

155 BALMORAL AVENUE

Summer Newsletter | August 2025



Key Milestones



Timeline:

2024: Substructure completed

2025: Building envelope, interior and exterior works begin

2026: Grand Opening

Staying Safe

With the return to school and busy routines, we are mindful that our streets and sidewalks will be busier with foot traffic, particularly with children. In addition to routine safety inspections and talks with our trade partners, here's how we ensure everyone stays safe.

- We take special care to keep all pathways around the site clear for pedestrians and cyclists.
- Trucks entering & exiting the site are always accompanied by spotters to ensure safe maneuvering.
- Our traffic safety crew uses stop/slow signs to guide traffic safely.

Thank you to Alhaji and all our on-site crew for your commitment to the community and each other.



Construction Updates



- All concrete slabs and columns are being poured for Level 11. We are almost at the top!
- Independent Living suites will have balconies with stunning views of the city skyline and the beautiful surrounding Rosedale neighbourhood.
- Electricity works are completed up to and including Level 7, with plumbing close behind.
- **New on site:** Pre-cast concrete panels (see below) are now being installed on the building's exterior, up to Level 4. These are fabricated offsite, creating efficiencies with on-site installation.



Global Design Expertise



As Amica's Senior Director of Construction, Ali Jurabloo brings over two decades of global experience in leading complex, large-scale developments. In both Ontario and BC, Ali and his team are re-imagining how design and construction support our aging population by bringing sophistication, wellness principles, and connection to community with every project.

Ali's approach has been shaped by world-class design standards and a diverse international portfolio; from luxury twin hotel towers to award-winning healthcare facilities across Canada. With the re-opening of Amica Balmoral, Ali anticipates a new benchmark in senior living—one that elevates expectations and redefines what's possible.

Ali proudly leads a dedicated team driven by purpose, integrity, and a shared commitment to service excellence. His passion? Building warm, inclusive, and vibrant environments where residents can age in place, in the neighbourhoods they've always called home.



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



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

The Power of Routine:

Daily Habits and Healthy Aging



As Fall approaches, we find ourselves adjusting to busy schedules and changes in routines. Adjusting to changes can have its ups and downs, however studies have shown that establishing daily habits (no matter the season!) is important to maintaining a healthy lifestyle – at any age.

But what exactly is the impact of routine on our lives?

Routines support cognitive function by providing meaningful activities and social opportunities. By incorporating regular habits and rituals into our daily lives, we experience improved productivity, a sustained sense of purpose, happiness, and overall well-being.

How do healthy routines influence our mental and emotional well-being?

- **Stress Reduction:** The predictability of routines can be profoundly soothing. A structured daily schedule provides a sense of purpose, while fostering mental resilience and reducing the risk of cognitive decline.
- **Improved Sleep Patterns:** Regular rituals before bedtime can signal to the body that it's time to wind down, leading to more restful sleep.
- **Sense of Safety:** Routines offer a sense of familiarity and control, reducing anxiety and promoting emotional well-being.
- **Social Opportunities:** Participating in regular activities can provide opportunities for social interaction and combat feelings of loneliness and isolation.

Routines and self-care habits are both pillars to healthy aging. Studies have shown:

- A correlation between consistent routines and **longevity**.
- Sharing routines with friends or family can cultivate feelings of **community** and **connection**.
- When older adults engage in regular activities, they maintain their **autonomy** and **confidence**.



It's never too late to establish a routine that works for you. A well-planned routine can set the tone for a fulfilling day from the moment you wake up until you go to bed. Whether exercising in the morning, engaging in a hobby in the afternoon, or winding down with mindful moment in the evening, routines provide a framework for building and maintaining a healthy and joyful lifestyle. For more healthy aging tips, visit our blog at amica.ca.



AMICA BRIGHT SPOT

Earlier this month, Amica Credit Mills our next up and coming residence, hosted an engaging lunch and learn event, "The Key to Aging Joyfully" for over 200 guests. The day began with an uplifting presentation by TV personality, TEDx speaker, published researcher and scientist, **Dr. Gillian Mandich**, who shared powerful insights from her research on happiness, resilience, and living with purpose. Her message on finding fulfillment through meaningful relationships, hobbies, and micro-moments left all who attended, feeling connected and inspired.

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 contact our Community Relations Team at **416-927-0055**.

AMICA
SENIOR LIFESTYLES