

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

MANAGER:
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THIS MONTH:

- NATIONAL WEAR RED DAY (2/2)
- NATIONAL SEND A CARD TO A FRIEND DAY (2/7)
- NATIONAL PIZZA DAY (2/9)
- VALENTINE'S DAY (2/14)
- NATIONAL STRAWBERRY DAY (2/27)

OFFICE HOURS

Monday-Friday:
9am-12pm

Rent Collection:
Thurs 1st—Fri 2nd
& Mon 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 2024 PARK NEWS

GIFTED WITH BEAUTIFUL MOUNTAINS AND OCEAN BREEZES
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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.



**BE SAFE.
BIKE SMART.**

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 no one under the age of 6 should ride a bike in the park without being accompanied by an adult.

Thank you for your cooperation!

Happy Groundhog Day!

Groundhog Day is the most watched weather forecast of the year in America. It has been celebrated since February 2, 1886.

Punxsutawney Phil is the most famous groundhog of all. He is said to be 100 years old. Every year more than 40,000 people gather at Gobbler's Knob in Punxsutawney, Pennsylvania to see what Phil will predict.

Punxsutawney Phil's predictions have a 40-60% accuracy.



If I see my shadow, there will be 6 more weeks of winter.



If I don't see my shadow, there will be an early spring.



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

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.

FEBRUARY

Local Happenings:

Goleta Farmer's Market

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



Senior Happy Hour

Thursday, February 1st: 2pm—3:30pm

Goleta Valley Library

500 N. Fairview Ave, Goleta

Enjoy a fun social hour and easy crafts.

This event is FREE and all supplies will be provided.

Senior Happy Hour is the first Thursday of the month.

goletavalleylibrary.org

Santa Barbara International Film Festival

February 7—17

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

For more information or purchase a pass or individual tickets visit sbiff.org

Santa Barbara Antique, Decorative Arts & Vintage Show & Sale

Friday, February 23rd: 11am—6pm

Saturday, February 24th: 11am—6pm

Sunday, February 25th: 11am—4pm

Earl Warren Showgrounds

3400 Calle Real, Santa Barbara

Cash only at the door for the admission fee and is good for all 3-days! Parking is FREE.

sbantiqueshow.com

City of Goleta Council Meetings - City Hall

February 6th & 20th—5:30pm

Park Happenings:

DONUT DAY:

Thursday, February 1st



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

Rent collection:

Thursday, February 1st —

Friday, February 2nd

& Monday, February 5th



SPONSORED BY PACIFICA HOMES

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



Wednesday, February 14th

Sign up for ReadySBC Alerts

Prepare

Emergency preparedness information and resources to help you, your family, and community be ready.

Emergency

Receive the latest information during an active emergency.

Recovery

Recovery resources and assistance after an emergency.

readysbc.org



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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

COFFEE & COMMUNITY



SATURDAY, FEBRUARY 3RD

9:00AM-11:00AM

Brandon School (195 Brandon Dr)



Join us for coffee, conversation, community and birthday cake!

Come meet Mayor Paula Perotte, Councilmember Kyle Richards and City Staff to learn more about what's in store for your neighborhood.



Monday, February 19th

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