

**SAN ROQUE
MOBILEHOME
PARK**

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THIS MONTH:

- NATIONAL COOKIE DAY (12/4)
- NATIONAL WEAR YOUR PEARLS (12/15)
- NATIONAL CROSSWORD PUZZLE DAY (12/21)
- NATIONAL CHAMPAGNE DAY (12/31)

OFFICE HOURS

Monday-Friday:

9am-12pm

Rent Collection:

Thurs 1st—Fri 2nd
& Mon 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.

DECEMBER 2022 PARK NEWS

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



Natural Tips to Help Prevent a Cold

- **Wash your hands** - Most cold and flu viruses are spread by direct contact. So wash your hands often. If you can't get to a sink, rub an alcohol-based hand sanitizer onto your hands.
- **Don't cover your sneezes and coughs with your hands** - Because germs and viruses cling to your bare hands, muffling coughs and sneezes with your hands often results in passing along your germs to others. If you don't have a tissue, cough or sneeze into the inside of your elbow.
- **Don't touch your face** - Cold and flu viruses enter your body through the eyes, nose, or mouth. Touching their faces is the major way children catch colds and a key way they pass colds on to their parents.
- **Do aerobic exercise regularly** - Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.
- **Eat foods containing Phytochemicals** - "Phyto" means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. So put away the vitamin pill, and eat dark green, red, and yellow vegetables and fruits.
- **Relax**- If you can teach yourself to relax, you may be able to rev up your immune system. There's evidence that when you put your relaxation skills into action, your interleukins-leaders in the immune system react against cold and flu viruses.

DECEMBER

Local Happenings:

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



Carpinteria Holiday Spirit Parade

Saturday, December 10th

Time: 3pm

Linden Ave

Email carpinteria805parades@gmail.com to register your group or family



Chopper Fest

Sunday, December 11th

Hours: 8am—4pm

Ventura County Fairgrounds

10 West Harbor Blvd, Ventura

General admission \$15

Kids 12 & under are FREE

www.chopperfestival.com



Santa Barbara Harbor Parade of Lights

Sunday, December 11th

Beginning at 3pm families can visit a Winter Wonderland on the City Pier in Santa Barbara. At 5pm there will be a tree lighting ceremony, then at 5:30pm the Parade of Lights will begin and end with a brief fireworks show.

www.santabarbara.gov/events



Holiday Music & Carolers

Every weekend Nov 25—Dec 24

Paseo Nuevo Shopping Center

Swing by for live holiday music and roaming carolers every weekend during the holidays filling the paseos with holiday joy!



Park Happenings:

SNACK DAYS:

Thursday 1st—Friday 2nd
& Monday 5th

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

SPONSORED BY PACIFICA HOMES

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



Reminder

Our office will be **CLOSED**
Monday, December 26th
& Monday, January 2nd



Emergency Preparedness Presentation
has been rescheduled for
Tuesday, January 10th, 2023

In the clubhouse

We hope to see you all there!

City of Carpinteria Council Meetings—

December 12th — 5:30pm

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 homesite 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.



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Happy Holidays!

Dear residents,

The holidays are here and we realize that many of you have friends and family visiting, please remember that you are responsible for their conduct while they are in the park. Please have them use the designated parking areas while they are visiting.

Holiday decorations reminder:

Exterior decorations and/or lighting fixtures are permitted but are to be removed within 10 days after the holiday season.

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.**



Christmas

WORD SEARCH

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

JINGLE BELLS
BOW
CANDY CANE
CAROLERS
CHRISTMAS TREE
DECORATIONS
ELVES

FIREPLACE
GARLAND
GINGERBREAD
HOLIDAY
JOLLY
SANTA
MISTLETOE

NORTH POLE
ORNAMENTS
PRESENTS
REINDEER
SNOWMAN
WREATH
WRAPPING PAPER

