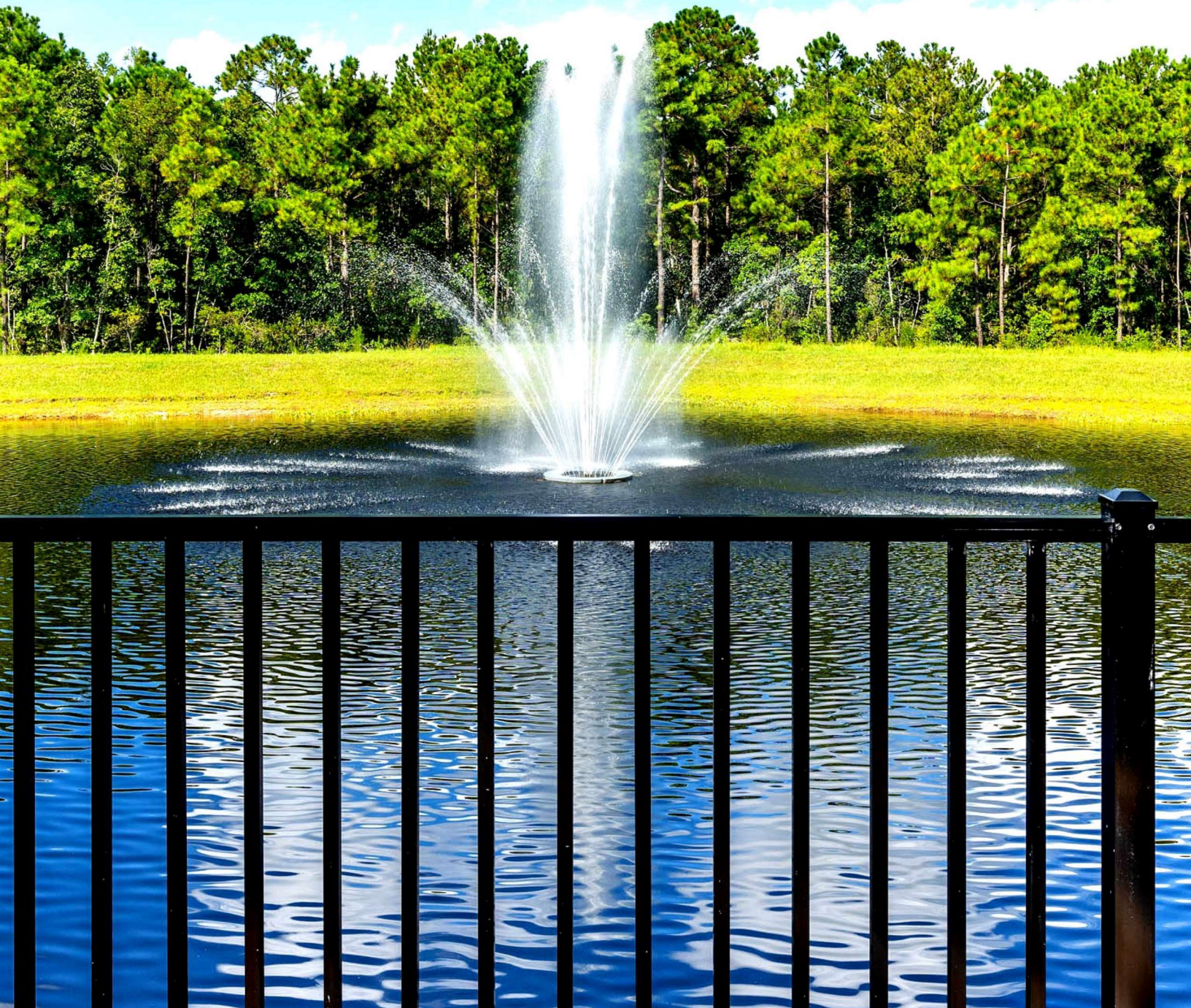
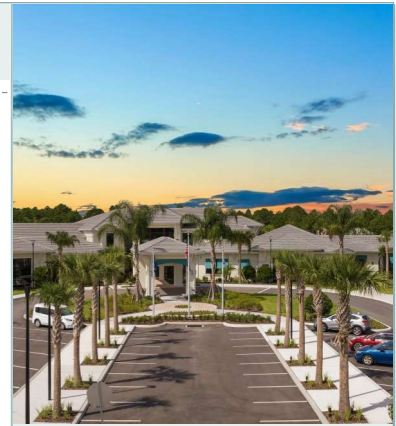


