

AMICA
KERRISDALE

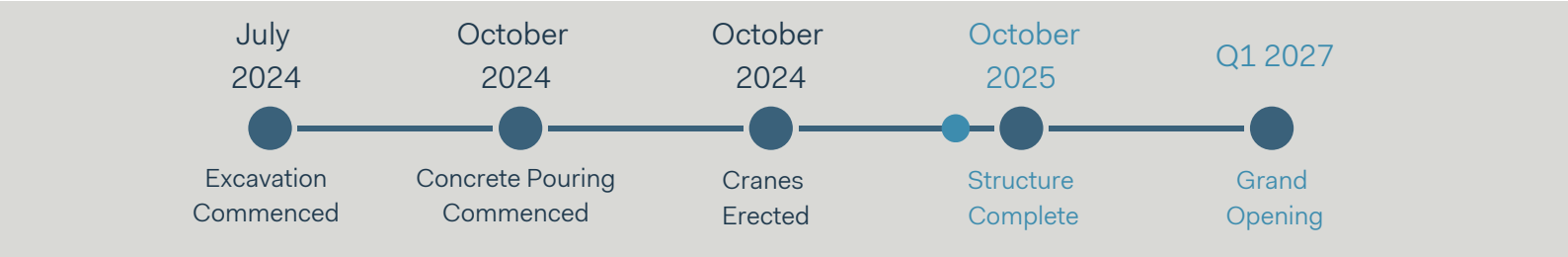
Upcoming Residence at
Granville and 47th

Quarterly
Newsletter

SUMMER 2025



CONSTRUCTION TIMELINE



CONSTRUCTION UPDATE

Construction is progressing steadily across the site. On the north side, the structure has reached the fourth floor, while the south side is currently at the second level. In the central section, work is underway on the third floor. We're on track to begin roofing in July, and the building is expected to be fully topped off shortly thereafter. From July through October, roofing work will continue until completion. Around the same time in July, window installation will also begin, marking another exciting milestone in the development of this community.



IN THE NEIGHBOURHOOD



This summer, VanDusen Botanical Garden is celebrating its 50th anniversary with a season-long Lecture Series and special programming that highlights the garden's legacy of environmental education and community connection. Visitors can enjoy thought-provoking talks, guided tours, and the serene beauty of over 7,500 plant species spread across 55 acres of curated landscapes.

Only a 5-minute drive or a pleasant 30-minute walk from Amica Kerrisdale, VanDusen is a perfect summer outing for those who appreciate nature, culture, and quiet reflection. Learn more through the QR code:



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

Living with Intention

Practicing Mindfulness in your senior years



Living intentionally means ensuring our daily actions align with our passions, joys, values, and purpose. Incorporating mindfulness into daily routines can help us be fully present in each moment. It allows us to connect more deeply with what matters most, making it easier to pursue meaningful goals and cultivate joy in our daily lives. Research has shown that mindfulness has significant benefits for mental and physical health, especially as we age.

Tips for Practicing Mindfulness

Mindful Mornings: Start the Day with Purpose

A mindful morning routine is a great way to ensure your day begins with intention. Take a few moments each morning to check in with yourself. Breathe deeply, notice how your body feels, and ask yourself what you hope to achieve today.

Benefit: Mindful mornings promote emotional regulation and help you start the day with clarity, reducing anxiety and fostering a sense of purpose.

Mindful Movement: Reconnect with Your Body

Mindfulness can be seamlessly integrated into physical activity. Whether you're walking, stretching, or practicing yoga, mindful movement allows you to stay connected to your body and the present moment. Pay attention to the sensations in your body as you move — notice how your muscles stretch, your feet contact the ground, or your breath deepens.

Benefit: Mindful movement reduces stress, improves flexibility, and enhances your overall well-being. It also provides an

opportunity to reconnect with activities you love, reinforcing your intentional goals.

Mindful Conversations: Foster Meaningful Connections

The social connections we nurture are essential to our well-being. Mindful conversations, where you focus your full attention on the person speaking, can deepen relationships and ensure that your interactions are aligned with the values of connection and support. Practice active listening and be present in the moment. This mindful approach not only enriches your relationships but also contributes to the fulfillment of intentional goals.

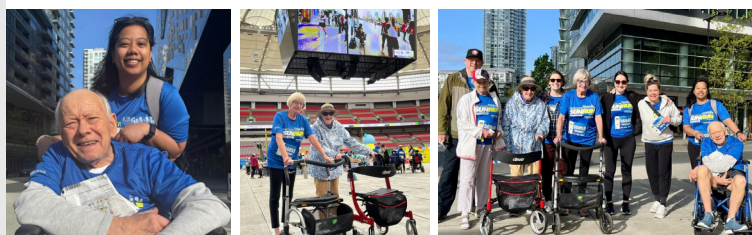
Benefit: Mindful conversations improve emotional connections, reduce misunderstandings, and enhance feelings of belonging and happiness.

Mindfulness in Nature: Connect with Natural Beauty

Whether enjoying a walk or simply sitting by a tree, nature invites you to be fully present. Notice the sights, sounds, and smells around you. Being in nature is a powerful reminder to slow down and appreciate the simple joys of life.

Benefit: Nature-based mindfulness has been shown to reduce anxiety, enhance mood, and improve cognitive function, making it an essential practice for emotional well-being.

Mindfulness is a powerful tool for living with intention and by integrating it into daily life, we can all cultivate a deeper sense of purpose and well-being.



AMICA BRIGHT SPOT

Amica team members are encouraged to "own their impact" at every opportunity and last month, one of our leadership team did just that! Here is her heartwarming story of caring with purpose.

"This past year, I had the joy of helping a very special senior fulfill one of his dreams. He had asked me if I could run on his behalf in the VanSun marathon, and I promised I would...and he did! I had the chance to make that wish come true — and hearing him say, 'I never thought this would actually happen!' was one of the happiest moments I've experienced. Helping others find joy, no matter how big or small the dream, is truly the most rewarding part of this journey."

Follow us on social to see more special moments.



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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