



Hello, Neighbor!

Fall is just around the corner, which means some of us are savoring every last minute of summer, while others are anxiously awaiting the cooler temperatures, flannel shirts, and pumpkin spice everything! In this issue of **Living La VIDA Rochester**, you'll find fun ideas and insider tips to help you make the most of fall in the Flower City.

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!

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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 will enter your name in a drawing for a \$150 rent credit or a free professional cleaning!

Contact us with the answer at 585-400-8432 or info@vidarochester.com by **Monday, October 10th**. The drawing will be held on **Wednesday, October 12th**, and the winner will be notified the same day.

A Few Words from Your Concierges

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

Downtown Definitely Fall Fest (October 1st - Noon to 6:30 p.m.)

This free event is being offered in partnership with the City of Rochester and will be held downtown at Parcel 5. Enjoy an array of autumn festivities including carnival games, concessions, music, a dance competition, and other live entertainment. The festival will have a homecoming theme, and students of all ages are encouraged to show their school spirit! Visit rochesterdowntown.com/event for more info.

Letchworth Arts & Crafts Show and Sale (October 8th – 10th)

This is one of our favorite fall events, because it combines the natural beauty of Letchworth State Park with beautiful artistic creations. Browse pottery, paintings, fiber arts, jewelry, photography, furniture, and more while you enjoy the colorful leaves of Letchworth. Visit iloveperry.com for details.

Fathey Beer Company

This Buffalo-based craft beer bar and retail shop opens its first Rochester location right where we live... at VIDA in Building D retrac asil! You'll find a huge variety of craft beer, wine, cider, seltzer, sodas, snacks, and their world-famous chicken sandwich. They're dog-friendly, people-friendly, and the perfect addition to the Neighborhood of Play. Visit fathey-beer.myshopify.com for details.

Call or write your concierges at 585-270-1617 or 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.
- 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. The Community Room may be reserved for private functions

by contacting the Leasing Office. Please note that outdoor spaces are seasonal, so we will be moving most of the furniture into storage later this Fall.

YOU'RE INVITED!

The VIDA concierges will be hosting our first semi-annual community meet & greet on **November 17th** from **6:00 p.m - 8:30 p.m!** Mark your calendar, and be on the lookout for an invitation and email with more information.

VIP PROGRAM SPOTLIGHT:

Effortlessly Healthy

This locally owned business provides a weekly meal delivery service that's in a league of its own! Their meals are healthy, fresh, delicious, and FULLY prepared to help you eat smart — without sacrificing taste or time. Their plans are customizable according to your needs, with options ranging from five meals per week, to their Breakfast, Lunch & Dinner Combo Plan, which provides all your meals for the entire week! They even have a Family Plan and options for gluten-free, dairy-free, and vegetarian diets.

As a VIDA resident, you'll get 25% off your first meal service order plus free shipping, or 10% off any meal service for returning customers. Call 585-254-0078 or visit ehmeals.com to get started. And keep an eye out for the Effortlessly Healthy food truck at local festivals and events!

RECIPE CORNER

Fudgy Pumpkin Brownie Bites

(MAKES 32 SERVINGS)

Ingredients

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| 1 cup all-purpose flour | 1 egg, lightly beaten |
| $\frac{3}{4}$ cup sugar | $\frac{1}{4}$ cup canola oil |
| $\frac{1}{4}$ cup unsweetened cocoa powder | 1 tsp vanilla |
| 1 tsp baking soda | $\frac{1}{4}$ cup finely chopped walnuts or pecans and/or mini chocolate chips (optional) |
| $\frac{1}{4}$ tsp salt | |
| 1 cup canned pumpkin | |

Directions

1. Preheat oven to 350 degrees. Lightly coat thirty-two $1\frac{3}{4}$ -inch muffin cups with cooking spray or line with paper bake cups.
2. In a medium bowl, stir together flour, sugar, cocoa powder, baking soda, and salt. In another bowl, whisk together pumpkin, egg, oil, and vanilla. Add to flour mixture; stir just until combined. Spoon into prepared muffin cups, filling two-thirds to three-fourths full. If desired, sprinkle with nuts and/or chocolate chips.
3. Bake 12 to 15 minutes or until a toothpick inserted in center comes out clean. Cool in a pan on a wire rack at least 20 minutes. Serve warm or remove from pan and cool completely.

Source: eatthis.com



NEIGHBOR 2 NEIGHBOR

Fall Project: Spruce Up Your Space on a Budget

Yes, you can have a stylish apartment or townhome without spending a fortune. Combine a little creativity with these simple tricks and give your place a makeover.

Spray Paint. You can spray paint practically anything – lamps, curtain rods, wreaths, pottery, picture frames, baskets, chandeliers, and the list goes on! Try using metallic paint to give your décor a chic upgrade. Or spray paint some old vases white and display them together for a clean and modern look.

Be sure to spray paint outdoors, to avoid exposing yourself and your neighbors to the fumes. Protect the surfaces and objects around you from spray drift as well.

Throw Pillows. Swap out (or reupholster) your throw pillows for new ones in bold colors and patterns. Try experimenting with interesting fabrics or shapes. This is one of the easiest ways to revitalize your space.

Lighting. Create a warm and elegant ambience with under-cabinet lighting. Simply attach rope lights to the bottom of your sideboard, hutch, or cabinet – hidden underneath the trim. Or try hanging a mirror behind a table lamp to make your room look bigger and brighter.

Greenery. Adding a few plants – even artificial ones – to your space will immediately give it new life. For a touch of whimsy, you can use unexpected objects like teapots, vintage tins, and antique perfume bottles as planters.

Rug Layering. If you aren't a fan of carpeting, just throw an area rug over it! Layering with rugs can not only elevate the look of your room, but also help define your seating areas.

Stuffing. (Not the kind you eat on Thanksgiving.)

If your couch cushions are looking a little sad and deflated, fill them with more stuffing or foam to make your couch look new again.

Improvisation. Stack a bunch of hard cover books to create a side table. Use a vintage round mirror as a coffee table tray and cover it with some flameless candles. Put an old suitcase on top of a tray table and use it as a bar. The possibilities are endless!

