

**SAN ROQUE
MOBILEHOME
PARK**

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THIS MONTH:

- NATIONAL DARK CHOCOLATE DAY (2/1)
- NATIONAL SEND A CARD TO A FRIEND DAY (2/7)
- GALENTINE'S DAY (2/13)
- NATIONAL CHERRY PIE DAY (2/20)
- NATIONAL CHILI DAY (2/27)

OFFICE HOURS

Monday-Friday:
9am-12pm

Rent Collection:
Mon 3rd—Wed 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.

FEBRUARY 2025 PARK NEWS

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



National Heart Month

February focuses on the heart making it National Heart Month. Anyone can be at risk for heart disease. Get moving. Remove stress. Quit smoking. Eat healthier. Even small changes help make a difference. Reduce the amount of fast food in your diet. Eat more greens. Take the stairs. Walk the kids to school. Go outside and play with the kids or walk the dog. Talk to your physician about your risk factors. Walking is one of the healthiest and safest activities we can do for ourselves.

Review these signs for heart disease risk:

High blood pressure. Millions of people in the United States have high blood pressure, and many 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 in 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 or cut down. It's what's best for your health.

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

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.



The tradition is celebrated in the US & Canada.

During hibernation, a groundhog's body temperature drops from over 90° F to the low 40s; and its heartbeat slows down from more than 100 beats a minute to only 4.

Groundhogs are also known as woodchucks and whistle pigs.

The most famous groundhog on Groundhog Day, Punxsutawney Phil lives in Punxsutawney, Pennsylvania.

If Phil sees his shadow on February 2nd there will be six more weeks of winter.
If he doesn't see his shadow we will have an early spring.

FEBRUARY

Local Happenings:

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

Santa Barbara International Film Festival February 4—15

Some of the industry's best gather for 11 days of film screenings at various locations in Santa Barbara along with celebrity tribute events, panel discussions and after parties.

For more information or to purchase individual tickets and passes visit sbiff.org

Carpinteria Knitters Group

Wednesdays: 1pm—3pm

Carpinteria Community Library

5141 Carpinteria Ave

All levels are welcome!

carpinterialibrary.org



211 Community Day Celebration Resource Fair

Saturday, February 8: 11am—3pm

Earl Warren Showgrounds

3400 Calle Real, Santa Barbara

Parking & Admission: FREE

211 is a multi-language information and referral system connecting people quickly and effectively to health and human services, disaster relief and public information.

211santabarbaracounty.org

City of Carpinteria Council Meetings—

February 10th & 24th—5:30pm

Park Happenings:

**SAN ROQUE MOBILE HOME PARK
HOSTS DONUT DAY:
Monday, February 3rd**



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

Rent collection:

Monday, February 3rd —
Wednesday, February 5th

Happy
Valentine's
Day

Friday, February 14th



Monday, February 17th



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SAN ROQUE MHP**

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- Parking is permitted only in mobile space driveway and parking areas designated by signs.
- Up to 3 cars may be parked in the carport only if there is enough room and the third car is not sticking out in the street.
- Washing cars on the streets within the park including the front of homes is not permitted.

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.*



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, 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.

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