

155 BALMORAL AVENUE

Spring Newsletter | April 2025



Key Milestones



Timeline:

2024: Substructure completed

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

2026: Grand Opening

Breathtaking views:

- The outdoor terrace on Level 6 will be a special space to gather and enjoy unobstructed views of the city skyline.
- Social activities like barbeques and stargazing on warm summer nights will be plentiful!
- The picture below also demonstrates the generous footprint of the indoor amenities to come.



Construction Updates



- The main concrete slabs and concrete columns are finished for Levels 4 & 5. Now on to Level 6!
- Level 6 will have an expansive outdoor terrace which will house a heated pool and a fresh juice bar (both are firsts in Amica's portfolio!)
- Additional amenities will include a state-of-the-art fitness area, craft kitchen, greenhouse & solarium, games area, theatre, hair salon and spa, and tuck shop.

New on site

- A concrete pump has been installed to facilitate faster, cleaner pours.
- The pump is portable and will be located at the level it's being poured.
- This time saving measure aims to reduce the use of the Balmoral gate by concrete trucks.



Making a Difference



Earth Day

At Amico, environmental stewardship is part of every project we take on. Earth Day reminds us of the importance of protecting our planet as we build the communities of tomorrow. We're committed to reducing our environmental impact across all our projects through our Environment and Sustainability Policy and ESG Goals.

Integrating more sustainable equipment into our daily operations including Tier 4 emission standards for all our heavy equipment and using fuel-free alternatives as seen at our Balmoral site - all support a healthier environment for generations to come.

We are grateful to partner with organizations like Amica who understand that every action makes a difference. Whether it's reducing plastic waste, conserving water, or simply being mindful of the planet, we all play a part in creating a more sustainable future.



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



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

Discover the Best Diet for Healthy Aging



Aging gracefully is something we see every day within our residences. It's never too late to begin building a healthy lifestyle ... and a great place to start is making smart diet choices to optimize how we fuel our bodies as we age.

Here are 5 easy tips to support healthy aging... at any age!

Tip 1: Go for whole grains

Did you know that savouring high-fibre grain products such as whole-grain bread, whole oats, quinoa, whole grain pasta and brown or wild rice can help stave off diseases such as type-2 diabetes, heart disease, stroke and colon cancer? Learn more about the best foods for seniors to eat and the importance of drinking lots of water from our **Healthy eating for seniors: 7 tips from Canada's Food Guide**.

Tip 2: Eat lots of colourful produce

At each meal, aim to fill half your plate with vegetables and fruits. Variety is key, as different foods deliver more vitamins and minerals than others. Dark green, orange, yellow and red vegetables and fruits help your eyes and immune system, for instance, while leafy greens, blueberries and strawberries boost your brain. Learn more about the most nutrient-dense foods from each food group, and enjoy healthy recipes in our **Guide to Healthy Eating for Seniors**.

Tip 3: Know which nutrients older adults need most

Calcium, Vitamin D, Vitamin B12, protein and iron are just a few vitamins and minerals that seniors need as they age to avoid osteoporosis, heart disease and other health problems. The goal is to choose the healthiest sources of these nutrients. For example, lower-fat cheeses and yogurt and calcium-fortified orange juice

deliver calcium without a lot of unhealthy fat. Likewise, choosing lean grilled chicken, tofu or salmon is better for you than eating fried chicken, a cheeseburger or battered fish. Adding eggs, beans and canned fish to dishes offers lean protein and iron, too.

Tip 4: Practice portion control

Dietitians agree eating smaller amounts of food more often, such as every two to three hours, can help seniors maintain a healthy weight. This helps lower the risk of dementia, heart disease, high blood pressure and other ailments.

Tip 5: Choose nutritious snacks

There are lots of healthy snack options that are low in fat and sugar, including

- low fat yogurt with berries
- veggie sticks and humus
- a hard-boiled egg
- toast with peanut butter and banana slices

Eating well can help you stay healthy, strong and independent as you age, especially when combined with physical activity. A healthy diet can enhance mood, energy levels, and overall quality of life, making everyday activities easier and more enjoyable.



AMICA BRIGHT SPOT

Last month, our residents and guests experienced the rich flavours of Greece with our latest 'Sip & Savour' national event. From traditional cuisine to dancing and virtual reality trips...it was a truly immersive experience.

An added bonus: The Greek diet is regarded as one of the healthiest in the world because it's based largely around fruit and vegetables, wholegrains and fish. So maybe that extra piece of hand-crafted baklava wasn't so bad after all!

Our residence teams created truly magical moments in culinary and life enrichment and left our residents wondering where are we going next?



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