

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

MANAGER:
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OFFICE MANAGER:
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THIS MONTH:

- NATIONAL DARK CHOCOLATE DAY (2/1)
- NATIONAL SEND A CARD TO A FRIEND DAY (2/7)
- GALENTINE'S DAY (2/13)
- NATIONAL CHERRY PIE DAY (2/20)
- NATIONAL CHILI DAY (2/27)

OFFICE HOURS
Monday-Friday:
9am-1pm
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.

FEBRUARY 2025 PARK NEWS

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



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.

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

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.



The tradition is celebrated in the US & Canada.

During hibernation, a groundhog's body temperature drops from over 90° F to the low 40s; and its heartbeat slows down from more than 100 beats a minute to only 4.

Groundhogs are also known as woodchucks and whistle pigs.

The most famous groundhog on Groundhog Day, Punxsutawney Phil lives in Punxsutawney, Pennsylvania.

If Phil sees his shadow on February 2nd there will be six more weeks of winter.
If he doesn't see his shadow we will have an early spring.

FEBRUARY

Local Happenings:

Goleta Farmer's Market

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

Santa Barbara International Film Festival

February 4—15

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

For more information or to purchase individual tickets and passes visit sbiff.org



211 Community Day Celebration Resource Fair

Saturday, February 8: 11am—3pm

Earl Warren Showgrounds

3400 Calle Real, Santa Barbara

Parking & Admission: FREE

211 is a multi-language information and referral system connecting people quickly and effectively to health and human services, disaster relief and public information.

211.santabarbaracounty.org

City of Goleta Council Meetings – City Hall

February 4th & 18th—5:30pm

Park Happenings:

SANTA BARBARA WEST HOSTS DONUT DAY: Monday, February 3rd



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

Rent collection:

Monday, February 3rd —
Wednesday, February 5th

Happy
Valentine's
Day

Friday, February 14th



Monday, February 17th

Park Emergency Contact

When the park office is closed, including evenings and weekends, please call:



805-968-7700

Let the answering service know it an emergency along with a description of the emergency, the space number, and your contact information.

Park staff will be contacted.

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 Michelle in the SBW Park Office an email and she will add you to the list!

Send your email to: michelle@sbwmhp.com



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

Sundays at the Ranch



Barn animals, outdoor fun & tractor rides.

Every Sunday: 11am—2pm

Live music the first Sunday of every month

Dusty Strings

Sunday, February 2nd

Hours: 2pm—4pm

Stow House Ranch Yard

304 N. Los Carneros Road,
Goleta

All FREE—tell a friend!

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