

**SAN ROQUE  
MOBILEHOME  
PARK**

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**THIS MONTH:**

- NATIONAL SUNKIST CITRUS DAY (3/1)
- NATIONAL PANCAKE DAY (3/4)
- DAYLIGHT SAVING TIME (3/8)
- NATIONAL PLANT A FLOWER DAY (3/12)
- SPRING BEGINS (3/20)
- NATIONAL TAKE A WALK IN THE PARK DAY (3/30)

**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.

MARCH 2026  
**PARK NEWS**

GIFTED WITH BEAUTIFUL MOUNTAINS AND OCEAN BREEZES  
VISIT US ONLINE [WWW.SANROQUEMHP.COM](http://WWW.SANROQUEMHP.COM)



**National Nutrition Month**

National Nutrition Month is an educational campaign focusing on the significance of physical fitness and well as eating nourishing meals.

At the beginning of the year, many of us attempt lifestyle changes that include eating healthier meals and exercise.

By March, our passion for this change will have either succeeded or is beginning to fade. National Nutrition Month is an opportunity to refocus and grab the healthy lifestyle.

**Some simple ways of redesigning a healthy lifestyle include:**

- **Reducing or eliminating sugary drinks and sodas.** They add unnecessary calories and help us pack on the pounds without much effort.
- **Pile on the vegetables.** Vegetables are low in calories and high in nutrients. They can be prepared in a variety of flavorful ways.
- **Serve smaller portion sizes.** One way to do this is to use a salad plate instead of a dinner plate when serving your meal. Another option is to eat smaller meals more often.

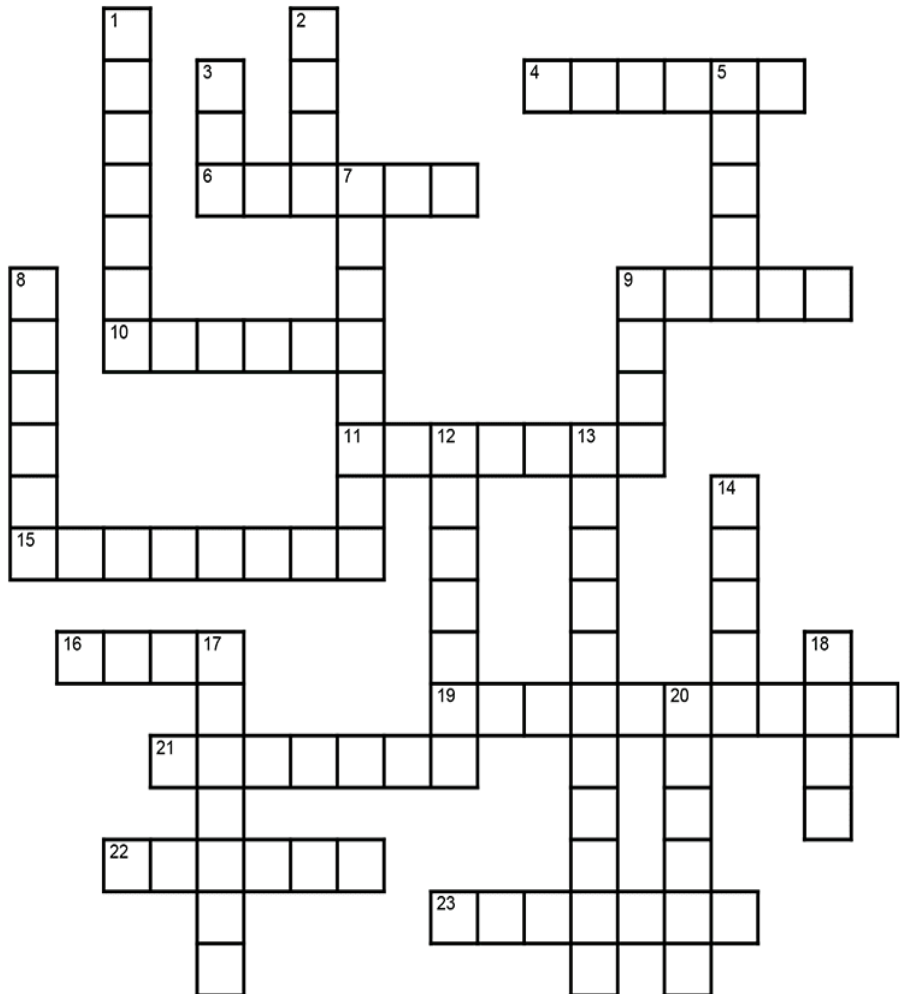
Eating healthier comes with a lot of benefits that stick with you for the long haul. Combined with exercise, healthy eating makes our bodies stronger and improves our immune system. Together they also reduce our risk for chronic illnesses like diabetes and heart disease.

