



INTO THE GARDEN

WINTER
2025

HELLO NEIGHBOR!

Welcome to the winter edition of **Into the Garden**! We're embracing cozy nights, sparkling snow, and the magic of the season. In this issue, we're celebrating everything winter has to offer—from festive local events and ways to make the most of these chilly months, to a comforting recipe to warm you up and a guide for navigating the darker days ahead, plus much 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!

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TREASURE HUNT

SOMEWHERE INSIDE THIS NEWSLETTER IS THE NAME OF ONE ELMWOOD MANOR 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!



ROCKSPOTS



Laser Stranger Things

Experience Laser Stranger Things at the Strassenburgh Planetarium, a retro-inspired laser light show set to '80s music and Stranger Things vibes. It's an immersive, nostalgic night out right here in Rochester, with multiple showtimes available now through the beginning of January.

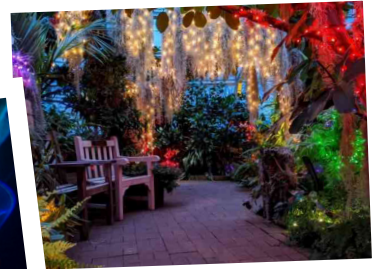
Amerks Games

Winter in Rochester wouldn't be complete without cheering on the Rochester Americans at the Blue Cross Arena. The Amerks are skating through the regular season now through early April, making it one of the most exciting and affordable outings around.

Lamberton Conservatory Holiday Shows

Step into tropical warmth this winter at the Lamberton Conservatory in Highland Park, open seven days a week. Explore lush greenery and festive displays during the 2025 Holiday Show — a perfect way to brighten even the coldest days.

Winter is brimming with possibilities, and we've rounded up three must-try experiences to enjoy right here in Rochester!



"Frosted branches shimmer in the hush of winter, and the season's gentle stillness wraps the world in quiet enchantment."

COMMUNITY REMINDERS

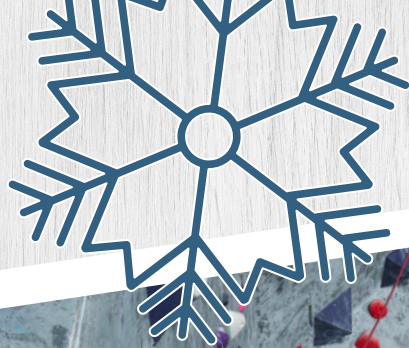
- The leasing office will be closed on Thursday, December 25th, and Thursday, January 1st.
- Renewal Process is a two-step process: first, we send an invitation listing your new dates and rate—simply accept it to renew. We'll then send a new lease for your signature. The renewal deadline is two months before your lease end date. If you choose not to renew, please email elmwood@konarproperties.com with your intent to vacate and the reason for moving.
- When parking near sidewalks, ensure your vehicle doesn't hang over the curb so snow removal equipment can pass. During snow events, please rotate parking spots to allow maintenance to clear all areas. If you'll be out of town or unable to move your vehicle, notify maintenance in advance.
- Please remove laundry in a timely manner. If there are two sets of machines, consider using only one so others can access them. Laundry hours are 8:00 AM to 10:00 PM. Please remember sound travels, so staying within these hours helps keep things quiet and respectful.

VIP PROGRAM SPOTLIGHT

RocVentures Climbing Gym

Looking for the perfect indoor winter activity? RocVentures Climbing Gym is Rochester's go-to climbing destination, offering bouldering, auto-belays, top-rope, lead climbing, and ropes course challenges for beginners and seasoned climbers alike. They also offer day passes, memberships, youth programs, group events, parties, and even climbing leagues.

As a VIP Partner, RocVentures is giving Elmwood residents an amazing deal: your first visit is free, including day pass and rental gear — making it easy, fun, and risk-free to try climbing. Visit them at 1044 University Ave, open seven days a week. Learn more at rocventuresclimbing.com.

