

155 BALMORAL AVENUE

Spring Newsletter | March 2025



Key Milestones



Timeline:

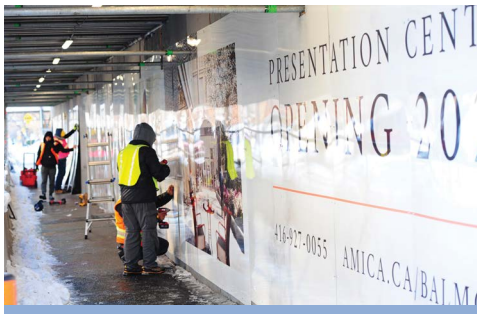
2024: Substructure completed

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

2026: Grand Opening

Hoarding upgrade:

- Earlier this month the grey hoarding was replaced with new Amica branded hoarding.
- Approximately 575 feet of hoarding surrounds the site, making this the largest installation for Amica to date.



Construction Updates



- Work is well underway on the building's concrete slab and concrete columns on Levels 4 and 5.
- The main electrical transformer has arrived on site and is now situated in the electrical room.
- The 5th floor will be home to an additional 18 assisted living suites, a dining area, amenity spaces and a terrace featuring an outdoor kitchen with beautiful views of Toronto's skyline.

What's next?

- In late March, work will progress to Level 6 which will be a full amenity floor, including an additional outdoor terrace



Making a Difference



Women in Construction

Having a tangible impact on people's lives is what inspired Megan Lewry to pursue a career in construction and continues to fuel her dedication to making a difference.

Her passion comes from being part of transformative developments that will shape communities for generations to come. Megan, who is the Assistant Project Manager for the Balmoral project is inspired to contribute to creating a place that future residents will call home. She believes gender diversity in construction is essential to bringing fresh perspectives and innovation.

"It's important to recognize the contributions of women in the construction industry. Uplifting women in this field shows other women that these positions are achievable."

We were proud to recognize Megan earlier this month on International Women's Day.



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



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

Mindful Reflection

A Key Step to Living with Intention

As we age, life offers new opportunities for growth and introspection. A powerful tool that can help guide us through these transitions is reflection. Reflection allows us to pause, look back on our experiences, and assess whether our choices align with our core values and life goals.

The Power of Reflection

Reflection involves reviewing past experiences, drawing lessons from them, and aligning our actions to what matters most. Psychology research has shown that reflecting can promote emotional well-being, increase self-awareness and self-belief, and enhance decision-making. Reflection can improve overall life satisfaction and help seniors navigate change. Here are some simple tips for incorporating reflection into daily living... at any age.

Set Time for Regular Reflection

Designate a specific time to reflect, whether daily or weekly, and build a routine around it. As an example, every Sunday morning, sit in a quiet and comfortable place with your favourite beverage and spend time reflecting on your week. This consistency will help you stay connected to your values and goals.

Keep a Journal

Writing down your thoughts helps you clarify and align with your values and track personal growth. Research has shown that journaling can enhance self-reflection, crystallize our thoughts, and improve emotional well-being.

Add Joy to Your Life

Reflection isn't just about reviewing the past — it can also be used to bring joy into the present. Research in positive psychology has shown that engaging in activities that bring joy, such as hobbies or spending time with loved ones, can boost happiness and life satisfaction.

The full Living with Intention series can be found at amica.ca/living-with-intention.

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Spotlighting Women at Amica

AMICA BRIGHT SPOT

On International Women's Day, we took a moment to recognize and honour the incredible women who are part of Amica Senior Lifestyles.

At Amica, we are privileged to have a team of extraordinary women who inspire us with their dedication, compassion and leadership. Whether they are caring for our residents, driving innovation, or supporting our operations, the impact of the women at Amica is profound and far-reaching. We also acknowledge our residents; many of whom are trailblazers and women of influence who we are grateful to learn from every day.

To see more inspiring stories, follow us on social media:



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**.

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