#### SAN ROQUE MOBILEHOME PARK

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#### THIS MONTH:

- NATIONAL WATERMELON DAY (8/3)
- NATIONAL SISTERS DAY (8/6)
- NATIONAL BOWLING DAY (8/12)
- NATIONAL BANANA SPLIT DAY (8/25)
- NATIONAL BEACH DAY (8/30)

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 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.

# PARK NEWS

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



# NATIONAL Wellness MONTH

August is National Wellness Month, and it's a perfect time to focus on taking care of yourself. Physically, mentally, and emotionally. Especially during these stressful times, it's important to make self-care, healthy eating, and stress management a priority in order to feel better than ever! Make it a goal to try one of these 8 ways to boost your wellness each day.

**Exercise.** Just 30 minutes of exercise per day can be a major moodbooster. Not only does it benefit your mental health, it keeps you at a healthy weight, and assists with pain management.

**Drink more water.** Hydration is so important for your body, especially during these hot summer months. It's the key to digestion, clearer skin, and even weight loss!

**Spend time outside.** Fresh air can do a mind and body good, especially is your exercising outdoors. Spending time in nature can improve your memory, lower your blood pressure, and boost your mood.

**Get enough sleep.** Sleep is a huge factor in our mental and physical well-being. Getting an adequate amount of sleep each night helps keep your weight in check, your risk of depression and anxiety low, your memory sharp, your immune system strong, and so much more.



### **Local Happenings:**

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

#### Old Spanish Days—Fiesta

Wednesday, August 2—Sunday, August 6 For more information visit the website below for the schedule of daily events. sbfiesta.org

#### **Concerts in the Park**

Every Thursday: 6pm-7:30pm

Chase Palm Park

323 E Cabrillo Blvd., Santa Barbara All concerts are FREE to the public.

Blankets, chairs and outside food and drinks are allowed. Alcohol, smoking and vaping are prohibited.

sbparksandrec.santabarbaraca.gov

#### **Ventura County Fair**

Wednesday, August 2—Sunday, August 13 Ventura County Fairgrounds

Visit the website for cost of special admission days & promotions, hours and entertainment schedule. Free park and ride locations are also listed on the website.



Venturacountyfair.org

#### Santa Barbara County Courthouse Docent Tours

1100 Anacapa Street, Santa Barbara One-hour docent-guided tours are offered Monday through Friday 10:30am and every day at 2pm. The tour is FREE.

Sbcourthouse.org



#### City of Carpinteria Council Meetings— August 14th & 28th— 5:30pm

# Park Happenings:

#### **DONUT DAY:**

Tuesday, August 1st Stop by for a sweet treat, we look forward to seeing you!



#### **Rent collection:**

Tuesday, August 1st— Friday, August 4th

#### **SPONSORED BY PACIFICA HOMES**

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



#### **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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#### 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.

#### **Pool Fun!**



With all the beautiful weather, please remember to take advantage of our pool area. While enjoying the water please keep in mind the following:

- Refrain from moving around the furniture or put it back where it belongs when you're done using it
  - No running around the pool.
- No food or drinks are allowed in the pool or jacuzzi area.
  - No lifeguard is available.
  - Use bathing suit attire only.
- Braid or pull back long hair to avoid clogging the drains.
- Make sure to take your belongings with you when you leave.



#### 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 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, cutoffs, 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.

# **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.

#### For Sale:

Make/Model/Year — Scion Tc 2006

Color: Cobalt Blue

2-door, hatchback, sunroof, original owner

Asking \$3,000

Contact: Russ H. (661) 466-8238

Location: Carpinteria

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