Picking Up Speed

Upper Mill Pond Suites Are Coming Soon!

See more on page TWO

Designing a 55+ Social Life

See more on page FOUR

Keep Building Equity In Your Home

See more on page SIX

Health & Wellness Expo

Connect with 20+ wellness vendors and experts in one place.

Meet Resident George Stewart

Meet a decorated Canadian Mosquito pilot living at The Village.

Craft Beer in Hamilton

Steel Town is quickly becoming Brew Town.

Asparagus Beer-naise

There’s a beer-flavoured asparagus with your name on it!
Introducing Upper Mill Pond

With the upcoming opening of Upper Mill Pond, ZEST’s first new all-suites residence, The Village at St. Elizabeth Mills is becoming a reality. Visit the Sales Centre to see the many styles of suites available and the incredible amenities offered.

A New Way To Look At The “ZEST” Years!
The transformation of the 114 acre St. Elizabeth site into a themed lifestyle community with a town square, restaurants and shops has been in the planning stages over the past two years. The plan brings new life to The Village where one can dine al fresco, take in theatre, shop, enjoy live music; take a stroll along the boardwalk, enjoy a myriad of recreational activities, and access all of the conveniences and services of contemporary living.

The brainchild of ZEST Communities and Forrec, The Village represents a completely different way to look at 55+ living.

This new vision is changing the mature residential lifestyle experience, integrating active, fun-infused living within a charming village atmosphere that provides convenient shops, restaurants, services and recreational options.

Swanee Suites Are Coming Soon!
ZEST is working diligently on the plans for Upper Mill Pond. This mid-rise, five and a half-storey building, will offer a total of 157 suites comprised of one bedroom, one bedroom plus den, two bedroom and two bedroom plus den design ranging in size from 733 sq.ft. to 1,328 sq.ft.

Complementing the contemporary design of the suites, Upper Mill Pond offers amenities that support a healthy vibrant community. Some of the amenities include a library/lounge with café and juice bar, five guest suites, spacious two-storey entrance/lounge, locker rooms on each floor, reading room and a lounge with kitchen for entertaining and gathering.

The Health Club on the lower level will feature an indoor pool with hot tub and sit-up puma area, exercise room/gym, dance/movement studio, spa with four treatment rooms and a large special event room with kitchen facilities. There are men, women and co-ed change rooms with saunas, and access to a large outdoor patio area overlooking the pond, walking trails and natural setting.

The building offers one level of secure underground parking, storage lockers, car wash area and bike/scooter storage.

Register Now LivingWithZest.com

A VIBRANT COMMUNITY WITH INCREDIBLE AMENITIES! THE MOST EXCITING AND COMPREHENSIVE RECREATIONAL PROGRAMS AVAILABLE.
HEALTH AND WELLNESS EXPO
AT THE VILLAGE AT ST. ELIZABETH MILLS
JUNE 2ND, 10AM TO 4:30PM

The St. Elizabeth Mills Health and Wellness Expo (in conjunction with Mohawk College) connects our community to over 20 top health and wellness vendors and expert speakers on various health, wellness and lifestyle topics. Take in live demonstrations and so much more – all in one day!

Most vendors from all areas of health and wellness under the big top at our new event tent; listen to engaging speakers and demonstrations at the Trillium and the Edelweiss – all in one day!

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Don’t Miss Out! Reserve Your Spot Now. Call (905) 526-4844

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WELLNESS

FOREARM/WRIST STRETCH
1. Stand with your arm extended straight out.
2. Pull back your fingers with the other hand until you feel a stretch in your forearm.
3. Hold, repeat and then repeat two stretches on the other arm.

SHOULDER STRETCH
1. Place one arm straight across chest.
2. Place hand on elbow and pull arm towards chest and hold.
3. Repeat with the other arm.

QUAD STRETCH
1. Standing with a shoulder width stance and hang onto an object for support:
2. Bring one foot up and grab your hand.
3. Pull your foot up until you feel a stretch on the front of your thigh.
4. Hold, relax and repeat before changing legs.

