

SANTA BARBARA
WEST
MOBILEHOME PARK
30 WINCHESTER
CANYON ROAD
GOLETA, CA 93117
(805) 968-7700

MANAGER:
MARIO JARA
mario@sbwmhp.com

OFFICE MANAGER:
KIM COONEN
kim@sbwmhp.com

THIS MONTH:

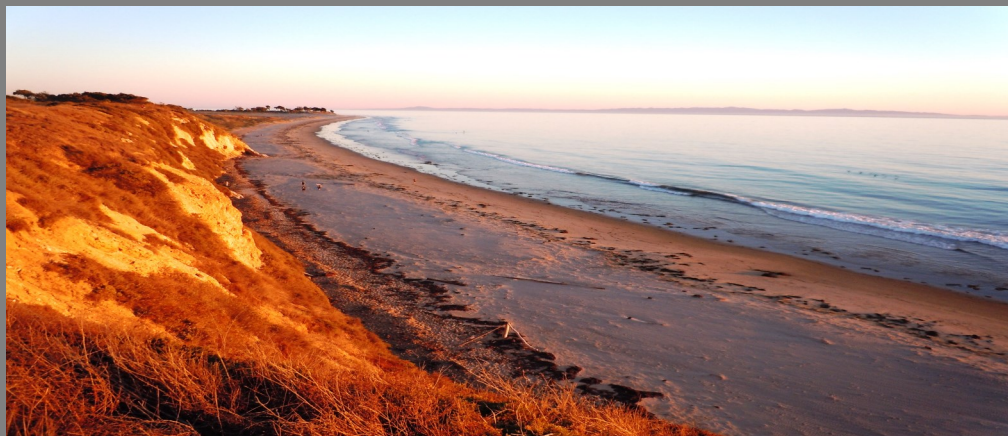
- NATIONAL WATERMELON DAY (8/3)
- NATIONAL SISTERS DAY (8/6)
- NATIONAL BOWLING DAY (8/12)
- NATIONAL BANANA SPLIT (8/25)
- NATIONAL BEACH DAY (8/30)

OFFICE HOURS
Monday-Friday:
9am-12pm
Rent Collection:
Tues 1st & Fri 4th
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 2023 PARK NEWS

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



NATIONAL *Wellness* MONTH

August is National Wellness Month, and it's a perfect time to focus on taking care of yourself. Physically, mentally, and emotionally. Especially during these stressful times, it's important to make self-care, healthy eating, and stress management a priority in order to feel better than ever! Make it a goal to try one of these 8 ways to boost your wellness each day.

Exercise. Just 30 minutes of exercise per day can be a major mood-booster. Not only does it benefit your mental health, it keeps you at a healthy weight, and assists with pain management.

Drink more water. Hydration is so important for your body, especially during these hot summer months. It's the key to digestion, clearer skin, and even weight loss!

Spend time outside. Fresh air can do a mind and body good, especially is your exercising outdoors. Spending time in nature can improve your memory, lower your blood pressure, and boost your mood.

Get enough sleep. Sleep is a huge factor in our mental and physical well-being. Getting an adequate amount of sleep each night helps keep your weight in check, your risk of depression and anxiety low, your memory sharp, your immune system strong, and so much more.



Local Happenings:

Goleta Farmer's Market

Sundays: 10am-2pm
Thursdays: 3pm -6pm
Camino Real Shopping Center
www.sbfarmersmarket.org



Picnic in the Park

Now through August 18
Hours: 11:15am—12:15pm
Goleta Community Center, 5679 Hollister Ave
Foodbank of Santa Barbara County provides free lunches to children 18 years and under Monday—Friday countywide. Everyone is welcome, and there is no sign-up or registration process. For a list of all sites: foodbanksbc.org/programs/lunch/

Old Spanish Days—Fiesta

Wednesday, August 2—
Sunday, August 6

For more information visit the website below for the schedule of daily events.

sbfiesta.org



Goleta's Dam Dinner

FREE Community Event

Saturday, August 19: 4pm—7pm

Gather with friends and neighbors while listening to live music. Tables and chairs are set-up by the dam with views of Lake Los Carneros and the mountains. Bring your own picnic or purchase dinner from a local food truck. cityofgoleta.org

Senior Happy Hour

First Thursday of the month

Goleta Valley Library, 500 N. Fairview Ave
Hours: 2pm—3:30pm

Get together for a fun social hour and easy crafts. This event is FREE and all supplies are provided.

City of Goleta Council Meetings – City Hall

August 8th & 22nd—5:30pm

Park Happenings:

DONUT DAY:

Tuesday, August 1st



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

Rent collection: Tuesday, August 1st
— Friday, August 4th



SPONSORED BY PACIFICA HOMES

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

SAVE THE DATE

Resident Appreciation Day!

Saturday, September 9th

More information to follow.

Receive Emails from Santa Barbara West!



If you would like to receive your monthly statement electronically or receive park notifications, such as water shut off, then send Kim in the SBW Park Office an email and she will add you to the list!

Send your email to: kim@sbwmhp.com

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

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.



Summer 2023 Music at the Ranch Tuesday Night Concert Series

5:30pm—7:30pm

Stow House

304 N. Los Carneros Road, Goleta

August 1—Americana Cats & Sassafras
Food Truck

August 8—King Bee & Mony's Food Truck

August 15—Moneluv & Mony's Food Truck

August 22—Down Mountain Lights & Elubia's
Food Truck

Bring your lawn chairs.

Sundays at the Ranch

Every Sunday: 11am—2pm

Live music the first Sunday
of every month

Hours: 2pm—4pm

Stow House Ranch Yard
304 N. Los Carneros Road, Goleta
Barn animals, outdoor fun & tractor
rides.

All FREE—tell a friend!

www.goletahistory.org/sundays-at-the-ranch/





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NEW TOWING SERVICE

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Parking is permitted only in mobilehome space driveway and parking areas designated by signs. Guests may only park in designated guest parking spaces or in the host's tenants driveway. Tenants may use the guest parking when using the recreational facilities or laundry room. All vehicles which are not parked in accordance with these Rules and Regulations may be towed at the vehicle owner's sole expense, California Vehicle Code Section 22658(a).
Summarized from SBW Park Rules and Regulations.

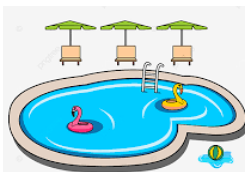
Park Back Gate



We will be locking the back gate of the park off Calle Del Sur. The pool key will open this gate. The new gate lock is a safety feature for the park.

If you have any issues with your key, please bring in your key for a replacement. If you have lost your pool key, the office will replace it for a \$25 fee.

Pool Fun!



With all the beautiful weather, please remember to take advantage of our pool area. While enjoying the water, please keep in mind the following:

- Refrain from moving around the furniture or put it back where it belongs when you're done using it.
 - No running around the pool.
- No food or drinks are allowed in the pool or jacuzzi area.
 - No lifeguard is available.
 - Use bathing suit attire only.
- Braid or pull back long hair to avoid clogging the drains.
- Make sure to take all your belongings with you when you leave.

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