

155 BALMORAL AVENUE

Summer Newsletter | June 2024

Working with our clients and partners, we've been building a better future, together, since 1987.

Key Milestones



Anticipated Timeline:

2024: Substructure completion date, late Spring

2024: Superstructure begins, late Spring

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

2026: Grand Opening



Construction Updates



- Ongoing shoring and excavation work
- Rough in work under slab for mechanical and electrical
- Installation of foundation perimeter subdrainage
- Pouring slab on grade to begin late June
- Continued, routine inspections



Interesting Facts



- Foundation walls are more than just concrete! Multiple steps are needed to properly construct a foundation that will safely support the entire building.
- Before concrete can be poured, waterproofing and insulation were installed around the perimeter.
- Reinforced steel is then used for wall reinforcement followed by the application of shotcrete to complete the foundation walls.
- A distinctive feature of this project is the insulation used around the basement, atypical for most building designs. It was required here because the basement will be utilized for staff rooms and a kitchen.

We are thankful for the community for their patience and understanding of the necessary road closures and land adjustments to ensure safety for all.

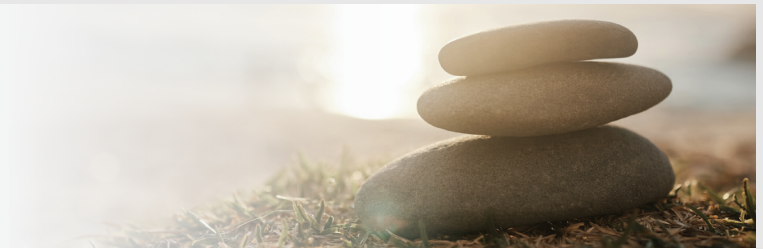


24 Hour
Emergency Phone:
1-833-502-6426
Project #AD2212



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

Meditation Mindfulness



A simple tip to leading a healthy lifestyle – one breath at a time.

Summer is the perfect time to focus on your well-being. Going outdoors and enjoying the sunshine can be a great start, but sometimes it takes a little more to ease daily stressors and anxiety. Mindful breathing — an easy form of meditation can help. It may seem hard to believe that simple, focused breathing exercises can make a difference, but research shows that mindful breathing offers pain relief, helps reduce depression and boosts positive thinking, among other benefits.

What is mindful breathing?

Mindful breathing is a basic form of meditation where focus is placed primarily on your “out” breath. That focus can help calm and clear your mind, as well as activate the parasympathetic nervous system, also known as your body’s “rest and digest” system. By channeling focus and energy into simply breathing, you relax and clear your mind – one breath at a time.

Try it!

Belly breathing, also known as diaphragmatic breathing, is a terrific way for meditation beginners to learn how to focus on breathing.

Step 1: Find a quiet place and sit or lie down – whatever you find most comfortable.

Step 2: Place one hand on your belly — over your belly button — and place the other hand over your heart.

Step 3: Breathe in deeply through your nose and allow your belly to expand under your hand. (Chest movement should be minimal.) This type of breathing avoids shallow chest breathing, while involving your diaphragm more.

Step 4: Breathe out slowly through pursed lips and feel your belly deflate under your hand. You want to hear your breath as you exhale.

Step 5: Repeat this at least three times or up to ten times. Take your time with each breath and focus on your belly rising and falling. If you find your mind wandering, return to your breath. If you start to feel lightheaded, return to normal breathing.

Investing in your mind, body and well-being is important at any age. To learn more about healthy lifestyles at Amica Senior Lifestyles click [HERE](#)

Breathe easy!



AMICA BRIGHT SPOT

Amica teams in Ontario and B.C. participated in the annual Wealth Management Walk for Alzheimer's to help support people living with dementia and their caregivers.

Amica's mission is to help seniors thrive and age with optimism so events like this remain close to our hearts. Many of our team members have personal stories and connections to the cause as well, knowing first-hand what living with dementia is like.

The rain did nothing to dampen the spirits of our team members, many accompanied by family and furry friends, as they enjoyed fun activities and walked in the rain with purpose and hope.

We're already looking ahead to next year's walk!



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