June 2023

The Hammock Happenings



Hammock Club 2600 Del Webb Blvd 407-915-3410



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CONTACT INFORMATION

Homeowner's Association
407-915-3410

Gate House
407-915-3409

General Manager
Stacey Peach
speach@castlegroup.com

Assistant Property Manager
Walter Beltran
wabeltran@castlegroup.com

Landscape Relationship Coordinator
Karina Gonzalez
kgonzalez@castlegroup.com

Castle Group—Resident Services
800-337-5850

Pulte Homes Warranty Department
855-618-0727

Toho Water / US Water
866-753-8292

HomeTeam Pest Defense
407-736-0670

Osceola County Non-Emergency
407-348-2222



Del Webb Sunbridge HOA Website
www.delwebbsunbridgehoa.com

Log in for more information



HAMMOCK
— CLUB —
*Anniversary
Party*

June 25 from 2 - 4 pm

Come have a slice of cake
and celebrate the
Hammock Club's
One Year Anniversary!



**INDEPENDENCE DAY
CELEBRATION**
JULY 1 | 11 A.M. - 2 P.M.

All American Buffet | Live Band | Yard Games
Tickets - \$13 per person



HOURS OF OPERATION

Building Hours:

Sunday: 10:00am-7:00pm

Monday-Tuesday: 5:00am-8:00pm

Wednesday-Friday: 5:00am-9:00pm

Saturday: 9:00am-9:00pm

Pool Hours:

Dawn to Dusk– Pool access will be restricted during hours the building is closed.

Children Hours (those under 19):

Sunday-Saturday: 2:00pm-6:00pm

Reminder, those under 19 are not allowed in the spa or resistance pool during all hours.

Sabal Tavern Hours:

Sunday: 12:00pm-7:00pm

Monday: Closed

Tuesday: Closed

Wednesday-Thursday: 12:00pm-7:00pm

Friday-Saturday: 12:00pm-9:00pm

You will need your Resident ID Badge on you at all times.

Please be sure to keep the blue Del Webb Sunbridge lanyard on your ID badge.

All hours are subject to change

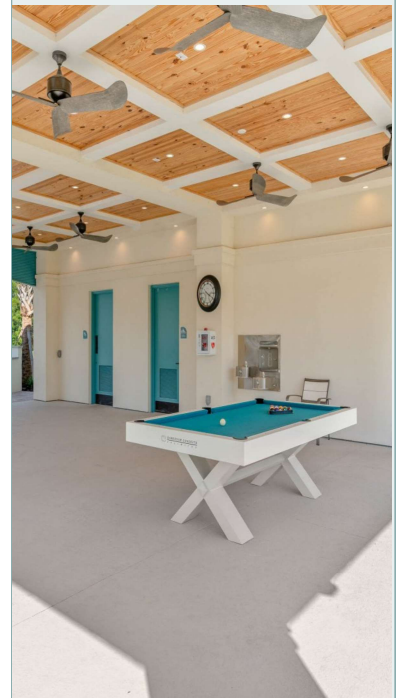
RULES & REGULATIONS HIGHLIGHT

DO NOT FEED THE FLORIDA WILDLIFE

Not only is this a rule for Del Webb Sunbridge, but this is a law in the State of Florida. You should not feed alligators, sandhill cranes, or any other wildlife in the community.

For more information from the Florida Fish and Wildlife, visit their website:

<https://myfwc.com/>



STACEY PEACH

GENERAL MANAGER



HOA MANAGEMENT UPDATE

Happy Summer Del Webb
Sunbridge Residents,

I am pleased to announce that our staffing levels will be restored soon with additional help for maintenance and administrative personnel for the next few months. We have been working diligently on sourcing, interviewing, and placing suitable candidates.

Our clubhouse experienced a significant lightning hit last month and we are getting the parts needed to make repairs to some of our electronic devices including gate and door access components and outdoor cameras. We are performing routine maintenance items to several items from the HVAC at the clubhouse to cleaning the filters to the entry fountains.

Recently, the Sunbridge Team completed a 'Hurricane Dry Run' to serve as a practice run for the upcoming Hurricane Season. Castle Group communities perform an annual 'Hurricane Dry Run' to ensure

the teams are ready to prepare and protect the amenities of the community in the event of a hurricane. As the saying goes, prepare for the worst but hope for the best. Check out a few resources on our website--

[https://
www.delwebbsunbridgehoa.com/
group/pages/hurricane-
preparedness-information](https://www.delwebbsunbridgehoa.com/group/pages/hurricane-preparedness-information)

During the month of June, I will be meeting with the development team to help plan and coordinate the road closure and traffic detouring to make repairs to the depression in the paver area near the gate as well as other areas in phase 1 that will need to be addressed. We will be communicating this plan to the residents to ensure that you are kept apprised before and during this process.

