

# 155 BALMORAL AVENUE

Summer Newsletter | June 2025



## Key Milestones



### Timeline:

**2024:** Substructure completed

**2025:** Building envelope, interior and exterior works begin, early Summer

**2026:** Grand Opening

### Amica Balmoral continues to climb!

Currently standing at 7 storeys, we are a little over halfway there.

Special thanks to our partners at Symtech for this incredible picture!



## Construction Updates



- Concrete slabs and columns have been poured on Level 7, and work is now well underway on Level 8 and 9.
- These levels will be residential floors featuring 1-and 2-bedroom independent living suites.
- These levels will also house select premium suites with expanded living space and full kitchens.
- Wiring for electricity is now in place on Levels 3 through 5, and plumbing has reached up to Level 6.
- Work on the heating and cooling systems has also begun, with key components being installed between the basement and the second floor.
- All the temporary supports around the building have now been removed. This is a major milestone to reach a self-supporting structure!



## Reaching New Heights



A family legacy in the sky!

Meet crane operator, **Michael Tansella**, whose passion for heights was sparked by his father. As a child, Michael listened to his father's stories from the operator's cab. By 19, he was spending summer breaks by his father's side, learning from one of the best. Those formative summers inspired Michael to pursue formal training. Since completing his schooling and earning his operator's ticket, he's been doing what he loves ever since.

*"There are no words to describe the feeling up there," he says. "It's beautiful, and it comes with great responsibility."*

Michael's journey is a reminder that sometimes, the best careers are the ones built on both inspiration and legacy.



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# Sleep Well, Live Well



A good night's sleep is one of the simplest ways to feel your best — at any age. But as we get older, falling and staying asleep can become more challenging.

The good news? Small changes to daily habits can make a big difference.

## Establish a consistent bedtime routine

Going to bed and waking up at the same time every day helps regulate your body's internal clock and sets your 'circadian rhythm,' making it easier to fall asleep and wake up feeling refreshed. Habits such as dimming the lights, lighting a calming candle, or engaging in a quiet activity like reading, signal to the body that it's time to wind down.

## Unplug and wind down before bed

Contrary to popular belief, alcohol is detrimental to restful sleep and a leading cause of insomnia, so it's best to avoid alcohol at least three hours before bedtime. Caffeine and large meals close to bedtime can overstimulate the body and make it harder to fall asleep.

Scrolling through our phones or watching TV before bed is a guilty pleasure many of us indulge in, but screens emit blue light that suppresses melatonin production, a hormone essential for sleep. It's important to turn off screens at least an hour before bed to give your body a chance to naturally wind down.

## Mindful relaxation techniques

Managing stress and calming the mind before bed can be a game changer when it comes to the quality of sleep.

Gentle practices such as yoga, meditation, or deep breathing exercises can promote a sense of calm, easing tension and preparing the body for rest. Guided meditation apps or soothing music playlists can provide helpful tools to foster relaxation. Try using a journal to 'brain dump' your thoughts. This could be worries, a to-do list, or just thoughts keeping you awake — getting them out of your head and onto paper can help relieve stress and make it easier to fall back asleep.



You can also use your journal to list things you are grateful for and focus on positive moments from the day. Studies show that you can't feel gratitude and anxiety at the same time, so shifting your thoughts to what you're thankful for can help quiet your mind and improve sleep.

## Stay active during the day

Daily exercise is essential in promoting better sleep. Whether it's walking, swimming, or light stretching, exercise improves sleep quality. It also increases the production of endorphins and helps reduce anxiety — both of which support more restful sleep.

Incorporating daily movement into your routine is a win-win! Not only will it positively impact your sleep, but it will improve your overall physical and mental well-being.



## AMICA BRIGHT SPOT

Meet **Gary McBlain, National Director of Culinary Services** who has shaped a culture of excellence across Amica Senior Lifestyles. With over 12 years of service, his impact extends from corporate strategy to individual team development and most important to the dining experiences enjoyed by thousands of residents. Gary was recognized at the **2025 Senior Dining Association** as the Dining Executive of the Year. In addition to his authentic leadership style, he is known for the heart he brings to his work each day.

Visit us on social to see more ways we engage community and each other.



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 Hayley at **416-927-0055**.

**AMICA**  
SENIOR LIFESTYLES