

"GOOD TO KNOW" JULY 2023 Newsletter

National Days

- July 4 Independence Day
- July 11 Cheer Up the Lonely Day
- July 14 National French Fry Day
- July 15 Give Something Away Day
- July 24 Self-Care Day



SUMMER'S HERE ISSUE - Fireworks !

Friday, 30 June

- 4:00pm Summer Palooza at Community Center Park in Camarillo
- 5:30pm Free Family Screening of Puss in Boots at Rancho Madera Park
- 6:00pm Free Summer Movies in the Park in Camarillo - DC League of Super-Pets
- 6:00pm Heritage Square Summer Concert Series in Oxnard
- 7:00pm Thousand Oaks Pop-Up Arts & Music Fest - Wildwood Neighborhood Park

Saturday, 1 July

- 10:00am 26th Annual Rods & Roses Car Show in Carpinteria
- 12:00pm Summer Palooza at Community Center Park in Camarillo
- 3:30pm Independence Parade in Carpinteria
- 7:00pm Thousand Oaks Pop-Up Arts & Music Fest - Triunfo Park

Monday, 3 July

- 4:00pm City of Moorpark 3rd of July Fireworks Extravaganza (Purchase tickets in advance)
- 6:00pm Free Concert at Libbey Bowl in Ojai
- 9:00pm City of Fillmore Fireworks Show

Tuesday, 4 July

- 7:00am Pancake Breakfast at Chaparral Auditorium in Ojai
- 7:45am Lakeside Fun Run in Calabasas
- 8:00am Pancake Breakfast at Borchard Center Newbury Park
- 8:30am City of Thousand Oaks 4th of July Home Run Derby
- 9:00am 35th Annual Sespe Creek Car Show in Fillmore
- 9:00am City of Thousand Oaks 4th of July Senior Home Run Derby
- 9:30am Westlake Village 4th of July Parade
- 10:00am City of Ventura 4th of July Street Fair and Pushem-Pullem Parade
- 10:00am 4th of July Celebration at the Reagan Library
- 10:00am Independence Day Parade in Ojai
- 10:30am Channel Islands Harbor 4th of July Parade
- 12:00pm Summer Splash Party in Calabasas
- 12:00pm Free Family Open Swim at CLU and NPHS Pools
- 3:00pm Star Spangled Rock & Country Jam & Fireworks Celebration in Simi Valley
- 4:00pm 4th of July Electric Boat Parade at Channel Islands Harbor
- 5:00pm 4th of July Fireworks Extravaganza at Janss Marketplace
- 5:00pm Calabasas 4th of July Fireworks Event (Must Pre-Purchase Tickets)
- 5:00pm Fireworks Spectacular in Westlake Village
- 5:00pm Ventura Rotary Fireworks Show and Family Picnic
- 5:00pm CRPD Concerts in the Park - The Swing Dolls
- 6:00pm Concert and Fireworks Show at Nordhoff H.S. Stadium in Ojai
- 6:00pm Valley Cultural Foundation's Free Concerts in Woodland Hills and 4th of July Fireworks
- 9:00pm City of Camarillo 4th of July Fireworks at the Camarillo Premium Outlets
- 9:00pm City of Santa Barbara 4th of July Fireworks
- 9:00pm City of Thousand Oaks Annual Fireworks Display
- 9:00pm Fireworks by the Sea at Channel Islands Harbor

Wednesday, 5 July

- 5:30pm Nite Moves Run, Swim, Duathlon Series in Santa Barbara
- 6:00pm Boogie Nights Summer Run Series in Ventura

Thursday, 6 July

- 3:00pm First Thursday Event at Whizin Market Square in Agoura Hills
- 6:00pm Free Concerts at Chase Palm Park in Santa Barbara
- 7:00pm Camarillo Community Band Free Summer Concerts