Taking charge of your health contributes to overall well-being.

# Saint Patrick's Day

## ACROSS

4. Historically important vegetable in Ireland.
6. Native language of Ireland.
9. What color are the hills of Ireland?
10. The Irish flag is green, white and . . .
11. St. Patrick is the patron saint of which country?
15. Used by St. Patrick to represent the Christian Holy Trinity.
16. Number of leaves on a lucky piece of clover.
19. A trickster with a pot of gold.
21. If you don't wear green on March 17th, you might get . . .
22. Capital city of Ireland.
23. Saint Patrick's birthplace.



## DOWN

1. This city dyes its river green to celebrate St. Patrick's Day.
2. Color originally associated with St. Patrick's Day.
3. Name for the leprechaun's dance.
5. Number of leaves on a shamrock.
7. A funny poem with five lines.
8. According to legend, St. Patrick chased these out of Ireland.
9. It is the pot at the end of a rainbow.
12. Ireland nickname: The \_\_\_ Isle.
13. Saint Patrick's Cathedral location.
14. Month in which we celebrate Saint Patrick's Day.
17. Arch of colors in the sky.
18. Good fortune.
20. Ancient culture of Ireland.



|         |               |
|---------|---------------|
| Blue    | Leprechaun    |
| Britain | Limerick      |
| Celtic  | Luck          |
| Chicago | March         |
| Dublin  | New York City |
| Emerald | Orange        |
| Four    | Pinched       |
| Gaelic  | Potato        |
| Gold    | Rainbow       |
| Green   | Shamrock      |
| Ireland | Snakes        |
| Jig     | Three         |



# MARCH

## Local Happenings:

**Thursdays:** Carpinteria Farmer's Market  
Hours: 3:00pm - 6:30pm.  
800 block of Linden Ave  
[www.sbfarmersmarket.org](http://www.sbfarmersmarket.org)



### St. Patrick's Day Parade

Saturday, March 14: 10am  
Downtown Ventura

The parade route starts at Lincoln Drive and goes west on Main Street to Fir Street, featuring costumes, dancers, horses, high school bands & more!

[venturastpatricksdaysparade.com](http://venturastpatricksdaysparade.com)

### Santa Barbara International Orchid Show

March 20—22: 9am—5pm

Earl Warren Showgrounds

3400 Calle Real, Santa Barbara

Step into a breathtaking world of color, fragrance, and wonder at the Santa Barbara International Orchid Show—one of the largest orchid showcases in the U. S.

[sborchidshow.com](http://sborchidshow.com)

### Popcorn & A Movie Night

Friday, March 27: 6pm—8pm

Carpinteria Community Library—Community Room

Enjoy complimentary popcorn and a festive, fun night out with friends and family.

All ages welcome.

[carpinterialibrary.org](http://carpinterialibrary.org)

### City of Carpinteria Council Meetings—

March 9th & 23rd—5:30pm

## Park Happenings:

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



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

**Rent collection:**  
Monday, March 2nd—  
Thursday, March 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.

### Calling all Seniors Sign up for AgeWell

Becoming a member allows you to access a variety of classes, lectures, excursions, interest clubs, Special Speakers Series and social events.

Registration is FREE!

Learn more about AgeWell and sign up for a free AgeWell membership

**Creative Arts:** Veterans Hall Meeting Room  
Mondays 10:30am—12pm

**Carpinteria Men's Coffee Club:** Veterans Hall Meeting Room  
Wednesdays 8:30am—9:30am

**Chair Yoga:** Veterans Memorial Building  
2nd & 4th Thursdays 11am—12pm

Visit the website below for a full calendar of events  
[carpinteria.gov/agewell/](http://carpinteria.gov/agewell/)



## 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.*



### REMINDER

Washing cars on the streets within the park, including the front of homes is not permitted.

