



HEALTHY EATING FOR SENIORS


A Dietary Guide from
Amica Senior Lifestyles

AMICA

SENIOR LIFESTYLES

CONTENTS

Introduction	3
Eating well with Canada’s Food Guide: 7 tips for seniors.....	4
Checklist: Essential nutrients for healthy aging	5
3 Nutrient-rich recipes from a top chef	6
How to eat right without sacrificing taste.....	9
Tasty tricks for managing health conditions	11
Eating healthy despite a low appetite	13
Discover exceptional dining at Amica	14

A collage of fresh ingredients including asparagus, blueberries, almonds, and strawberries. The text is overlaid on a grey semi-transparent box on the left side of the image.

YOU CAN HAVE
IT ALL — GOOD
FOOD THAT
TASTES GREAT
AND ENHANCES
YOUR HEALTH

Here's everything you need to know to eat well, age well and boost your health.

Healthy foods are brimming with powerful vitamins and nutrients that can increase energy, enhance strength and fight disease. While nutrition matters more than ever for older adults, a variety of factors — from low appetite to living alone to health conditions — can make it challenging for some seniors to get the essentials. Fortunately that's not an issue for Amica residents, who get to choose from a menu of delicious, dietitian-approved meals prepared daily by certified chefs using fresh local ingredients. How can seniors at home get the same delicious results? With this guide to healthy aging with expert advice from Amica chefs as well as Health Canada, the Dietitians of Canada and provincial health authorities.

This guide will help you:

- Understand the latest healthy eating recommendations and how to apply them
- Discover the best foods and beverages for healthy aging
- Know which vitamins and minerals you need most, and how to add them to your diets
- Get inspired in the kitchen with three simple, nutrient-packed recipes
- Learn easy ways to support common health conditions with simple ingredient swaps
- Appreciate the power of mindful eating and the joy of eating together
- Find out how you can try the exceptional dining at Amica premium senior living residences

EATING WELL WITH CANADA'S FOOD GUIDE: 7 TIPS FOR SENIORS



Have you taken a closer look at Canada's Food Guide since Health Canada updated it in 2019? This reliable, national nutrition resource has evolved with scientific research, so a lot has changed since it was launched in 1942. We now know that smart food choices help seniors stay energized while helping reduce bone and muscle loss, heart disease and type-2 diabetes, so try some of these nutrition tips today.

#1: Savour homemade foods

An interesting twist in the January 2019 Food Guide is the focus on eating slowly and mindfully, cooking more and consuming fewer processed foods that are often high in unhealthy sodium, saturated fats and sugar. So, enjoy some homemade soup instead of fast-food sandwiches, for instance.

#2: Eat plenty of fruits and vegetables

Instead of counting your daily servings, Health Canada recommends a balanced plate approach — so half of each meal should be vegetables and fruit. Add banana and mango to breakfast, cucumbers to snacks, roasted cauliflower and sweet potato to dinner and try new vegetable-forward recipes.

#3: Buy the right whole grain products

A quarter of your balanced plate should consist of good whole grains. Swap the chocolate chip muffin for blueberry bran, make sure that your bread has “whole grain” rather than “enriched flour” at the top of the ingredients list and try quinoa, whole grain pasta or brown rice instead of white pasta and rice. It's worth the switch: the fibre in whole grains can reduce your risk of colon cancer, type-2 diabetes, heart disease and stroke.

#4: Choose lean or plant-based proteins

Do your heart a favour and fill the final quarter of your balanced plate with healthy proteins such as nuts and seeds, beans, lentils, peas, eggs, fish and shellfish, lower-fat dairy and soy products. Eating a black bean burrito, scrambled eggs or grilled chicken or salmon in lieu of fried chicken or battered fish means you'll consume fewer harmful saturated fats.

#5: Drink more water

Your sense of thirst can decline as you age, so keep a drinking glass nearby to remind you to stay hydrated throughout the day. Sparkling, still and unsweetened flavoured waters are all healthier than sugary or alcoholic drinks.