CHEST STRETCH (WALL)
1. Place an unatched arm against a wall or doorway and lean forward with that shoulder. You should feel a stretch in your chest when you lean forward.
2. Hold and repeat for the same arm then repeat two stretches for the other arm.

Before and after you play, these easy stretches will ensure better flexibility and less soreness.

STRETCHING TIPS FROM THE PROS AT KNOLLWOOD GOLF CLUB

BE OUTGOING AND FRIENDLY
Smile at people. Say hello. Let people know that you are a friendly person who is open to a friendly chat. People are often so preoccupied by fear of rejection, that they don’t even try. Take note. Chances are, the people you are friendly to are also looking for friends. What have you got to lose?

BE OPEN MINDED
People who are flexible and “go with the flow” are happier and have more friends than people who are mired in stubborn opinions and limiting beliefs. By being more tolerant and open, you will attract more friends than people who are limiting beliefs. By being more tolerant and open, you will attract more friends than people who are limiting beliefs. By being more tolerant and open, you will attract more friends than people who are limiting beliefs. By being more tolerant and open, you will attract more friends than people who are limiting beliefs.

USE TECHNOLOGY
If you aren’t tech savvy already, it’s time to jump into the 21st century! Many of the top health and wellness vendors at the Expo will be using email and text messages to communicate with people. It’s a great way to get in touch, be in touch and stay in touch. Plus its free!

EXERCISE YOUR MIND
Finding new activities to participate in is a great way to build brain cells and friendships! Consider joining one of the many book clubs at The Village. Attend the many Lecture Series programs available. You’ll meet like-minded people and expand your mind at the same time.

EXPLORING NEW PLACES
One of the great things about living at St. Elizabeth Mills is the community’s proximity to wineries, hiking trails and cultural attractions. By getting out of your comfort zone, you can discover wonderful treasures and new friends.

VOLUNTEER
Helping others is a terrific way to meet new friends and open up new avenues for social pursuits. Look for ways to leverage your skills and passions. If you love dogs, consider helping out at a shelter. If you’re a born teacher, help teach English to new Canadians. There are endless volunteer opportunities. You’ll be helping others and yourself at the same time!

WHO’S WHO

GEORGE STEWART
STILL FLYING HIGH!
With a 45-year career that netted him over 1000 hours of flying, George Stewart still has an awesome passion by planes. Since the age of 9, young George was obsessed with flying, building models and reading flying fics magazine. He became enamored with the deHaviland Mosquito and dreamed of the day he would become a Mosquito pilot. When his dream eventually came true, George mostly flew night intruder sorties, some special duty escort and support roles for the 33 Squadron RAF. He had an illustrious career as a pilot and then as an instructor, spending a significant amount of time training Chinese pilots in China. In this capacity, George led a flying instructor on the Mosquito Fighter Bomber which the Chinese had purchased from Canada in their civil war against the Communists led by Mao Tse-Tung. The Nacionalites lost the war and fled to what is today Taiwan.

George retired in 1990. In March 2003, George and his wife Marion were invited to Taiwan as guests of the Republic of China Air Force in commemoration of the Mosquito flying he did with the Chinese Air Force in 1944.

George is now enjoying his 25th year at The Village at St. Elizabeth Mills.

The Voice of St. Elizabeth Mills
VOL 3 2017
LIVINGWITHZEST.COM

YOUNG AT HEART

DESIGNING A 55+ SOCIAL LIFE!

Let’s face it. It isn’t always easy to make new friends in a new place. But the experts agree that there are strategies you can use that really work. Believe it or not, you can be involved in a very active social life in very short order when you live at The Village at St. Elizabeth Mills Here are some ideas that will help you meet new friends.

Check Out All Of The Exciting Events At The Village. LivingWithZest.com

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The rise in craft brewers and makers in Hamilton is no accident. Hamilton is a city that takes its beer seriously and values quality and innovation. We’re also fortunate to have some of the country’s best brewers right here within our city limits! Here is a sampling.

