

## Rochester Guide



### Relationship Building Activities!

- Bring toys and watch the kids play!
- Play a game in the backyard, or at the closest park!
- Get a book/movie from the local library and experience it together!
- Flip through a picture album of your family or theirs!
- Visit a market and let them teach you about their food!
- Play a board or card game - a good English teaching opportunity. If there isn't a lot of English knowledge, play a game like Uno, Sequence, Chess, or Checkers!
- Cook or bake together! Cookies are always quick and fun!

### Fun Places to Visit with a Discount for Benefit Cards

- Public Market
- Zoo
- Strong Museum
- Rochester Museum and Science Center (RMSC)
- George Eastman House

\*Have the client/family show their SNAP Benefit cards at the gate/entrance and they will be able to enter for a reduced fee or for free.



### Fun Things to do in Rochester (that cost some money)

- Mini golf
- Winter ice skating at MLK Park
- Try new foods/restaurants together
- Bowling
- Lamberton Conservatory
- Rent kayaks or paddle boards on Irondequoit Bay



- Stokoe Farms
- Wickham Farms
- Redwings or Amerks Game

\*If you invite a client/family to do something in Rochester, expect to pay for it.



### Free Things to do in Rochester!

- Highland Park
- Library and library cards
- Charlotte Beach/pier
- Outdoor games (soccer, corn hole, picnic, badminton)
- Winter sledding
- Playgrounds
- Practice English vocabulary
- Feed birds at Mendon Park - Walk bridge at High Falls
- Webster Arboretum



### Fun Festivals to attend in Rochester!

- Lilac
- Jazz
- Corn Hill
- ROC Holiday Village
- Food truck rodeos