#6: Make good food and memories together

For older adults eating alone, it can be easy to cut nutritional corners, so consider a meal delivery service. Or alternate cooking nights with a neighbour, dine on low-fat takeout with a friend or eat with family.

#7: Tempt your taste buds

Try new recipes, such as the ones on p. 6, to ensure you're getting a range of vitamins and minerals seniors need each day. Gary McBlain, Amica's National Director of Culinary Services, loves developing nutrient-rich dishes such as lamb fricassee with lentils; shrimp scampi; and penne with sausage, spinach and mushrooms. All meals at Amica are prepared by certified chefs, who love creating exceptional cuisine that tastes great and meets Food Guide requirements, along with options for diabetic, vegetarian, gluten-free and heart-healthy diets.

Take a week off cooking! Find a residence near you and book a trial stay to experience Amica's premium lifestyle offering in a private furnished suite. You'll have a chance to try all the amenities and services, including dining.

CHECKLIST: ESSENTIAL NUTRIENTS FOR HEALTHY AGING



Whether you're cooking at home or you're shopping for a loved one, it's important to choose foods with the vitamins and minerals that seniors need most. Talk to your health practitioner or a registered dietitian for personalized advice, plus rely on trusted sources of information such as your provincial health authority and unlockfood.ca, the website of the Dietitians of Canada. (All of Amica's fresh, seasonal menus are registered dietitian-approved.)

While all vitamins and minerals are important, the following nutrients are particularly crucial for seniors to stay healthy and reduce the risk of illnesses such as osteoporosis and heart disease. Talk to your doctor about whether you need a supplement for any of these. For instance, they may recommend a multi-vitamin supplement specially formulated for people aged 50+.

NUTRIENT	WHERE TO FIND IT
Vitamin A: This vitamin helps keep your eyes, skin and immune system healthy.	Liver and dark green, orange, yellow and red vegetables and fruits
Vitamin B6: People over 50 need more of this nutrient, which boosts your immune system.	Meat, chicken, fish, beans and potatoes
Vitamin B12: Older adults can have trouble absorbing vitamin B12, which helps with nerve function and red blood cell production. Vitamin B12 injections can be administered at Amica.	Meat, eggs, chicken, fish and dairy
Vitamin D: This nutrient helps you absorb calcium for strong bones and teeth. Many older adults don't get enough.	Milk, vitamin-D fortified beverages, tuna and fatty fish such as sardines and salmon
Calcium: Seniors need more of this mineral, which supports bones and teeth as well as your heart, muscles and nerves.	Milk, cheese, yogurt, kefir, calcium-fortified beverages, cooked spinach, almonds, legumes, canned salmon with bones
Iron: This mineral carries oxygen throughout your body and boosts cell function.	Meat, fish, eggs, extra-firm tofu and fortified soy beverages
Zinc: Another vital mineral for healthy immune function.	Meat, fish, beans and lentils
Protein: Seniors need this essential nutrient to build muscle, strength, immune and brain function and more.	Meat, chicken, fish, eggs, tofu, legumes, nuts
Fibre: As digestion slows, and a sensation of thirst diminishes, you can promote regularity by getting enough fibre and drinking enough fluids.	Fruits, vegetables, whole grains, legumes

Sources: Dietitians of Canada (unlockfood.ca), HealthLink BC and Alberta Health Services.



3 NUTRIENT-RICH RECIPES FROM A TOP CHEF

Enjoy three tasty dinner recipes — perfect for weeknights or even entertaining — developed by **Gary McBlain**, Amica's National Director of Culinary Services.



CAPRESE CHICKEN BREASTS

In this fast and easy recipe, grape tomatoes and garlic add a burst of flavour, antioxidants and vitamins to protein-rich chicken.

