

**SAN ROQUE
MOBILEHOME
PARK**

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THIS MONTH:

- DAYLIGHT SAVINGS (11/5)
- NATIONAL CAPPUCCINO DAY (11/8)
- NATIONAL PICKLE DAY (11/14)
- CYBER MONDAY (11/27)
- NATIONAL FRENCH TOAST DAY (11/28)

OFFICE HOURS

**Monday-Friday:
9am-12pm**

**Rent Collection:
Wed 1st—Fri 3rd
9am—5pm**

**CLOSED Thurs 23rd
& Fri 24th**

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.

NOVEMBER 2023 PARK NEWS

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Let's talk Sweet Potatoes

This month, the holidays go into full swing, and what better way to celebrate than with loads of hearty, delicious, and... wait for it... healthy food! That's right, sweet potatoes fall into all those categories. They can be used in dozens of recipes, and their natural goodness doesn't even need added spices to make them tasty!

Sweet potatoes are a great source of vitamins C and A. Both nutrients are important for immune system support, and maintain healthy skin, vision and organs. They are also full of antioxidants.

Sweet potatoes are anti-inflammatory, which lowers the risk of nearly every chronic disease. These include obesity, type 2 diabetes, heart disease and cancer. They can even help with weight loss.

So, whether you're baking, mashing or cutting into chunks with ground cinnamon sprinkled on top or enjoying the fall favorite sweet potato pie it won't be difficult to enjoy sweet potatoes!



THANKSGIVING

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

WORD BANK

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BEANS
 BLESSINGS
 CORN
 CORNUCOPIA
 CRANBERRY

DINNER
 FALL
 FAMILY
 FEAST
 FOOTBALL

GRATITUDE
 HARVEST
 LEAVES
 MAYFLOWER
 NOVEMBER

PILGRIMS
 PLYMOUTH ROCK
 PUMPKIN
 STUFFING
 THANKFUL

THURSDAY
 TURKEY
 TURTLE ISLAND
 WAMPANOAG
 YAMS



NOVEMBER

Local Happenings:

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



Dia de los Muertos Market and Craft Day

Sunday, November 5: 10am—4pm
El Presidio de Santa Barbara State Historic Park
123 E Canon Perdido St, Santa Barbara
Enjoy over 70 vendors, face painters, art workshops, a DJ, dance performances, Loteria, photo booth & more! FREE arts & crafts will be provided from 11am—3pm.

Movie Night: Top Gun Maverick

Friday, November 10: 5:30pm—9:30pm
Hilton Santa Barbara Beachfront Resort
633 E Cabrillo Blvd, Santa Barbara
Bundle up and watch your favorite film on a giant outdoor screen. Bring your blankets and lawn chairs and get cozy under the stars.
Admission is FREE, but be sure to RSVP on Eventbrite.
No outside food or drink is permitted. There will be an onsite snack bar.
<https://www.eventbrite.com/e/cinema-under-the-stars-at-hilton-santa-barbara-beachfront-resort-tickets-728559790947>

Carpinteria Community Garden Park

Grow organic fruits, vegetables and flowers in the heart of downtown Carpinteria. The Garden Park has 100 raised beds available to interested community members.

For additional information contact Wendy Robins at (805) 755-4431 or via email carpgarden@carpinteria.gov



Save the Date for Carpinteria's Holiday Spirit Parade

Saturday, December 9: Linden Ave

City of Carpinteria Council Meetings—

November 13th & 27th— 5:30pm

Park Happenings:

DONUT DAY:

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



Rent collection:
Wednesday, November 1st—
Friday, November 3rd

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



Our office & clubhouse
will be CLOSED
Thursday, November 23rd &
Friday, November 24th

Mailboxes have been moved

Mailboxes are now on the corner of Carpinteria Creek Drive and Via Rincon (near Space #88)



Thank you
RESIDENT APPRECIATION DAY
was a success!

WE WOULD LIKE TO THANK ALL OF OUR RESIDENTS WHO ATTENDED OUR RESIDENT APPRECIATION DAY.

Thank you to our vendors who donated raffle prizes and to the vendors who were able to make it out.

WE HOPE YOU ALL ENJOYED EACHOTHER'S COMPANY AND THE DELICIOUS BARBECUE.



End of Daylight Savings



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