We are looking forward to a fun and productive summer here at Sunbridge.

**Stacey Peach,
General Manager**

[Sunbridge Info](#)

[Sunbridge SD](#)



BASECAMP AT SUNBRIDGE

The Sunbridge master planned community around us is growing just as quickly as we are! Be sure to visit Basecamp to get all the updates on the surrounding community and to check out all the fun events they are hosting. [Stay in the Know](#) by checking out their website.

[What's Happening at Basecamp?](#)



MANAGER MEETING

Thursday, June 15th at 6 pm
Multipurpose Room

You can find past presentations and communications on the website under Board of Directors Communications after logging in or by [Clicking Here.](#)

NAME TAGS AVAILABLE FOR PURCHASE

Name tags are available for \$10.00 each. Please contact the front desk to order. Orders will be placed once per month. Remit payment by check payable to Del Webb Sunbridge HOA.

NEW HOMEOWNER ORIENTATION

Thursday, June 8th at 6 pm
Tech Room

We ask that all homeowners attend at least one of these meetings. Rules and Regulations and the Architectural Review Criteria will be reviewed in detail, along with additional information about Del Webb Sunbridge!



SNOWBIRD HURRICANE REMINDER!

If you are one of our Snowbirds, please make proper accommodations for your home this hurricane season. The HOA management team and vendors will not go onto any owner lots to secure items that might become projectiles in the event of a storm. Preparations can include, but are not limited to, securing and/or removing your patio furniture and patio items, removing anything that has potentially to become a projectile.

NEW CLUBS ARE FORMING EVERY DAY! INTERESTED IN LEADING A GROUP? PLEASE SHARE YOUR IDEAS WITH SOMEONE AT OUR FRONT DESK.

GRANDMA'S CLOSET

Grandma's Closet is a list of items residents are willing to share with other residents. Items can include high chairs, car seats, crutches, walkers, children's pool items, etc.

Kathy Baskett has volunteered to keep track of these items. If you have any odd ball items you would like to share or borrow from your fellow residents, please feel free to reach out to Kathy.

Kathy Baskett
406-544-9857
kathy327@live.com




TASTE OF THE WORLD INTERNATIONAL POTLUCK

PLEASE BRING YOUR FAVORITE MAIN DISH OR
APPETIZER FROM AROUND THE WORLD ALONG
WITH RECIPE CARDS TO SHARE.

Where: Multipurpose Room
When: June 10th
Time: 2pm - 5pm

RSVP ON OUR APP OR WEBSITE AND ADD THE
NAME OF YOUR DISH TO THE COMMENTS SECTION.

MUSIC WILL BE PROVIDED DJ LINDSEY





***OFF THE
CHARTS!!***

**Live
Concert**

JUNE 24TH | 6 PM

Tickets & Information at:
DelWebbSunbridgeHOA.com

Landscape Update

Exclusive Landscape is working hard to get through pending work orders in the order they were received, thank you for your patience.

General Maintenance

Attached you will find June 2023 Landscape Calendar for detailing, wet check inspection and fertilization.

HOA Plant and Tree Replacement

Tree replacements will be completed this month through out the community. Plant and Sod installments will be paused for the months of June and July due to upcoming high weather temperatures. Exclusive Landscape will continue to make note of plants needing replacement so they can be completed in the early fall.

Irrigation for Plant/Tree Enhancements

Irrigation is very important after a plant/tree enhancement. Due to homeowners receiving high water bills, (2) options are available to make sure your plants are receiving sufficient water during the rooting stage.

Option 1: Submit work order through the association page to have your irrigation timer adjusted.

Option 2: Hand watering everyday for at least (15) consecutive days

Steps for Homeowner Paid Landscape Enhancements

Step 1. Receive a proposal from Exclusive Landscape

Step 2. Submit ARC Application for review by Association Board (Application, lot survey and proposal)

Step 3. Make 50% Deposit directly with Exclusive Landscape after receiving board approval

Step 4. Notify Karina so she can assist in coordinating installation

Did you know?

Some weeds grow faster than grasses because they have established dormant root systems. Weeds are native plants that are highly adapted to their local region. Weeds can grow **1–3 inches in a day**, given the right conditions. We help weeds grow faster by watering and fertilizing the area.

