

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

MANAGER:
MARIO JARA
mario@sbwmhp.com

OFFICE MANAGER:
ASHLEY ESTRADA
ashley@sbwmhp.com

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-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.**

AUGUST 2026 PARK NEWS

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

Goleta Farmer's Market

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



Santa Barbara Rodeo

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

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

Goleta's Dam Dinner

Saturday, August 15: 4pm—7pm
Lake Los Carneros Dam
Enter off N. La Patera Lane or Stow House at
304 N. Los Carneros Road
Tables and chairs are set along the dam with
breathtaking views of Lake Las Carneros and
the mountains. Bring your own dinner and
beverages or purchase food at the event from
805 Lobo Butcher Shop. Bring the kids to this
family-friendly event—there will be face
painters, Kona Ice and the Goleta Valley
Library Van.
cityofgoleta.org

City of Goleta Council Meetings - City Hall

August 4th & 18th—5:30pm

Park Happenings:

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



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

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

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

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.

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!

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!!!



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Agoura Hills, CA 91301

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MUSIC AT THE RANCH



Rancho La Patera & Stow House

Tuesday Summer Concert Series

5:30pm—7:30pm

August 4th: Nombres

August 11th: Doublewide Kings

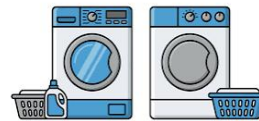
August 18th: Out of the Blue

Food Trucks will be available at each concert

Bring lawn chairs

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

Laundry Room Upgrade



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

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.