Makes: 4 Servings

INGREDIENTS

1 tablespoon extra-virgin olive oil
1 pound boneless skinless chicken breasts
Salt
Freshly ground black pepper
1/4 cup balsamic vinegar
2 cloves garlic, minced
2 tablespoons pesto
1 pint grape tomatoes, cut into halves
Freshly torn basil
8 medallions bocconcini cheese

INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium-high heat. Season chicken with salt and pepper and cook in the skillet until golden and cooked through, 6 minutes per side. Transfer to a plate.
2. Add balsamic vinegar to the skillet, then add the garlic and pesto. Cook until fragrant, about 1 minute. Add tomatoes and season with salt. Let simmer until soft, 5 to 7 minutes. Stir in ripped basil.
3. Return chicken to skillet and nestle in tomatoes. Top each breast with 2 medallions of bocconcini cheese and cover with a lid to melt.
4. Spoon tomatoes over chicken and serve.

VEGETARIAN SWEET POTATO POWER BOWL

Curry and cumin bring nutritious veggies to life, along with quinoa, a whole grain that contains protein.

Makes: 6 Servings

INGREDIENTS

Roasted sweet potatoes and onions

2 large sweet potatoes, chopped into cubes (about 4 cups chopped)
1 large red onion, chopped
2 tablespoons olive oil
2 teaspoons garlic powder
1 teaspoon curry powder
1 teaspoon ground cumin
Salt and pepper to taste

Sauteed kale and Brussels sprouts

1 to 2 tablespoons olive oil
1 tablespoon minced garlic
4 cups kale, chopped
2 cups shaved Brussels sprouts
Salt and pepper, to taste

Serving

3 cups total cooked quinoa (hot or cold, depending on your preference)
3 avocados, peeled and quartered
Store-bought lime salad dressing
Sesame seeds

INSTRUCTIONS

1. Preheat your oven to 400°F and spray a baking sheet with cooking spray or rub with olive oil.
2. Place the sweet potatoes and onions on the baking sheet and drizzle with olive oil. Then sprinkle on the garlic powder, curry and cumin. Massage the spices into the vegetables with your hands. Bake at 400°F for 25-30 minutes.
3. While the sweet potatoes and onions bake, heat a large skillet over medium/high heat. Add olive oil and once it is fragrant, add garlic.
4. Add kale and Brussels sprouts to the skillet and sauté for 5-7 minutes. Season with salt and pepper and remove from heat.
5. Divide the cooked quinoa, sweet potatoes and onion mixture and sauteed kale and Brussels sprouts evenly into six bowls or containers.
6. Top each bowl with avocado, lime dressing and sesame seeds and enjoy!





FLAVOURFUL FISH TACOS

Fish offers protein, vitamin D and iron — and it's super tasty served in a warm tortilla with tangy coleslaw and a lime-infused crema sauce.

Makes: 4 Servings

INGREDIENTS

Fish

4 pieces firm white fish, about 4 ounces each
1 teaspoon cumin
1/2 teaspoon chili powder
1/2 teaspoon salt
1 tablespoon olive oil
Juice of 1/2 lime

Crema

1/3 cup Greek yogurt
Juice of 1/2 lime
1/2 teaspoon chili powder
1 to 2 teaspoons water — just enough to thin the sauce as desired
1/4 teaspoon salt

Slaw

2 cups shredded green cabbage
1/4 cup shredded carrots
1/4 cup chopped cilantro
1 tablespoon olive oil
Juice of 1 lime
1/4 teaspoon salt

Serving

Tortillas (charred or warmed)
Lime wedges

INSTRUCTIONS

1. Season the fish on both sides with cumin, chili powder, and salt; set aside.
2. Prep the crema sauce by whisking Greek yogurt, lime juice, water, chili powder and salt together in a small bowl. Refrigerate until ready to serve.
3. Toss the slaw ingredients, including cabbage, carrots, cilantro, olive oil, lime juice and salt, together in a medium bowl. Place in the fridge until ready to eat.
4. To cook the fish, start by drizzling olive oil in a large skillet over medium-high heat. When hot, place the fish in the skillet and cook for 4-5 minutes on each side, just until the fish is cooked through and blackened in spots. Remove fish from the skillet, spritz with lime juice, and break apart into large chunks.
5. Assemble the tacos, with the charred or warmed tortilla on the bottom and the slaw, fish and crema sauce layered on top (in that order). Add other toppings, as desired, and serve with extra lime wedges.