Summer annuals- Summer annual weeds generally emerge **as soon as soil temperatures warm in the spring or early summer**. Many species continue to germinate throughout the summer under adequate conditions. Summer annual weeds grow, flower, produce seed, and are killed by frost during the fall season.

Rain sensors **involve a series of porous cork discs that, once they become wet from the rain, expand to the point where they stop the controller from watering the lawn**. Once the discs dry out from lack of rain, they trigger the controller once again, which will resume its normal watering schedule.



LANDSCAPE INFORMATION

Landscape
Relationship
Coordinator



Karina Gonzalez:
kgonzalez
@castlegroup.com

For any landscaping inquiries, please use the Member Service Request system on our website or app.

Exclusive Landscaping is the **ONLY** vendor permitted to modify and perform work on landscaping in the community.

Please include your name, address, pictures, and work order number with all email communications.



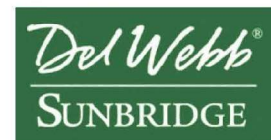
June 2023 Detail Schedule


The calendar is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Lawn Mowing Model Park Homes, Sales Center, Residential Homes	30 Lawn Mowing Residential Homes Wet Check: Cherry Blossom	31 Lawn Mowing Residential Homes Wet Check: Cherry Blossom	1 Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: Cherry Blossom	2 Lawn Mowing Overflow day Wet Check: Cherry Blossom	3
Week 5 Cliff Way & Shimmering Shore						
4	5 Lawn Mowing Model Park Homes, Sales Center, Residential Homes Wet Check: Citrus Grove	6 Lawn Mowing Residential Homes Wet Check: Citrus Grove	7 Lawn Mowing Residential Homes	8 Lawn Mowing Resi- dential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: Blue Pond	9 Lawn Mowing Overflow day Wet Check: Blue Pond	10
Week 1 Cherry Blossom						
11	12 Lawn Mowing Mod- el Park Homes, Sales Center, Residential Homes Wet Check: Sandy Springs & Mossy Oak	13 Lawn Mowing Residential Homes Wet Check: River Creek	14 Lawn Mowing Residential Homes	15 Lawn Mowing Resi- dential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: River Creek	16 Lawn Mowing Overflow day Wet Check: River Creek	17
Week 2 Blue Pond, Citrus Grove, River Creek, & Sandy Springs						
18	19 Lawn Mowing Mod- el Park Homes, Sales Center, Residential Homes Wet Check: Nature View	20 Lawn Mowing Residential Homes Wet Check: Nature View	21 Lawn Mowing Residential Homes	22 Lawn Mowing Resi- dential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: Ruby Rose	23 Lawn Mowing Overflow day Wet Check: Ruby Rose	24
Week 3 Ruby Rose, Nature View & Mossy Oak						
25	26 Lawn Mowing Mod- el Park Homes, Sales Center, Residential Homes Wet Check: Cherry Blossom Fertilization	27 Lawn Mowing Residential Homes Wet Check: Cherry Blossom Fertilization	28 Lawn Mowing Residential Homes Fertilization	29 Lawn Mowing Resi- dential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: Cherry Blossom Fertilization	30 Lawn Mowing Overflow day Wet Check: Cherry Blossom Fertilization	29
Week 4 Del Web Blvd, Sales Office, Hammock Club, Cliff Way & Shimmering Shores						



