



## Hello, Neighbor!

Now that the cold weather is **FINALLY** behind us, hopefully you've emerged from hibernation to enjoy some of your favorite outdoor activities again. From local festivals and live music, to sporting events and nature hikes, the Finger Lakes region provides countless reasons to get outside. In this issue of Living La VIDA Rochester, you'll find unique ideas and tips for having fun in the sun— Rochester style!

Have something you want to share with your community? Maybe you tried a new restaurant, took up an interesting hobby, or discovered a park you never knew existed. Reach out to the Leasing Office and we'll do our best to share your ideas on social media or publish them in our next issue. We'd love to hear from you!

## What's Inside

PAGE 1

Welcome

PAGE 2

A Few Words From Your Concierges  
Community Reminders

PAGE 3

VIP Program Spotlight  
Recipe Corner

PAGE 4

Neighbor 2 Neighbor

## Treasure Hunt:

Somewhere inside this newsletter is the name of one VIDA staff member, spelled backwards. Find it and let the office know who it is, and we'll enter your name in a drawing for a \$150 rent credit or a free professional cleaning!

# A Few Words From Your Concierges

Looking for creative ideas for your next outdoor activity or adventure? We've got you covered!

## Morning Coffee & Stroll at the Skatepark

Order a cup of your favorite brew and a sweet treat from Fuego Coffee Roasters ([fuegocoffee.com](http://fuegocoffee.com)), then head over to Roc City Skatepark ([roccitypark.org](http://roccitypark.org)) to take in the downtown views and adrenaline-pumping tricks.

## Washington Grove Graffiti Art

Take a leisurely hike to the top of Cobbs Hill Reservoir for a spectacular sunset overlooking the city, but on your way, take the path to Washington Grove (look for the water towers). There, you'll see some truly incredible graffiti art that's ever-changing and sure to move you in some way. If you're lucky, you might even run into an artist working on their next masterpiece!

## Food Truck Rodeo at the Public Market

What's better than live music, craft brews, and food trucks? Enjoying all three at the Rochester Public Market! Food Truck Rodeos attract hundreds of people of all ages the last Wednesday of each month from April to September. Attend the next one and you'll see why this is the perfect way to break up your work week! Visit [cityofrochester.gov/foodtruckrodeo](http://cityofrochester.gov/foodtruckrodeo) for more info.

Call or write your concierges at 585-270-1617 or [vidaconciergeservice@gmail.com](mailto:vidaconciergeservice@gmail.com) for more ideas!

# Community Reminders

- Please remember to always lock your car, shut your windows, and never leave valuables inside your vehicle.
- If you're interested in renting an additional parking spot at the Strong Museum of Play Parking Garage, please contact the Leasing Office at 585-400-8432. The cost is \$75/month, and we have a limited number of spaces on Level 3 designated for VIDA residents. Note that parking in the garage is available 7 days/week from 4:00PM to 10:00AM.
- The Community Room in Building A, Building D Rooftop Terrace, and Outdoor Patio between Buildings A and B are now open to all VIDA residents! You can access these spaces by using your key fob at each building. We're still waiting for some furniture to arrive for the Patio in July, but we do have some tables and chairs set up out there. The Community Room may be reserved for private functions by contacting the Leasing Office.



## VIP PROGRAM SPOTLIGHT:

# Flower City Habitat for Humanity ReStore

If you're redecorating your apartment and want to donate some of your old furniture or find "new-to-you" furniture and accessories, the Habitat for Humanity ReStore is a special place you should know about. The ReStore sells and accepts donations of furniture, home accessories, and building materials. By donating or purchasing these items, you help keep quality, usable home improvement items out of landfills and fund the activities of Habitat for Humanity. Talk about a win-win!

*Also, as a VIDA resident, you'll receive 10% off purchases and free donation pick-up!*

## RECIPE CORNER

# Greek Sausage Pita Pizzas

(MAKES 4 SERVINGS)

### Ingredients

- 1 package (19 oz) Italian sausage links, casings removed
- 2 garlic cloves, minced
- 4 whole pita breads
- 2 plum tomatoes, seeded and chopped
- 1 medium ripe avocado, peeled and cubed
- 1/2 cup crumbled feta cheese
- 1 small cucumber, sliced
- 1/2 cup refrigerated tzatziki sauce

### Directions

1. Preheat oven to 350°. In a large skillet, cook sausage and garlic over medium heat 6-8 minutes or until no longer pink, breaking sausage into large crumbles; drain.
2. Meanwhile, place pita breads on ungreased baking sheets. Bake 3-4 minutes on each side or until browned and almost crisp.
3. Top pita breads with sausage mixture, tomatoes, avocado, and cheese. Bake 3-4 minutes longer or until heated through. Top with cucumbers; drizzle with tzatziki sauce.



# How to Make Your Bathroom Feel Like a Spa

Have you ever walked into a spa and immediately felt relaxed—even before you've gotten a treatment? It's all about atmosphere. The good news is that you can transform your own bathroom with just a handful of simple changes. While you can't staff your bathroom with a massage therapist or aesthetician, you can easily create an atmosphere that soothes you to your core.

**The spa robe.** Do you use a bathrobe? Is it as soft and luxurious as the ones you find at spas? If not, treat yourself to one. It's an indulgence that can have a big impact on your mood when you're wearing it.

**Plush towels.** Like the robe, spa towels are thick, absorbent, and soft. While good towels can be expensive, chances are you only need a few. And like the robe, they'll make you feel pampered.

**Smart speaker.** Use a wireless smart speaker in your bathroom to play soothing music. Just search "spa music" on Pandora or Spotify. You'll be amazed at how much music can affect your mood.

**Lighting.** Like music, soft lighting can really set the atmosphere. Most bathrooms have bright lights to make it easier to see yourself when you're getting ready. Tone things down by either adding a small dimmable lamp or flameless candles.

**Scent.** If you're thinking a lot of this comes down to the senses, you're right. So don't forget about smell. Consider a small essential oil diffuser to get that calming spa aroma.

**Plants.** Spas inherently have a natural, earthy feel. Adding plants that do well in low-light, moist settings can help create that. Spider plant or Boston fern are good choices.

**Reduce clutter.** Chances are, you've never walked into a spa that's cluttered. Clutter can really leave you feeling unsettled. Try putting toiletries away after using them. If you have storage challenges, pick up some decorative baskets. They make it easy to contain small items while keeping them accessible.

**Keep it tidy.** In the same way that reducing clutter is important, no one would go to a dirty spa. Take time to regularly clean your bathroom. Even if you add music, soft lighting, plants, etc., a dirty bathroom will make it hard to imagine you're at a spa.