HOW TO EAT RIGHT WITHOUT SACRIFICING TASTE



Adapted from an article that originally appeared in *The Globe and Mail*.

As we age, our metabolism slows down, appetite wanes and we require fewer calories to meet day-to-day needs. But despite these changes, our nutritional needs become more important.

“What we have is a unique situation where people need to consume a diet that is denser in nutrients, but lower in calories,” says Gemma Besson, a registered dietitian. “Optimal nutrition to support each stage of life is essential, and healthy aging is no exception.”

Fewer calories doesn't mean you have to sacrifice taste. From swapping out creamy mayo for heart-healthy avocado, to adding ginger for spice and balsamic vinegar for sweetness, there are many ways for seniors to eat healthily without sacrificing flavour.

And nor should the fun of eating have to diminish with age. At Amica On The Gorge in Victoria, B.C., for example, monthly themed dinners for residents and their families incorporate a touch of nostalgia and whimsy. A recent theme of a classic 1950s TV dinner involved redecorating the interior dining room,

printing menus on old music records and finishing with an upside-down cake for dessert.

And a diner en blanc, held outdoors in the main courtyard over the summer, invited residents to dress in white while dining on locally harvested pot prawns, sablefish, Dungeness crab and sea asparagus.

“When catering to seniors, it's extremely important to put in the same kind of effort as you would at a high-class hotel or fancy restaurant, where emphasis is placed on both service and the appearance of the meal,” says Chef Robert Linder, Director of Culinary Services at Amica Arbutus Manor in Vancouver.

“Our sense of smell and taste might deteriorate as we get older — but the eyes are still there. Presentation is very important and so too is the service — our servers know our residents by name and all their likes and dislikes. This makes residents feel like they are at home and someone cares about them.”

How to eat well

While great-tasting food and appropriate supplements can help seniors meet their nutritional requirements,

it's equally important to help them to connect food with their own lives and experiences.

This enables residents to feel not just that they have a choice of what to eat, but also to feel inspired and relive positive memories from their childhood, whether that involved going fishing or digging up vegetables on the family farm.

Amica residences arrange regular chef demonstrations to give residents a behind-the-scenes view of meal preparation, such as the processing and filleting of an entire halibut that may have been caught that day.

When Margaret Chester moved into Amica On The Gorge, she was given the use of a garden plot “almost the same size of my apartment,” she says with a laugh.

Since then she's been busy growing sweet peas and basil, which she shares with the kitchen for meals. “I don't have a huge appetite, but the staff are so accommodating here with variety and so imaginative, you can always find something you're happy to eat,” says Ms. Chester.

Tasting the world

In Vancouver, residents are encouraged to bring in their own recipes and suggest ideas for dishes that reflect their country of origin. Monthly themed dinners might feature cuisine from Brazil, Japan and the Philippines; a recent request for more Chinese food resulted in chow mein, stir-fried beef and fried rice making an appearance on the menu.

“Canada is a very multicultural country and our cuisine needs to reflect that,” says Chef Linder. “It also keeps it interesting. When I started, not many people came to have dinner with their families because food in seniors’ homes generally didn’t have a good reputation.

“Before the pandemic, we’d sometimes host 600 external guests a month. They might join their loved ones for a fish and chips lunch or a ribeye roast beef dinner. When people want to come here because of the food, it makes a huge difference. It allows residents to enjoy those social connections with their family while also sharing a delicious meal.”



