

155 BALMORAL AVENUE



Winter Newsletter | January 2025

Key Milestones



Timeline:

2024: Substructure completed

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

2026: Grand Opening



Safety Reminder: With the return to school and unpredictable winter road conditions, pedestrians are reminded to follow flag personnel direction to ensure everyone's safety.



Construction Updates



Recently completed:

- Throughout December and January, we have been working on pouring, forming, and reinforcing the Level 2 superstructure. We have 11 more storeys to go!
- At the end of construction, the second floor will be home to twenty-one memory care suites with amenities to safely serve seniors living with dementia including a beautiful private terrace, dining area and lounge.
- We have placed a portion of mechanical equipment that will provide power to the building
- We have also been working in partnership with the City of Toronto on stormwater and sanitary connections.

What's next?

- Level 3 and 4 superstructure work will begin in January, continuing into February.
- Work continues on the building's podium encompassing storey's 1 to 5 which will represent the building's biggest footprint.

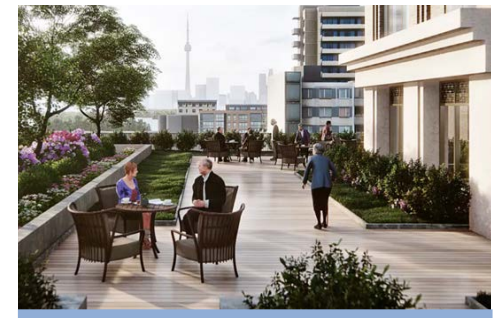
Interesting Facts



What is a building podium?

Podium construction, also known as pedestal or platform construction, represents a unique building style with distinct horizontal divisions between an upper tower and a lower base, or 'podium.' Expansive building bases with multiple windows help create vibrant, pedestrian-friendly street level experiences. This design principle supports higher levels to be stepped back, and allows more natural light to reach the street.

This podium and tower design is seen across Toronto, guided by the City's Urban Design Guidelines. In addition to spacious, well-appointed suites, amenity spaces such as large dining areas and lounge areas will be found on each floor. The building podium will add new street animation and also offer a unique view of the Toronto skyline.



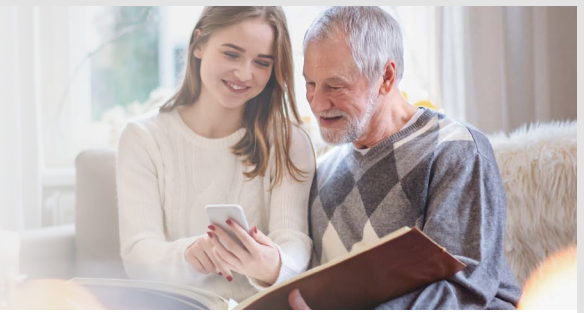
24 Hour
Emergency Phone:
1-833-502-6426
Project #AD2212



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

Living with Intention

Embracing purpose and fulfillment as we age



As the new year begins, it's the perfect time to reflect on what truly matters and think about how you want to spend the months ahead. Living with intention is all about making choices that reflect your values and desires — it's about being more mindful of how you spend your time and energy.

Whether you're entering a new chapter of life, adjusting to changes, or simply looking for more meaning in your days, starting the year with intention can help set a positive tone for what's to come.

What Does It Mean to Live with Intention?

Living with intention means being thoughtful about your choices and making sure they align with your values and goals. Instead of letting life just happen, it's about taking an active role in shaping it. This approach can bring a sense of control and purpose, making every day feel meaningful.

Understanding Your Values

Living with intention begins with understanding what truly matters to you — your core values. These are the fundamental beliefs that guide your choices and shape your life. Core values can include things like honesty, kindness, loyalty, independence, family, and creativity. They are the principles that, when honoured, help us feel fulfilled and authentic. When we make choices based on our values, it leads to greater happiness and less stress. So, the more we know what's truly important — whether it's spending time with loved ones, focusing on health, or pursuing hobbies — the easier it is to live intentionally.

Practicing Mindfulness

Mindfulness is all about being present and aware of what's going on around you. It's easy to get caught up in thoughts about the past or future, but mindfulness helps you stay grounded in the present moment. Mindfulness can also help reduce stress, improve mood, and increase your overall sense of well-being. A few minutes of simply paying attention to your breath, or focusing on the task at hand, can make a big difference in how you feel.

Setting Goals and Making Purposeful Decisions

Living with intention also means **setting goals** that align with your values. Goals don't have to be huge — simple things like spending more time with family, taking up a new hobby, or focusing on your health can bring a **sense of purpose** and excitement to your life. The key is to make sure your goals are meaningful to you, not just what you think you "should" be doing. When you set goals that matter, you stay motivated and feel good about the choices you make.

Reflection: Adjusting Along the Way

Life doesn't stay the same forever, and neither do our goals. As we age, our priorities might shift, and that's okay. Reflection — looking back on your experiences and thinking about what's important to you now — helps you stay aligned with your intentions.

Sometimes, it's about making small adjustments as you go. Reflecting can help us feel more connected to who we are and what we want as we move forward.



AMICA BRIGHT SPOT

On December 5, all Amica residences came together in the spirit of giving and purpose to celebrate our inaugural Sip and Savour, Holiday Traditions Gala Dinner. We raised our glasses to toast friendship, exceptional cuisine, cherished traditions and helping those less fortunate. To learn more about extraordinary experiences at Amica 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