Detail Services:
Pruning & Trimming of Bushes/Trees
Weed Control



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>(*) Available for registration online. Event may have a deadline and/or fee.</p>	<p>(#) Requires payment to an outside vendor. Order tickets ahead of time.</p>	<p>Event costs and descriptions can be found in the newsletter or online. delwebbsunbridgehoa.com</p>	<p>¹</p>	<p>²</p>	<p>³</p>
<p>9:00am Leisurely Bike Ride Group ⁴ 2:00pm Mahjong</p>	<p>8:00am Outdoor Adventure Club* ⁵ 9:00am Morning Get Together 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 5:30pm Beginners Spanish Level 1 6:00pm Yoga Sculpt* 6:30pm Bunco 7:00pm Yoga*</p>	<p>11:00am Mexican Train ⁶ 2:00pm Canasta/Hand & Foot 4:00pm Backgammon 5:30pm Beginners Spanish Level 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish Class</p>	<p>9:00am Sunbridge Stitchin' Sisters ⁷ 10:30am Bridge 12:30pm HIIT Fitness* 1:00pm SCH Crafts 1:30pm Body Sculpt* 3:00pm Euchre 7:00pm Canasta/Hand & Foot 7:00pm Mustard Seeds 7:00pm 12 Stones Group</p>	<p>8:00am Yoga* ⁸ 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness * 6:00pm New Owner Orientation* 7:15pm Thirsty Thursday</p>	<p>11:15am Aqua Fitness* ⁹ 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p>	<p>10:00am Power Yoga* ¹⁰ 11:15am Aqua Fitness* 2:00pm Tastes of The World</p>
<p>9:00am Leisurely Bike Ride Group ¹¹ 2:00pm Mahjong 6:00pm Art History Night *</p>	<p>10:00am Art Meet ¹² 10:00am Fitness Center Orientation* 10:30am Fitness Center Orientation* 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 5:30pm Beginners Spanish Level 1 6:00pm Yoga Sculpt* 6:00pm Beginner Pickleball Class* 7:00pm Yoga* 6:45pm Advanced Pickleball Class*</p>	<p>11:00am Mexican Train ¹³ 2:00pm Canasta/Hand & Foot 5:30pm Beginners Spanish Level 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish Class 7:00pm Book Group</p>	<p>9:00am Sunbridge Stitchin' Sisters ¹⁴ 10:30am Bridge 12:00pm Ladies Lunch* 12:30pm HIIT Fitness* 100pm Quilters Corner 1:30pm Body Sculpt* 3:00pm Cribbage 6:00pm Music Trivia* 7:00pm Wine Group 7:00pm 12 Stones Group</p>	<p>8:00am Yoga* ¹⁵ 9:00am Beginner Yoga* 11:00am Rummikub 12:00 Men's Lunch* 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness * 6:00pm Meeting with the Manager* 7:15pm Thirsty Thursday</p>	<p>11:15am Aqua Fitness* ¹⁶ 1:30pm Barre Before Bar* 2:00pm Dominoes 4:00pm Volunteer- Give Kids the World</p>	<p>9:00am Hiking Group ¹⁷ 10:00am Power Yoga* 11:15am Aqua Fitness*</p>
<p>Father's Day ¹⁸ 9:00am Leisurely Bike Ride Group 2:00pm Mahjong</p>	<p>9:00am Morning Get Together ¹⁹ 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 5:30pm Beginners Spanish Level 1 6:00pm Yoga Sculpt* 6:00pm Beginner Pickleball Class* 6:30pm Bunco 7:00pm Yoga* 6:45pm Advanced Pickleball Class*</p>	<p>11:00am Mexican Train ²⁰ 2:00pm Canasta/Hand & Foot 4:00pm Backgammon 5:30pm Beginners Spanish Level 2 6:00pm Trivia Night* 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish Class</p>	<p>9:00am Sunbridge Stitchin' Sisters ²¹ 10:30am Bridge 12:30pm HIIT Fitness* 1:00pm SCH Crafts 1:30pm Body Sculpt* 3:00pm Euchre 6:00pm Bingo Night* 7:00pm Mustard Seeds 7:00pm 12 Stones Group</p>	<p>8:00am Yoga* ²² 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness * 6:00pm A&E- Bourbon & Bacon</p>	<p>11:15am Aqua Fitness* ²³ 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p>	<p>9:30am Art Series-Pastels ²⁴ 10:00am Power Yoga* 11:15am Aqua Fitness* 6:00pm Off The Charts*</p>
<p>9:00am Leisurely Bike Ride Group ²⁵ 2:00pm Mahjong 2:00pm Bowling Group 2:00pm One Year Anniversary Stop by the Clubhouse for Cake *</p>	<p>9:00am Shooting Range ²⁶ 10:00am Art Meet 10:00am Fitness Center Orientation* 10:30am Fitness Center Orientation* 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 5:30pm Beginners Spanish Level 1 6:00pm Yoga Sculpt* 7:00pm Yoga*</p>	<p>11:00am Mexican Train ²⁷ 2:00pm Canasta/Hand & Foot 5:30pm Beginners Spanish Level 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish Class</p>	<p>9:00am Sunbridge Stitchin' Sisters ²⁸ 10:30am Bridge 12:30pm HIIT Fitness* 1:00pm Quilters Corner 1:30pm Body Sculpt* 3:00pm Cribbage 5:00pm Art Series-Acrylics Class 7:00pm Canasta/Hand & Foot 7:00pm 12 Stones Group</p>	<p>8:00am Yoga* ²⁹ 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness *</p>	<p>11:15am Aqua Fitness* ³⁰ 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p>	