TASTY TRICKS FOR MANAGING HEALTH CONDITIONS



Good news: you can still enjoy a variety of flavourful foods even if you're managing a health condition, allergies or special needs. The culinary teams at Amica are pros at meeting seniors' dietary requirements while satisfying both the exacting nutritional standards of dietitians and the discerning palates of seniors and chefs. Try some of these approaches at home or book a tour at your nearest Amica to see how our personalized service accommodates your wishes, health needs and taste buds.

Sources: Dietitians of Canada (unlockfood.ca), The Mayo Clinic, HealthLink BC and Alberta Health Services.

ESSENTIALS FOR SPECIAL DIETS	TIPS FOR SENIORS
<p>Heart-healthy, low-sodium diets typically feature lots of vegetables, fruits, whole grains, low-fat dairy products, lean proteins, healthy unsaturated fats and lower salt levels to help combat high-blood pressure and heart disease.</p>	<p>Every Amica lunch and dinner menu offers healthy choices marked with a heart icon, including daily salads, vegetable-forward dishes, healthy proteins, heart-friendly fish rich in omega-3 fatty acids, fibre-rich whole grains and dishes low in sodium and fat.</p> <p>TIP: Instead of deep-frying, sauté chicken in a small amount of olive oil for taste without adding sodium or unhealthy fat. Use fresh herbs, citrus juice and spice rubs to boost flavour without fat.</p>
<p>Diabetic diets focus on meals that are low in calories and fat and high in fruits, vegetables and whole grains. Eating at regular times also helps control blood glucose levels.</p>	<p>Amica's Healthy Choice Menu items fit the bill, plus the culinary team helps diabetic residents by serving fruits on the lower end of the glycemic index and reducing portions to control carbohydrates. Type 1 diabetic residents can request carbohydrate content for each dish to help them manage insulin doses.</p> <p>TIP: On a Type 2 diabetes diet and feel like eating ice cream? Try just half a scoop.</p>



ESSENTIALS FOR SPECIAL DIETS	TIPS FOR SENIORS
<p>Gluten-free diets avoid gluten, a protein found in grains such as wheat, rye and barley which can cause digestive troubles, anemia and other symptoms for those with celiac disease or gluten intolerance.</p>	<p>Our chefs ensure we have a variety of gluten-free bread, cookies, muffins and pastas for residents with celiac disease or a gluten intolerance. Plus, seniors will always find a gluten-free option on every Amica menu, such as a Cobb salad or grilled steak with potatoes.</p> <p>TIP: Thicken soups and sauces with potato starch or cornstarch instead of a flour-based roux.</p>
<p>Vegetarian diets that avoid meat may be followed for health, ethical or religious reasons.</p>	<p>Amica culinary teams prepare healthy and delicious vegetarian fare ranging from soups, stews and salads to sandwiches and power bowls.</p> <p>TIP: Add extra protein to dishes packed with fresh, seasonal vegetables by tossing in legumes, such as lentils, beans or chickpeas; or whole grains and grain blends made with quinoa, barley or couscous.</p>
<p>Food allergies and intolerances can trigger mild to severe reactions in affected individuals. A food allergy could cause anything from hives to breathing difficulties to a life-threatening anaphylactic reaction. An intolerance like lactose intolerance may cause uncomfortable digestive symptoms.</p>	<p>At Amica, we take special care with seniors' food allergies. Besides communicating food allergies to all kitchen and serving staff and ensuring every senior's food is safe, we take care in the dining room. For example, one residence features a designated peanut-free table to support the health and comfort of a resident with a peanut allergy.</p> <p>TIP: Try making soups with broth or lactose-free milk instead of milk or cream.</p>
<p>Texture-modified diets help seniors enjoy nutrient-dense foods when they have difficulty swallowing due to illness, treatment, health conditions or cognitive changes.</p>	<p>Following dietary guidelines from a doctor or registered dietitian, Amica culinary staff can thicken liquids to make them easier to swallow. When residents need minced food or a pureed diet, our chefs have the flexibility and skill to texture-modify a suitable item from our menu to create a dish that's both healthy and appetizing. (We won't puree a turkey sandwich, for instance, as some long-term care facilities with fewer culinary resources do.)</p>

