

**SAN ROQUE
MOBILEHOME
PARK**

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Carpinteria CA 93013
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THIS MONTH:

- **NATIONAL WATERMELON DAY (8/3)**
- **NATIONAL PICKLEBALL DAY (8/8)**
- **NATIONAL BOOK LOVERS DAY (8/9)**
- **NATIONAL VINYL RECORD DAY (8/12)**
- **NATIONAL BANANA SPLIT DAY (8/25)**
- **NATIONAL BEACH DAY (8/30)**

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.**

AUGUST 2026 PARK NEWS

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



NATIONAL WELLNESS MONTH

Celebrate National Wellness Month during the entire month of August. It's time to prioritize your self-care, reduce stress, and create healthier habits to feel like your best self!

National Wellness Month was born out of the idea that if we are going to do big things in the world. In between building our careers, raising a family, furthering our education, creating new ideas, and nurturing our bodies, we need to take care of ourselves, too. It's easy to put our health and wellness on the back burner due to work deadlines, traffic, family obligations and other stressors. Research has shown self-care can help increase happiness by up to 71% when we manage our stress and maintain a healthy lifestyle. In fact, self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

5 Wellness Tips taking small steps to improve your personal wellness will lead to healthy habits in your lifestyle. In fact, wellness changes don't have to be life changing, even though the long-term results will be. You can improve your overall health by:

1. Increasing your water intake.
2. Adding more fruits and veggies to your meals.
3. Monitoring your sleep and making adjustments for better sleep habits
4. Joining a yoga, walking, or aerobics class.
5. Learning to meditate.

Health and Wellness

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



responsibility
eating healthy
prescriptions
occupational
intellectual
activities
no smoking
spiritual
give back
emotional
debt free
financial
volunteer
physical
reliable
swimming
exercise
wellness
balance
hydrate
savings
walking
hygiene
therapy
stress
coping
mental
biking
church
social
laugh
goals
yoga
pray

AUGUST

Local Happenings:

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



Santa Barbara Rodeo

July 31—August 2
Fri/Sat: 5pm—11pm & Sun: 11am—5pm
Earl Warren Showgrounds
3400 Calle Real, Santa Barbara
Food, drinks, music, vendors & more!
earlwarren.com/events/santa-barbara/rodeo

Summer Concert Series

Saturday, August 15: 6pm—9pm
South on Linden



Carpinteria Arts Center, 865 Linden Ave

This FREE concert series takes place on Saturday during the summer months, from 6—9pm. Snacks and beverages are available for purchase. Head to downtown Carpinteria to celebrate summer and the art of music!

carpinteriaartscenter.org/summerconcert

Old Spanish Days—Fiesta

August 5th—9th 2026

A celebration of Fun, Food and Santa Barbara History for the Whole Family

For more information and schedule of events please visit the website below:
sbfiesta.org



Park Happenings:

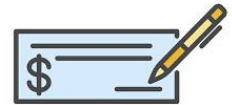
**SAN ROQUE MOBILE HOME PARK
HOSTS DONUT DAY:
Monday, August 3rd**



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

Rent collection:
Monday, August 3rd—
Wednesday, August 5th

PLEASE REMEMBER:



ALL CHECKS/MONEY ORDERS MUST BE FILLED
OUT IN BLACK OR BLUE INK.

Bike Safety Reminder:

Those who operate a bicycle are to obey the same traffic regulations as cars. This means they are to be driven on the right side of the street and must obey all stop signs. To decrease the possibility of an accident bikes must have reflectors and those under the age of 6 should ride accompanied by an adult.

Thank you for your cooperation!



City of Carpinteria Council Meetings—
August 24th—5:30pm

Laundry Room Upgrade

The laundry room will receive an upgrade of payment system w/o the WASH-Connect app!

This will allow you to pay for laundry directly from your phone and includes enhanced features such as:

- **Cycle complete notifications** so you know exactly when your laundry is ready
- **Real-time email updates** on service requests
- **A library of laundry tips and resources** to improve your laundry experience

Getting started with WASH-Connect is easy:

- Download the free WASH-Connect app
- Create an account using your email address
- Add a credit/debit card to fund your digital wallet

Questions? Email: mobilesupport@washlaundry.com



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SAN ROQUE MHP**

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30423 Canwood St. Ste. 206
Agoura Hills, CA 91301

www.pacificahomesinc.com

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.

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.*

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 San Roque Park Office.