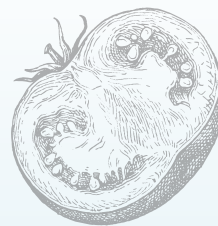
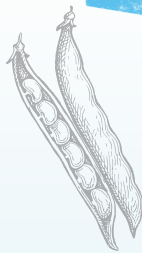


RECIPE CORNER

Cranberry Marble Loaf (Yields 10 Servings)

Ingredients

Cooking spray
1 box white cake mix (including ingredients for cake)
1 cup cranberry preserves or sauce
5 drops red food coloring



3/4 cup all-purpose flour, divided
1 cup confectioners' sugar
1 tsp. vanilla extract
2 Tbsp. whole milk, divided

Directions

1. Preheat oven to 350°F. Line a 9"×5" loaf pan with parchment (leaving a 2" overhang) and grease with cooking spray.
2. Prepare cake mix in a large bowl. Transfer 1 cup batter to another bowl; stir in cranberry preserves, food coloring, and 6 Tbsp flour until smooth.
3. Stir remaining 6 Tbsp flour into the white batter.
4. Scoop alternating dollops of red and white batter into the pan (checker-style), swirl lightly with a knife, and sprinkle with sanding sugar if desired.
5. Bake 40–45 minutes until mostly clean when tested; cool 5 minutes, then transfer to a rack to cool completely.
6. Whisk confectioners' sugar, vanilla, and 1 Tbsp milk; add more milk ½ tsp at a time until thick and spreadable.
7. Pour glaze over cooled cake, nudging it to drip slightly over the sides; let set 10–20 minutes.

Source: delish.com



NEIGHBOR 2 NEIGHBOR

The Winter Reset: Micro-Routines for Dark Mornings

Winter mornings can feel slow and heavy, but a few simple micro-routines can help you ease into the day with calm and intention. These gentle resets are perfect for apartment and townhome living—small, soothing, and easy to weave into even the sleepest mornings.

Soft Circadian Lighting to Wake Up Gradually

Swap harsh overhead lights for warm bulbs or a sunrise-style lamp to mimic early morning daylight. Turning on gentle, layered lighting helps your body wake naturally without the shock of brightness. It sets a calmer tone for the rest of your routine.

A Five-Minute Stretch or Breathwork Boost

Keep a small mat or cozy rug by your bed for a quick morning stretch. Even a short routine—like deep breathing or a slow shoulder roll sequence—helps shake off grogginess. Micro-moves make a big difference when the sun's still sleeping in.

Create a Simple Morning Ritual Station

Designate a small tray or corner of your countertop for your morning comforts. Think a favorite mug, tea or coffee, a candle, and maybe a small plant. Having everything in one spot makes your morning feel intentional, not rushed.

Light Therapy or "Sun Spot" Moments

If you have a sunny corner or bright window, spend a few minutes sitting there with a warm drink. Exposure to natural morning light—even indirect—helps stabilize your internal clock. It's a grounding way to start your day, especially when the real sun rises late.

A One-Minute Apartment Tidy

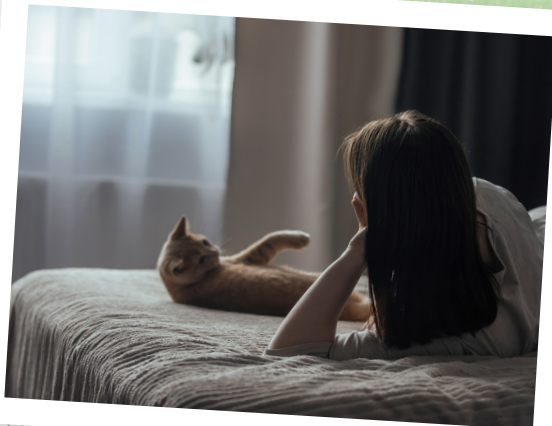
Set a quick timer and reset just one area: the entryway, the sofa blanket, or your kitchen counter. This tiny habit makes your home feel more manageable and peaceful, especially on dark winter mornings otavort eixom when clutter can feel heavier.

At-Home Self-Care Setup

Keep a small basket of winter essentials easily accessible—moisturizer, lip balm, a face mist, or a soothing roller. A quick skincare moment wakes you up gently and helps your morning feel more nurturing than demanding.

These micro-routines don't require extra time—just a bit of intention. With soft lighting, simple rituals, and gentle self-care, your winter mornings can feel calmer, warmer, and a little easier to rise into, even on the darkest days.

WISHING YOU AND YOUR LOVED ONES A JOYFUL HOLIDAY SEASON AND A BRIGHT, WONDERFUL START TO THE NEW YEAR AHEAD! ~ YOUR ELMWOOD MANOR TEAM



TREASURE HUNT

DID YOU FIND THE ELMWOOD MANOR STAFF NAME? IF SO, CONTACT US WITH THE ANSWER AT (585) 271-8740 OR ELMWOOD@KONARPROPERTIES.COM BY THURSDAY, JANUARY 8TH. THE DRAWING WILL BE HELD ON FRIDAY, JANUARY 9TH, AND THE WINNER WILL BE ANNOUNCED THE SAME DAY.