EATING HEALTHY DESPITE A LOW APPETITE



Are you noticing a change in your appetite as you age? You're not alone. Many seniors lose interest and energy for cooking and shopping, while others experience illness, a diminished sense of taste or difficulties chewing and swallowing. The challenge is that low appetite can lead to poor nutrition, increasing the risk of weakness, falls, confusion and diseases like osteoporosis. Talk to your health practitioner and take these steps to boost your food intake each day.

- **Set an alarm.** Time flies, so setting a timer acts as a reminder to enjoy regular meals.
- **Snack more.** Take the big-meal pressure off and enjoy nutritious snacks throughout the day such as a fruit smoothie, peanut-butter and banana toast or veggies and hummus. (Meal replacement drinks are fine, but they typically qualify as a snack, not a full meal.)
- **Buy pre-chopped vegetables, bagged salads and low-fat, ready-to-eat meals.** That way you can eat well even if you don't feel like cooking.
- **Make tender dishes with zesty sauces.** Do you have dry mouth, trouble chewing, or find food less tasty over the years as your sense of smell diminishes — which is directly linked to taste? At Amica, we always take this into account, offering menu items such as beef stew, braised ribs and fish with a lemon sauce or tomato salsa. You can liven up dishes with herbs, citrus, spices, garlic and onion to make them extra flavourful.
- **Have a glass of milk or water with and between meals.** Remember to drink 9-12 cups of fluid per day even if you don't have a strong sense of thirst.
- **Plan a recurring lunch date or potluck dinner club.** Eating with friends and family feels more fun than eating alone.
- **Get meals delivered.** Meals On Wheels, Heart To Home and other services will deliver prepared meals.
- **Consider senior living,** which provides a daily choice of delicious balanced meals prepared by chefs.

Sources: Dietitians of Canada (unlockfood.ca), The MayoClinic, HealthLink BC and Alberta Health Services.

THE JOY OF NOT COOKING

“Amica residents tell us that eating well without the fuss of shopping, cooking and cleaning is one of the greatest benefits of premium senior living.”

Gary McBlain

National Director of Culinary Services

EXCEPTIONAL DINING AT AMICA



Dining at Amica is like going to a nice restaurant where the chef knows you by name. At every residence, seniors look forward to coming together for good conversation over a great meal. In-house certified chefs use the best ingredients to prepare balanced, seasonal, dietitian-approved meals to suit every appetite and special diet. “The freshness and localness of the food is what gets our residents excited,” says Gary McBlain, National Director of Culinary Services at Amica. “They want to know their food came from a farm.”

Like everything at Amica, your dining experience is tailored to you:

- Order from a choice of menus
- Select from 112 different entrees, 56 soups and 56 desserts served each month.
- Choose when to dine and where you'd like to sit and enjoy the conversation in our beautifully appointed, fully licensed dining rooms.
- Take your meal on a courtyard patio, as takeout or as room service.
- Help yourself to snacks and beverages any time of day in residences with a self-serve bistro.
- Book a private dining room to celebrate milestones and family celebrations.

Supporting your health

If you or your loved one are consistently skipping meals, losing weight and struggling with groceries and chores, it may be time to look into senior living. Amica's recipe for empowering seniors to thrive is a combination of premium amenities, activities and dining combined with professional care personalized to the needs of every resident by certified wellness staff.

Call your nearest Amica residence today to book a tour — we can't wait to show you what life at Amica is like.

AMICA

SENIOR LIFESTYLES

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Learn more, find a residence or schedule a private tour at Amica.ca