**Nickel Brook Brewing Company**
840 Daisy Lane, Burlington
(905) 681-2739
nickelbrook.com

Named after its two children (Briohna and Beaux) and taking the lead from the motto ‘A Miracle of Science’, John Hanned and his team of brewers combine premium ingredients, creativity and a wealth of technical expertise to create world-class beers. Their signature brands ‘Cauld & Black Brand’, ‘Young’s Highland Ale’ and ‘High Stock IPA’ are among the most popular craft beers in Ontario.

**Collective Arts**
327 Burlington St. E., Hamilton
(905) 542-0717
collectiveartsbrewing.com

Mark Johnston and Bob Russell founded the Collective Arts Brewing on two simple beliefs: That the future is creatively driven creativity; the second? That creativity yields delicious beers! On the island, the team at Collective Arts brew some of the most well-crafted beers like ‘Rhyme and Reason Extra Pale Ale’, ‘Romantic India Pale Ale’ and ‘Stranger Than Fiction Porter’ under the supervision of award-winning Brew Master Ryan Morrison.

**Rust City Brewery**
27 King William St., Hamilton
(289) 426-2374
sloshbrewery.com

King William’s Rust City Brewery is a family run urban coffee house and craft beer pub – soon to be brewpub – combining their passion for coffee, beer and people. With a trade and organic coffee roasted on-site and one of the best selections of craft beer from local independent breweries. Rust City Brewing company combines the pleasure of food and drink in a cozy, contemporary coffee house/pub.

**Merit Brewing Company**
176 James St. N., Hamilton
(905) 599-1011
meritbrewing.ca

Located in the heart of Hamilton, Merit Brewery has been making award-winning craft beer since 2010. The brewery's name was inspired by the Chambers’ passion for the arts and their dedication to supporting local artists. Merit’s beer is available at The Village at St. Elizabeth Mills, and at 864 Drury Lane in Burlington. Merit Brewing Company has recently launched a new taproom in Albany, New York, and is planning to open a taproom in Hamilton in the near future.

**Brew Master Ryan Morrison**

Ryan Morrison is the award-winning Brew Master at Collective Arts Brewing. He has been brewing craft beer for over 10 years and has won numerous awards for his beers. Ryan is passionate about using local ingredients and promoting sustainability in brewing. He is also an active member of the Hamilton craft beer community,经常参与各种活动 and giving presentations on brewing techniques.

**Ingredients**

- 2 lbs asparagus, washed and dried
- 2 lbs olive oil
- ½ tsp black pepper
- ½ cup pale ale
- 2 tbsp white wine vinegar
- 1 tsp chopped shallots
- 1 tsp fennel
- 3 eggs yolks
- ½ cup unsalted butter

**Directions**

1. Preheat the oven to 425°F.
2. Cut off the bottom 1 to 2 inches of asparagus.
3. Place a baking sheet, dizzle with olive oil, sprinkle with salt and pepper, toss to coat.
4. Roast for 8-10 minutes.
5. Place beer, olive oil, shallots, fennel and 1 cup pale ale into a pan over medium heat. Cook until reduced by about half.
6. Pour the beer mixture into a blender with the egg yolks, blend on high for 3 minutes.
8. Remove from blender and add the butter in a slow steady stream.
9. Continue to blend at high for 2 more minutes.
10. Sauce should resemble slightly thin mayonnaise.
11. Place the asparagus, your desired amount of sauce over just before serving, or serve sauce alone on the side.

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**The Voice of St. Elizabeth Mills**

The Village News

**GOOD COOKING**

**ROASTED ASPARAGUS WITH BEER BÉARNES SAUCE**

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**THE GARDEN HOMES**

The Garden Homes at The Village at St. Elizabeth Mills are undergoing complete renovations, inside and out. When completed three to four years from now, the delightfully designed townhomes created by Homes will showcase a variety of exterior design ideas that will provide an authentic ‘village’ vibe to this woodsy community.

Presently, the homes on Father Fuzy and McKenna Streets are undergoing complete transformations, inside and out. When completed three to four years from now, the delightfully designed townhomes created by Homes will showcase a variety of exterior design ideas that will provide an authentic ‘village’ vibe to this woodsy community.