Friday, 7 July

- 6:00pm Heritage Square Summer Concert Series in Oxnard

Saturday, 8 July

- 10:00am Channel Islands Harbor Art Festival
- 4:00pm Free Concert at Channel Islands Harbor
- 6:00pm Simi Civic Center Plaza Concerts in the Courtyard
- 6:30pm Music in the Park at Oak Canyon Community Park in Oak Park - Yacht Rock
- 7:00pm Summer Concert Series at Constitution Park in Camarillo
- 7:30pm Movies in the Park in Agoura Hills - The Incredibles
- 7:30pm Music Under the Stars at the Olivas Adobe Ventura

Sunday, 9 July

- 10:00am Channel Islands Harbor Art Festival
- 5:00pm Tiny Porch Concerts at Peter Strauss Ranch
- 5:30pm Valley Cultural Foundation's Free Concerts in Woodland Hills - Michael Jackson Tribute
- 6:00pm City of Agoura Hills Summer Concerts in the Park - Bruno Mars Tribute

We have CALAIM
and PUBLIC
HEALTH
NUTRITION

Coming for
Workshops in
JULY. Check your
property
calendars for
dates.

You want to be
there for these
highly
informative
events !

What is Cal aim?
California

Advancing and
Innovating
Medi-Cal.

(CalAIM) CalAIM
is a long-term
commitment to
transform
Medi-Cal, making
the program more
equitable,
coordinated, and
person-centered
to help people
maximize their
health and life

Mental Health and Physical Health are largely connected, so by taking care of your body, you're also taking care of your mind. Here are five things to remember this summer to help you take care of your body and mind.

1. Get your rest

Routines may vary with summer events but aim to get seven to nine hours of sleep a night. Keep your room cool and shades pulled to help make your sleep more comfortable.

2. Move your body

Added heat (even if it's dry heat!) can make exercise uncomfortable in the summer months. Try getting some exercise in the morning hours before the sun is at its peak. Or break up your day and go for shorter walk breaks throughout your day.

3. Connect with others

Plan something fun with family or friends. It doesn't need to be expensive, but being social and around others will help keep any negative thoughts from ruminating. If you aren't feeling like being in a crowded space (street fair, farmers' market, amusement park), try to call at least one person to stay connected.

4. Stay hydrated

Aim to drink more than the standard eight glasses a day. And get creative: put some frozen berries in your water or even some mint leaves and lime slices. Opt for snacks with high-water content such as watermelon, cantaloupe, tomatoes, and cucumbers.

5. Wear sunscreen

Look for at least an SPF 30 and wear it all the time! Even if you are just running errands or going for a "short walk," ultraviolet exposure increases somewhere between four and 10 percent for every 1,000 feet above sea level. So at an altitude of 9,000 feet (about equal to Georgetown), UV radiation can be nearly 50 percent more intense than at sea level.

Use these tips to help take care of yourself this summer and stay safe and healthy all season long!



RESIDENT

**DANIEL C. @
La RAHADA**



I HAVE BEEN HOMELESS AND LIVING ON THE STREETS FOR 10 YEARS. MY ADDICTION KEPT ME FROM HAVING A STEADY JOB AND PROVIDING FOR MYSELF. I DECIDED I HAD HAD ENOUGH, SO I WENT INTO A VERY TOUGH TREATMENT PROGRAM IN TARZANA IN 2023, FOR 4 MONTHS. I GRADUATED THIS YEAR AND WAS GIVEN THE OPPORTUNITY TO LIVE AT MANY MANSIONS. AFTER SETTLING IN, I IMMEDIATELY BEGAN WORKING. TO KEEP MYSELF BUSY I EXERCISE REGULARLY AND EAT WELL. I LOVE MY APARTMENT AND THE PRIVACY IT PROVIDES. I AM EXTREMELY HAPPY HERE AND HAVE MET A LOT OF GOOD PEOPLE IN MY NEIGHBORHOOD. I AM TRULY GRATEFUL TO MANY MANSIONS. I DO NOT KNOW WHERE I WOULD BE IF IT WASN'T FOR THEM. THANK YOU, MANY MANSIONS.