

**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 GROUNDHOG DAY (2/2)
- NATIONAL SEND A CARD TO A FRIEND DAY (2/7)
- NATIONAL PANCAKE DAY (2/21)
- NATIONAL STRAWBERRY DAY (2/27)

OFFICE HOURS

Monday-Friday:
9am-12pm

Rent Collection:
Wed 1st—Fri 3rd
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.

FEBRUARY 2023 PARK NEWS

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



American Heart Month

American Heart Month isn't just for lovers. February also reminds us to take care of our hearts and consider risk factors.

Believe it or not, heart disease can happen at any age. However, some risk factors for heart disease and stroke are preventable.

Review these signs for heart disease risk:

High blood pressure. Millions of people in the United States have high blood pressure, and millions of them are as young as 40 or 50. If you are one of them, talk to your doctor about ways to control it.

High cholesterol, diabetes, and obesity are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity a few times a week.

Smoking cigarettes. Over 35 million adults in America are smokers, and thousands of young people pick up the habit daily. If you're a smoker, do your best to quit. It's best for your health.

So, if you want to stay on top of your health and try to avoid the risk of heart disease, there are few things you can do. Start by managing any conditions you may have, such as high blood pressure and cholesterol. Make heart healthy diet decisions. Eat whole foods low in trans-fat, saturated fat, sodium and added sugar. A good rule of thumb is to fill half your plate with fruits and vegetables. Finally, get moving! Try to get in at least 20 minutes of physical activity 4-5 days a week, then build from there!

FEBRUARY

Local Happenings:

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



Carpinteria Writer's Group
Every Tuesday: 10am—12pm
Carpinteria Community Library
Membership is free and open to the public.
www.carpinterialibrary.org/programs/adults

Chopperfest
Sunday, February 12 (Rescheduled due to rain)
Hours: 8am—4pm
Ventura County Fairgrounds



This event features a motorcycle art exhibit, antique and custom motorcycle show, vendors and live music.
General admission \$10, kids 12 & under FREE
www.chopperfestival.com

State Street Promenade Market
Downtown State Street
900-1000 Blocks of State Street
Recurring weekly on Thursday
Hours: 3pm-7pm
Local artisans, non-profits and performers create a local's night for the community to enjoy!

Great Train Show
Saturday, February 18: 10am—4pm
Sunday, February 19: 10am—4pm
Ventura County Fairgrounds



Enjoy hundreds of train tables for sale, huge operating displays, activities for kids and more!
www.greatmidwesttrainshow.com

City of Carpinteria Council Meetings—
February 13th & 27th — 5:30pm

Park Happenings:

**DONUT DAY IS BACK:
WEDNESDAY 1ST**
Rent collection: Wed 1st—Fri 3rd
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.



MARKETPLACE



If you have something to sell, consider using
The Marketplace. It's FREE!

Simply come into the office, provide us with
product and contact info and we will
advertise it for you.

So whether you need to sell the car or
maybe some furniture or other household
items, The Marketplace is the place to go.

*Please submit items for sale no later than
the 10th of each month.*

6				3			5	
	9		4			2		
	2	3		7	8			6
4					5	1	7	9
7		6						4
			3					
	8	2						
	7				2	5		
	6	1		8		4		

Sudoku Rules



- Each column must contain all of the numbers 1 through 9 and no two numbers in the same column can be the same.
- Each row must contain all of the numbers 1 through 9 and no two numbers in the same row can be the same.
- Each block must contain all of the numbers 1 through 9 and no two numbers in the same block can be the same.

*.HAPPY.
Valentine's
Day*

Tuesday, February 14th

*★ HAPPY ★
President's
DAY*

Monday, February 20th

National Play Outside Day is Saturday, February 4th

All year long, we are given numerous opportunities to get outside and play. But sometimes, life, responsibilities, and distractions keep us from spending time in the fresh air as we should. National Play Outside Day is a reminder to stretch our legs and spend some time in the great outdoors.



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.

2	6	4	3	8	7	1	6	5
8	1	5	2	9	6	4	7	3
3	6	7	4	5	1	2	8	9
5	8	6	7	4	3	9	1	2
4	2	3	1	9	8	6	5	7
9	7	1	5	2	6	8	3	4
6	4	9	8	7	5	3	2	1
7	3	2	6	1	4	5	9	8
1	5	8	9	3	2	7	4	6

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.**



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