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**goodcooking@collectiveartsbrewing.com**

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**ARTICLE:**

Life Lease housing developments have been growing in Ontario for over 40 years and offer an attractive option for the rapidly expanding 55+ population. There are currently an estimated 350 Life Lease communities operating in the Province, representing some 12,000 residential units. Most of these developments (85%) operate under a Market Value Life Lease model.

ZEST Communities has adopted the Market Value Life Lease for The Village at St. Elizabeth Mills. Under this popular model, residents purchase their Life Lease Garden Home or Upper Mill Pond unit based on the current market value of their selected unit. When they wish to sell, they receive the market value of the unit at that point in time, the same as traditional real estate. Therefore, Market Value Life Leases are subject to the same market forces as condominiums and detached homes, with residents retaining any equity which has built-up in their condominium or detached home, with residents retaining any equity which has built-up in their condominiums and detached homes, with residents retaining any equity which has built-up in their unit. When they wish to sell, they receive the market value of their selected unit. When they wish to sell, they receive the market value of their selected unit.

Residents of the development purchase a Life Lease interest in their unit, as detailed in a contract called a Life Lease Agreement, as opposed to purchasing freehold ownership. This agreement or contract outlines the ongoing relationship between the residents and the owner of the project. This agreement can also be registered on title to the property, the same as a deed can be registered on title to a condominium or detached house. Residents then have exclusive use of their unit for as long as they wish, with the right to transfer the interest to their family upon death in accordance with their Will. They also are entitled to shared use of all of the common areas and facilities. However, control and title to the property always remain with the owner to ensure that the age requirements and community are maintained in accordance with its mandate.

Once residents take possession of their unit, they pay a monthly occupancy fee, which is uninsured and calculated the same as a condominium fee. This fee represents the resident’s proportionate share of common project costs, including, maintenance, management, insurance, utilities, and contributions to a reserve fund.

What makes Life Lease housing attractive for 55+ residents is the age and occupancy restriction; the strong sense of community; the shared amenities and value of the residents; the homogeneous lifestyle; the ability to be involved in the programs and activities; the worry-free maintenance and security; the opportunity for capital appreciation; and the availability of amenities and services all within a setting designed for the residents’ maximum enjoyment.

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**Recipe:**

**ASPARAGUS BEER-BÉARNES SAUCE**

**Ingredients**

- 2 lbs asparagus, washed and dried
- 2 lbs olive oil
- ½ tsp black pepper
- ½ cup pale ale
- 2 tbsp white wine vinegar
- 1 tsp chopped shallots
- 1 tsp fennel
- 3 eggs yolks
- ½ cup unsalted butter

**Directions**

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10. Sauce should resemble slightly thin mayonnaise.
11. Place the asparagus, your desired amount of sauce over just before serving, or serve sauce alone on the side.
From swinging music to a prickly Cactus Festival, there’s always something to enjoy. Here is a partial listing of some of the events you can look forward to in the weeks ahead.

Contact Resident Services for more information (905) 389-5020

Brass Quintet
May 29
This delightful group will entertain in style at Gibbons Square.

Cooking Class: The Secrets of French Cuisine
June 2017
Chef John Forcier (The French, Canoe) will provide delectable tips on French cooking that is destined to expand your culinary horizons.

Health & Wellness Expo
June 2, 10am – 4:30pm
Learn about services and advancements to make your life easier and your body and mind healthier. Featuring speakers, demonstrations, prizes, health tests and more! (see page 2 for details)

Ancaster Heritage Days
June 5-11
The Village at St. Elizabeth Mills is a Gold sponsor of this annual street festival which features rides, inflatables, Canada 150 events, a beer garden and entertainment with Hamilton All-Star Jazz, Music at Fieldcote, Ancaster Film Fest and more.

Fiesta de la Santa Isabel Molinos
August 25, 2pm
Join us in The Village event tent for an afternoon of the flavours of Spain, flamenco guitar and dance along with Spanish wine samples.

Dundas Cactus Festival
August 18-20
Music, Music, events, amazing products and fun!

The views and opinions expressed in this newsletter are those of the authors and of ZEST Communities Inc. Information and specifications are correct at press time and subject to change without notice. Renderings are artist’s concept. E.&O.E.