

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

MANAGER:
MARIO JARA
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OFFICE MANAGER:
ASHLEY ESTRADA
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THIS MONTH:

- **NATIONAL GROUNDHOG DAY (2/2)**
- **NATIONAL SEND A CARD TO A FRIEND DAY (2/7)**
- **VALENTINE'S DAY (2/14)**
- **PRESIDENT'S DAY (2/16)**
- **NATIONAL CHERRY PIE DAY (2/20)**
- **NATIONAL MARGARITA DAY (2/22)**

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

FEBRUARY 2026 PARK NEWS

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



February is American Heart Month

Believe it or not, heart disease can happen at any age. However, some risk factors for heart disease and stroke are preventable. American Heart Month teaches us how we can help reduce our risks while eliminating those we have control over. Do you have one of these risk factors for cardiovascular disease? Obesity, physical inactivity, high blood pressure, cigarette smoking, high cholesterol, or diabetes.

Review these signs for heart disease risk:

1. **High blood pressure.** Millions of people in the United States have high blood pressure, and millions of them are as young as 40 or 50. If you are one of them, talk to your doctor about ways to control it.
2. **High cholesterol, diabetes, and obesity** are all conditions that can increase your risk for heart disease. If you fall into 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.

Make heart-healthy diet decisions. Eat whole foods low in trans-fat, saturated fat, sodium, and added sugar. A good rule of thumb is to fill half your plate with fruits and vegetables. Finally, get moving. Try to get in at least 20 minutes of physical activity 4-5 days a week, then build from there.



FEBRUARY

Local Happenings:

Goleta Farmer's Market

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

Santa Barbara International Film Festival

February 4—14

Experience Santa Barbara's red carpet at the Santa Barbara International Film Festival, when Oscar contenders and the industry's best gather for 11 days of film screenings, celebrity tribute events, panel discussions and after-parties.

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

Senior Happy Hour—

Valentine's Day Card Workshop



Thursday, February 5th: 2pm—3:30pm
Goleta Community Center
5679 Hollister Ave, Goleta

The first Thursday of every month, get together to relax, laugh, socialize and create something beautiful. Get creative with the supplies provided and make a pop up card to brighten someone's day.

goletavalleylibrary.org

The Santa Barbara Antique Decorative Arts & Vintage Show & Sale

February 20—22

Friday & Saturday 11-6pm & Sunday 11am-4pm
Earl Warren Showgrounds, Santa Barbara

This event brings the finest antique and vintage dealers to Santa Barbara.

sbantiqueshow.com

City of Goleta Council Meetings – City Hall

February 3rd & 17th —5:30pm

Park Happenings:

SANTA BARBARA WEST HOSTS DONUT DAY:

Monday, February 2nd



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

Rent collection:

Monday, February 2nd—
Thursday, February 5th

Park Emergency Contact

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



805-968-7700

Let the answering service know if it is 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, please send a written request to the SBW Park Office.

Crimes and any suspicious activity should be reported to the police.

Goleta Police: 805-681-4100



All dogs/cats found loose in the Park should be reported to the Animal Shelter: 805-681-5285



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GENERAL INFO:

- * **RESIDENTS ARE NOT PERMITTED TO PARK IN THE VISITOR/GUEST PARKING AREA** unless authorized by management.
- * **A two (2) weeks** advance notice is required to reserve the Clubhouse.
- * **Please remember** any suggestions or complaints must be put in writing, along with your signature, so that they can be addressed by Management.
- * **Home/Homesite Improvements:** Don't forget to get Management approval before undertaking any exterior improvements such as painting or additions to your homesite, i.e. landscaping, sheds, etc.
- * Please observe and show courtesy for your neighbors by adhering to **QUIET HOURS: from 10:00PM - 8:00AM**
- * Don't forget to register any person living with you.
- * **Dogs and cats off leash is not permitted.** Make sure your dog or cat is not able to get out of your home and please do not allow your pet to do its "business" in the common areas or homesites.

Your Cooperation is Appreciated!!!



According to legend,
if a groundhog
sees its shadow on
Monday, February 2nd,
there will be six more
weeks of winter, if it
doesn't, then spring is
right around the corner!

♥ **HAPPY**
Valentine's
DAY ♥

Saturday, February 14th

- Valentine's Day is the second most popular greeting card sending holiday
- 9 million people buy Valentines Gifts for their pets
- Over 36 million shaped chocolate boxes are bought each year
- 6 million people get engaged on Valentine's Day



Monday, February 16th

Emergency Preparedness

Here in California we are no strangers to the chance of wildfires. There are many fire safety tips posted online by CAL FIRE at fire.ca.gov.

One of the best things you can do is make a plan, make an emergency kit and keep informed. Don't know what to put in your kit? Everyone has different needs, but some good things to remember are important documents, prescription medications, eyeglasses, and special items for infants and pets, along with three days worth of food and water.

Don't forget to check batteries and test your smoke detector!