

**SAN ROQUE  
MOBILEHOME  
PARK**

5700 Via Real  
Carpinteria CA 93013  
(805) 684-2722

**Manager:** Diego Jara  
diego@srcmhp.com

**Office Manager:**  
Krystal Venegas  
krystal@srcmhp.com

**THIS MONTH:**

- NATIONAL WATERMELON DAY (8/3)
- NATIONAL FRIENDSHIP DAY (8/7)
- NATIONAL WAFFLE DAY (8/24)
- NATIONAL BEACH DAY (8/30)

**OFFICE HOURS**

Monday-Friday:  
9am-12pm

Rent Collection:  
Mon 1st—Fri 5th  
9am—5pm

Rent is due on the 1st of each month and considered late if received after 5:00pm on the 6th of each month.

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

# AUGUST 2022 PARK NEWS

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## National Wellness Month

During the month of August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

And yes, every day should be wellness day, but too many of us let self-care and wellness take a backseat in our busy lives.

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

There are numerous ways to make those small changes, too.

- **Drink more water.** Water lubricates joints (especially important as we age!) and transports nutrients for energy and health.
- **Get outside and exercise.** Yes, it's been pretty hot, but consider swapping the air conditioned gym for an outdoor workout instead.
- **Treat yourself or someone you love to a spa treatment.**
- **Slow down.** It always feel like there's not enough time to get everything done, doesn't it? Take time to enjoy the little things.
- **Stretch.** Beginning your day with a good stretch is like sipping a good cup of coffee. Stretching helps keep your muscles flexible and strong and protects your muscles and joints from injury.



# BACK TO SCHOOL



I Y D U T S E P T E M B E R N U R S E H  
 S L I C N E P A V C H A L K B O A R D E  
 D B N E G N I N R A E L V E R L M E T S  
 O E M Y O S E I D U T S L A I C O S S T  
 O L C C L H C O U R S E S O O L O C E R  
 R L F I D H I S S L R L S N N P R L C A  
 S J I K F G O M C E A T L E I E H A N E  
 E A R C R F A M K H N P W A N N C S E G  
 L N S A I X O C E E O F I T C S N S I A  
 U I T P E E O L M W R O S C R L U R C U  
 R T D K N L C N O I O U L M N I L O S G  
 F O A C D E G A E O B R O Y N I S O R N  
 S R Y A S I K N F L H O K T A E R M R A  
 Y E P B S L D C O E R C E E C R W P I L  
 A S Z S E S I O O H T R S R T H D M Y E  
 W A A Z D N H B T L C E E T N E D U T S  
 L R D E I C R A R O C T R R E H C A E T  
 L E S U S U B O M A A M U I S A N M Y G  
 A K H T A M Q C L R R A T I A R E P A P  
 H B I N D E R O Y L N Y N O T E B O O K

ASSIGNMENTS  
 BACKPACK  
 BATHROOM  
 BELL  
 BINDER  
 CAFETERIA  
 CHALKBOARD  
 CLASSROOM  
 CLOCK  
 COURSES  
 DESK  
 DOORS

ENROLL  
 ERASER  
 EXAMS  
 FIRST DAY  
 GYMNASIUM  
 HALLWAY  
 HOMEWORK  
 INTERCOM  
 JANITOR  
 LANGUAGE ARTS  
 LEARNING  
 LIBRARY

LOCKER  
 LUNCHROOM  
 MATH  
 NEW FRIENDS  
 NOTEBOOK  
 NURSE  
 OLD FRIENDS  
 PAPER  
 PENCILS  
 PENS  
 PRINCIPAL  
 QUIZZES

ROLL CALL  
 RULES  
 SCHOOL BUS  
 SCHOOL OFFICE  
 SCHOOLYARD  
 SCIENCE  
 SECRETARY  
 SEPTEMBER  
 SOCIAL STUDIES  
 STUDENT  
 STUDY  
 TEACHER

## General Info:

- Please follow up with removing any weeds and trimming down your plants, or bushes.
- Check gutters for growing weed and debris.
- Dogs off leash is prohibited. Make sure your dog is not getting out and using other properties home-site to go to the bathroom.
- Many homes are in need of pressure wash. Please take time to do this.
- E.J. Harrison will do 1 FREE pick up a year. If there is anything you notice and want to get rid of, schedule with E.J. Harrison 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.
- Only manufactures swim wear is permitted in the pool. No T-shirts, cut-offs, shorts are permitted. Diapers are not to be worn in the pool, swim diapers are allowed.
- Also, please remember to tie your hair up.
- All residents must have a pool key with them while in the pool area. Please do not let other people in that don't have their key.



## 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. NO 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.**

# AUGUST

## Local Happenings

**Thursdays:** Carpinteria Farmer's Market  
Hours: 3:00pm - 6:30pm.  
800 block of Linden Ave  
[www.sbfarmersmarket.org](http://www.sbfarmersmarket.org)



### Old Spanish Days—Fiesta

August 3rd—7th

Visit [sbfiesta.org](http://sbfiesta.org) to see the full calendar of events.

### Free Summer Cinema

Santa Barbara Courthouse Sunken Garden  
Bring blankets, low chairs & a picnic.  
Screenings take place on Friday evenings and begin at 8:30pm.

Guests may set out blankets and chairs anytime after 12pm on movie nights.

### Ventura County Fair

August 3-14

Ventura County Fairgrounds  
10 W. Harbor Blvd., Ventura  
Visit [venturacountyfair.org](http://venturacountyfair.org) for Special Admission Days & Entertainment Lineup



### Spencer Mackenzie's The Throwdown Cornhole Tournament

Friday, August 26—Sunday, August 28  
Ventura County Fairgrounds, Ventura

Enjoy the tournament as a player or spectator. There is plenty of food, drinks, cold beer and wonderful beach weather!

Plus, once the sun goes down join Spencer Mackenzie's and the city of Ventura for some live music and an outdoor party!  
[spencermackenzies.com/the-throw-down.html](http://spencermackenzies.com/the-throw-down.html)

### City of Carpinteria Council Meetings—

August 11th & 25th—5:30pm

## Park Happenings:

### SNACK DAYS:

**Monday 1st—Friday 5th**

Stop by for a sweet treat,  
we look forward to seeing you!

### SPONSORED BY PACIFICA HOMES

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