SAN ROQUE MOBILEHOME PARK 5700 Via Real Carpinteria CA 93013

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THIS MONTH

- BETTER BREAKFAST MONTH
- NATIONAL SEWING MONTH
- SELF IMPROVEMENT MONTH

OFFICE HOURS Monday-Friday: 9am-12pm Rent Collection: Tues 1st - Fri 4th 9am-5pm

Rent is due on the 1st of each month and considered late if received after 5:00pm on the 5th of each month.

PLEASE MAKE YOUR PAYMENT FOR THE EXACT AMOUNT, CLEARLY and LEGIBLY. BE SURE TO DOUBLE CHECK THE AMOUNT, DATE and SIGNATURE.

# SEPTEMBER 2020 PARK NEWS

GIFTED WITH BEAUTIFUL MOUNTAINS AND OCEAN BREEZES VISIT US ONLINE WWW.SANROQUEMHP.COM



Better Breakfast Month

There is no better time to celebrate breakfast than during the entire month of September. It's Better Breakfast Month! Breakfast is considered the most important meal of the day. Eating breakfast has many health benefits. Eating a regular morning meal helps control weight and can guide us towards eating healthier meal regularly throughout the day.

It's that time of year again. Kids are getting back to school, and everyone is beginning to prepare for the winter months ahead. Consuming a well-balanced breakfast in the mornings gives our bodies energy to get our day started the right way.

A complete breakfast should contain a balance of all the major food groups. Protein, dairy, fat, and carbohydrates.

These elements are vital to maintaining stamina and fending off hunger throughout the day. Though carbs and fats are needed in the daily intake of nutrients, it's important to not overindulge in these two areas.

> However, a little bit won't hurt you. Article from nationaldaycalendar.com



### Local Happenings:

**Thursdays:** Carpinteria Farmer's Market Hours: 3:00pm - 6:30pm. 800 block of Linden Ave, Carpinteria CA www.sbfarmersmarket.org



### Coastal Cleanup Day

Every Saturday in September

9:00am-12:00pm

Community members are encouraged to clean up their neighborhood or favorite open space every Saturday.

For more information please contact Erin Maker, Environmental Coordinator (805) 684-5405 ext. 415



#### Concerts In Your Car

A social distance popup venue in

Ventura, Ca. Concerts, movies and

other events are held here so you can safely have LIVE entertainment from the safety of your vehicle. All events take place in the parking lot of the

fairgrounds.

For more information visit-

www.concertsinyourcar.com

City Council Meetings

14th & 28th at 5:30pm

## Park Happenings:

Looking to trade-in or sell your old home? Stop by the office for more information.



#### **General Info:**

- **Please follow up** with removing any weeds and trimming down your plants, or bushes.
- Check gutters for growing weeds and debris.
- DOGS off leash is prohibited. Make sure your dog is not getting out and using other property homesites to go to the bathroom.
- EJHARRISON will do 1 FREE PICK UP a year. If there is anything you notice and want to get rid of, schedule with EJHarrison directly for your free yearly pick up—805-647-1414.
- When writing your check to pay the space rent: PLEASE be sure to fill out the complete check WITH the correct amount due.
- It is very IMPORTANT to submit any concerns, complaints or changes to our office in writing. This document will need to be signed and dated by the resident/owner.

Please remember to drive safely in the park, children may be playing.



Obey all traffic signs and remember the speed limit for all vehicles is 10 miles per hour.

### **REMINDERS:**

 Please remember that your driveway and surrounding areas around your home need to be clear of all items not listed below.

11.5(b) Patio furniture, bicycles, and barbecue equipment in good condition are the only objects which may be stored outside the mobile home. Items such as, but not limited to; tools, trash, debris, boxes, barrel, brooms, ladders, and anything else deemed unsightly or unattractive by management shall be stored out of view at managers request.

- \* Please keep in mind that all cars need to be in your mobile home driveway. <u>NO</u> parking is allowed on the street in front of your space. It blocks the street for the neighbors around you, as well as emergency vehicles that need access to our streets at all times. We will be enforcing this throughout the year and would appreciate everyone's assistance!
- Please Remember that any guest staying with you longer than 20 consecutive days or a total of 30 days in a calendar year must be registered with the park.
- \* Please keep your space free of weeds and debris. Now is a great time to organize your area, get rid of what you don't need, and help make the park look beautiful for everyone to enjoy. Thank you for your cooperation with this!





Breakfast														
Bacon				Eggs				Jelly				Rolls		
Bag	els		Fruit				Marmalade				Sausages			
Bisc	uits		Granola				Milk				Теа			
Brea	ad			Ham				Muffins				Toast		
Cer	eal			Hash Browns				Oatmeal				Waffles		
Coffee			Honey				Omelets			Yogurt				
Croissants			Hot Chocolate				Pancakes			-				
Doughnuts			Jam				Porridge					3		
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