



## Hello, Neighbor!

As we trade in the sunshine of summer for crisp autumn days, it's time to embrace all things fall—colorful leaves, cozy gatherings, and seasonal flavors! The latest edition of **Living La VIDA Rochester**, is here to help you make the most of the season. Inside, you'll find inspiration for local fall happenings, a hearty recipe perfect for chilly evenings, a guide to making your living space smell like the season, and more.

Have something you want to share with your community? 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 2

**ROC Spots**  
**Community Reminders**

PAGE 3

**VIP Program Spotlight**  
**Recipe Corner**

PAGE 4

**Neighbor 2 Neighbor**  
**Our Team**

## 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!

Contact us with the answer at 585-400-8432 or [info@vidarochester.com](mailto:info@vidarochester.com) by **Thursday, October 9th**. The drawing will be held on **Friday, October 10th**, and the winner will be notified the same day.

### YOU'RE INVITED!

Our Fall Food Truck Event is scheduled for Thursday, October 2nd from 5:00 PM - 7:00 PM. Located in Parking Lot B & The Patio Area. Hosted by Chef's Mobile Kitchen and Eat Greek. Residents eat for FREE. Please contact the Leasing Office to sign up & get your tickets ASAP!

# ROC Spots

Fall has arrived, and Rochester is alive with color, energy, and plenty of ways to enjoy the season. From lively festivals and farmers markets to scenic walks beneath the autumn leaves, there are endless opportunities to embrace the beauty and spirit of fall.

## MVP Fall Festival

Embrace the crisp air and vibrant colors of fall at the MVP Fall Fest, returning to Parcel 5 on Saturday, September 27th, from 11:00 AM to 2:00 PM. This free, family-friendly event is packed with seasonal fun, from pumpkin painting and live music to interactive activities for all ages. Whether you're looking to enjoy the autumn vibes or find a new favorite fall tradition, this is the perfect way to celebrate the season in the heart of the city. For more information visit: [rochesterdowntown.com](http://rochesterdowntown.com)

## Rochester Official Halloween Bar Crawl

Get ready for a night of fright and delight at the Rochester Halloween Bar Crawl on Friday, October 31st, starting at O'Callaghan's Pub! Don your most wickedly creative costume and prepare to roam through Rochester's favorite haunted watering holes, where eerie drink specials, spine-chilling games, and a hair-raising atmosphere await. Whether you're haunting the night with friends or creeping along to meet new ghouls, this is the ultimate way to revel in all things sinister and seasonal. Enter...if you dare, and don't miss this ghoulishly unforgettable evening! Check it out: [crawlwith.us/rochester/halloween](http://crawlwith.us/rochester/halloween)

## Fall Fun at Powers Farm Market

Celebrate the season at Powers Farm Market in Pittsford, where fall comes alive with pumpkin picking, a 4-acre corn maze, hayrides, and a petting zoo. Try your hand at farm ski ball for some friendly competition, and stop by the Food Barn for fresh-baked pies, hand-dipped candied apples, and other seasonal treats. With festive décor, fun activities for all ages, and plenty of autumn flavors, Powers Farm Market is the perfect place to enjoy the sights, tastes, and spirit of fall! For more information: [powersfarmmarket.com](http://powersfarmmarket.com)

# Community Reminders

1. The Leasing Office will be closed on the following days in observance of the respective holidays:
  - Thursday, November 27th & Friday, November 28th
  - Thursday, December 25th
2. Friendly reminder when using the fitness rooms be aware of dropping weights to the floor, it vibrates nearby resident unit walls. Please wipe down equipment after use.
3. Be sure to get out and enjoy the Rooftop & Patio areas before the furniture is moved into storage later this Fall.
4. **ATTENTION Pet/Animal owners**, please be mindful of picking up after your furry friend when walking the property. Be aware if your Pet/Animal has kicked-up the beautifully mulched landscape.
5. Common areas and hallways are not to be used to display or leave clothing, furniture or other belongings. Dispose these items properly in the areas provided. Please be reminded there are no shoes, boots, shoe trays, or items left outside unit doors. Hallways need to remain clean & clear. Door mats are acceptable.
6. **Package reminders as the holiday season is fast approaching:**
  - Take a second to provide clear delivery instructions to the courier in the note section upon checking out and ordering from your favorite on-line stores. This will help ensure packages will be delivered to the correct location.
  - Be sure to provide your full address including full name and unit number.
  - When ordering larger items, you are responsible for being home to receive these items. Extra-large packages block the stairwell in the oversized package area and become hazardous.
  - Please remember to retrieve your package within 3 days of delivery.
  - Do not hesitate to use the following number to report any package problems or report driver issues.
    - ◇ Parcel Pending Customer Relations – 855-316-4756 or [www.parcelpending.com/residents](http://www.parcelpending.com/residents) for Buildings A, B, and D.
    - ◇ Amazon HUB Customer Service – 888-283-0577 for Building E.

