

**SAN ROQUE  
MOBILEHOME  
PARK  
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Carpinteria CA 93013**

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#### THIS MONTH:

- NATIONAL GROUNDHOG DAY (2/2)
- NATIONAL SEND A CARD TO A FRIEND DAY (2/7)
- VALENTINE'S DAY (2/14)
- PRESIDENT'S DAY (2/16)
- NATIONAL CHERRY PIE DAY (2/20)
- NATIONAL MARGARITA DAY (2/22)

#### OFFICE HOURS

**Monday-Friday:**

9am-12pm

**Rent Collection:**

**Mon 2nd—Thurs 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 2026 PARK NEWS

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## February is American Heart Month

Believe it or not, heart disease can happen at any age. However, some risk factors for heart disease and stroke are preventable. American Heart Month teaches us how we can help reduce our risks while eliminating those we have control over. Do you have one of these risk factors for cardiovascular disease? Obesity, physical inactivity, high blood pressure, cigarette smoking, high cholesterol, or diabetes.

#### Review these signs for heart disease risk:

1. **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.
2. **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 or cut down. It's what's best for your health.

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](http://www.sbfarmersmarket.org)



### Chopper Fest

Saturday, February 7: 8am—4pm  
 Ventura County Fairgrounds  
 This event features vendors, a new and used part swap meet, bike show, an art exhibit, live music, food, drinks & more!  
**Tickets:** \$15 pre-sale, \$20 at the door. Kids 12 and under FREE.  
[chopperfestival.com](http://chopperfestival.com)

### The Santa Barbara Antique Decorative Arts & Vintage Show & Sale

February 20—22  
 Friday & Saturday 11-6pm & Sunday 11am-4pm  
 Earl Warren Showgrounds, Santa Barbara  
[sbantiqueshow.com](http://sbantiqueshow.com)

### Pickleball for Beginners

Wednesdays: 8am—10am  
 Girls Inc. Carpinteria, 5315 Foothill Rd  
 Pickleball for beginners is a chance for AgeWell members to enjoy learning the game of pickleball with an instructor on site.  
[carpinteria.gov/agewell/](http://carpinteria.gov/agewell/)

### Family Game Night

Fridays: 5pm—6pm  
 Carpinteria Community Library  
 Bring your family and your favorite board games, or dive into a collection of classics and new favorites. Whether you want to enjoy quality time with your loved ones or meet new friends and challenge other families this is the place to be.  
[carpinterialibrary.org](http://carpinterialibrary.org)

### City of Carpinteria Council Meetings—

February 9th & 23rd—5:30pm

## Park Happenings:

**SAN ROQUE MOBILE HOME PARK HOSTS DONUT & BAGEL DAY:**  
**Monday, February 2nd**



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

**Rent collection:**  
 Monday, February 2nd—  
 Thursday, February 5th

### JUST A LITTLE *Reminder*

Please remember to add your space number for deliveries. The office will not accept packages and they will be sent back with the driver.

Thank you.

### Receive Emails from San Roque!



If you would like to receive your monthly statement electronically or receive park notifications, such as water shut off, please send a written request to the SR Park Office.

**PLEASE REMEMBER:**  
 ALL CHECKS/MONEY ORDERS MUST BE  
 FILLED OUT IN BLACK OR BLUE INK.





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## 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 homesites 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.

**♥HAPPY  
Valentine's  
DAY♥**

Saturday, February 14th

- Valentine's Day is the second most popular greeting card sending holiday
- 9 million people buy Valentines Gifts for their pets
- Over 36 million shaped chocolate boxes are bought each year
- 6 million people get engaged on Valentine's Day



Monday, February 16th



According to legend, if a groundhog sees its shadow on Monday, February 2nd, there will be six more weeks of winter, if it doesn't, then spring is right around the corner!

## 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.

