. RETHINK YOUR RESOLUTIONS

Start small and be kind to yourself. Reset your goals from last year without shame if needed.

These mindful tips may find you enjoying the holidays just a little more this year!

Happy holidays to all.



AMICA BRIGHT SPOT

On November 14, Amica partners, residents, and team members came together in the iconic Crystal Ballroom at the OMNI King Edward Hotel in downtown Toronto to enjoy an evening of laughter, connection, and great company at the Amica Helping Hands *Inspiring Conversations Gala*. We are delighted to announce the event raised close to **\$500,000 (...and counting!)** in donations to support Canadian seniors in need.

Click [HERE](#) to learn more about the charity.



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