## VIP PROGRAM SPOTLIGHT:

# Pawsitive Cat Café

Cuddle up this fall at Pawsitive Cat Cafe, Rochester's charming cat lounge nestled downtown at 120 East Ave. This cozy, stress-relieving spot is the perfect place to sip locally roasted coffee or matcha while spending time with friendly, adoptable cats, many of whom are looking for their forever homes. Beyond the lounge, the café also hosts unique events like yoga, movie nights, coloring nights, and even video game nights, all enjoyed with the purrfect feline companions by your side.

As a VIP Program Partner, they're offering all VIDA residents a special discount for the cat lounge admission, making it an even purr-fect outing this autumn. A relaxing day with fuzzy friends and a warm beverage? That's what fall is all about, check it out right meow: [pawsitivecatcafe.com](http://pawsitivecatcafe.com)

## RECIPE CORNER

# Best Stuffed Peppers

(6 SERVINGS)

### Ingredients

- |                                 |  |
|---------------------------------|--|
| 2 Tbsp EVOO                     | 1 can diced tomatoes                   |
| 1 yellow onion                  | 1 ½ tsp. dried oregano                 |
| 3 cloves garlic, finely chopped | Kosher salt                            |
| 2 Tbsp tomato paste             | Black pepper                           |
| 1 lb. ground beef               | 6 bell peppers, tops and cores removed |
| 1 ½ cups cooked rice            | 1 cup shredded Monterey Jack           |
|                                 | Chopped fresh parsley                  |

### Directions

1. Arrange a rack in center of oven; preheat to 400°. In a large skillet over medium heat, heat oil. Cook onion, stirring occasionally, until softened, about 7 minutes. Stir in garlic and tomato paste and cook, stirring, until fragrant, about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, about 6 minutes.
2. Stir in rice and diced tomatoes; season with oregano, salt, and pepper. Let simmer, stirring occasionally, until liquid has reduced slightly, about 5 minutes.
3. Arrange peppers cut side up in a 13" x 9" baking dish and drizzle with oil. Spoon beef mixture into each pepper. Cover baking dish with foil.
4. Bake peppers until tender, about 35 minutes. Uncover, sprinkle with cheese, and continue to bake until cheese is bubbly, about 10 minutes more. Top with parsley before serving.

Source: [delish.com](http://delish.com)





## Cozy Scents for Autumn: DIY Simmer Pot Recipes

Easy, fragrant simmer pot recipes to bring cozy autumn vibes into your apartment or townhome. Here are some tips to making your own simmer pot:

There's nothing quite like the cozy, welcoming scent of fall filling your home. For apartment and townhome living, simmer pots are the perfect way to bring the season indoors without candles or plug-ins. All you need is a pot, some water, and a few seasonal ingredients to create a warm and inviting aroma that feels like autumn in a jar.

The beauty of simmer pots is that they're simple and customizable. Start by filling a small saucepan with water, then add your favorite fall ingredients—think cinnamon sticks, apple slices, orange peels, cloves, or even a sprig of rosemary. Let the mixture gently simmer on low heat, and within minutes, your space will be infused with the scents of the season. Just remember to top off the water occasionally so it doesn't dry out.

If you're not sure where to start, here are a few tried-and-true fall combinations: apple slices + cinnamon + cloves; orange peel + rosemary + nutmeg; or cranberries + vanilla + star anise. Each blend creates a different mood—sweet and spicy, crisp and fresh, or rich and cozy. Don't be afraid to experiment with what you have on hand!

Simmer pots are not only renter-friendly but also eco-friendly. Instead of tossing out fruit peels or citrus that's past its prime, you can give them new life as natural fragrance. It's a sustainable way to enjoy the scents of fall while reducing waste—and it makes cleaning out the fridge a little more rewarding.

Whether you're hosting friends, curling up for a movie night, or simply wanting to make your home feel extra cozy, simmer pots are an easy and maldul nasus affordable way to set the mood. Try out different combinations throughout the season, and you'll always have your space smelling like fall's best moments.



---

### OUR TEAM & VIDA RETAIL

#### Habitat for Humanity Build

Your VIDA Leasing Team is headed out to hammer some nails, build a sub floor and assist with building a home for a family in need through Habitat for Humanity this month!

#### City Art Space is now open!

We hope our residents have checked out the new art gallery downstairs. FairPour Coffee Roasters will be next to open! Stay tuned.