PERSONAL TRAINING- MEET YOUR TRAINERS

PERSONAL TRAINING

Call for Times Fitness Center

Sabrina, Lisa, and Marlene are our onsite personal trainers. You will be able to book a private 30-minute personal training time slot with any of them. \$40 per 30 min session, \$60 per couple. Please reach out to the trainer of your preference to set up times:

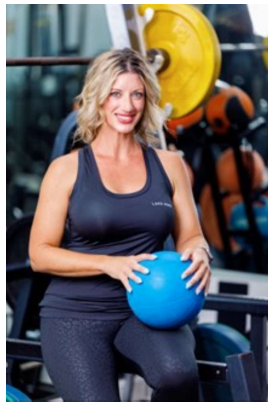
Sabrina: (407) 808-1559

Lisa: (407) 340-6110

Marlene: (321) 217-5311

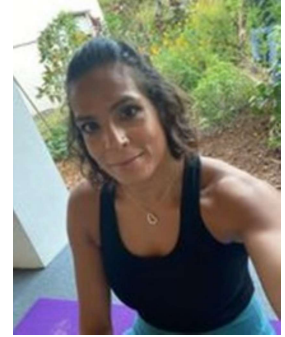
LISA

For over 18 years Lisa has worked as a certified group exercise instructor and currently teaches at Lake Nona Golf & Country Club, Nemours Children's Health and is happy to now be a part of Del Webb Sunbridge. Her class specialties include indoor cycling, aqua aerobics, HIIT, bootcamp and body sculpt. Lisa is also the owner of Fitness 407, a specialized personal training business that focuses on toning, aerobic and stretching exercises. Her extensive background in the health and fitness industry enables her to create a personalized workout for each individual. As a certified group fitness instructor and results-oriented personal trainer, Lisa enjoys sharing her passion for inspiring others to reach their goals, improve their overall health and well-being, and develop a healthy lifestyle.



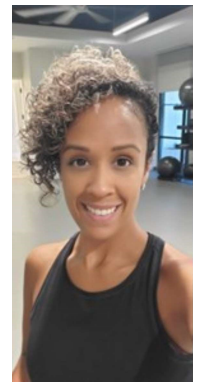
SABRINA

Sabrina loves getting to know people's strengths and weaknesses when it comes to finding the right program. She tailors your program based on what your needs are. She focuses on long term health and wellness where you can maintain motivation and consistency. She will focus a lot on core strength training and range of motion through functional training. Areas of specialty: Core Strength, Functional Mobility, Yoga, Power Yoga. Education & Certificates: Masters public administration - Keller Graduate School, NASM CPT, Les Mills Core & Body Pump, Barre, AFAA Yoga.



MARLENE

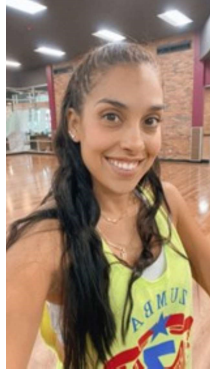
Marlene Gonzalez is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences are as follows: Aquatic personal training, Strength and balance training, Pilates and balance training, Prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide, Athletic injuries and rehabilitation, Massage therapy, Weight loss management. Marlene shares with us that her passion is to help strengthen peoples mind-body and spirit through physical and mental activity.



FITNESS CLASSES- MEET YOUR INSTRUCTORS

ALEX

Alexaida is originally from Venezuela. She has two children and studied economics until she started in the world of dance. She loves to dance and since has dedicated herself to the world of dance. In her country, she had a Salsa Academy for more than 10 years and had the opportunity throughout those years to teach thousands of people and train more than 10 instructors. She has been a Zumba instructor for more than 13 years. Dancing is her passion, but she also loves teaching. She has also taught other modalities of classes like Aqua Fit and Strength and Balance that helps to have a balance between cardio and toning.



DELISA

Delisa is fifty three years old and was born and raised in Honolulu, Hawaii. She has a Bachelors degree in Communications. She is an AVEDA Graduate as a Massage Therapist, and a licensed Full Specialist Esthetician. She is certified to teach ZUMBA, ZUMBA Gold, and Yoga Silver Sneakers, and will be adding more certifications to her list. She is a retired Army wife and mother to a daughter who is an active duty Army Officer. She is a recent Breast Cancer survivor in remission. Her goals as an Instructor are to help, encourage, and support others to live and maintain a healthy, active life both physically and mentally.



DAVID

David is from PR and has been living in Florida for 7 1/2 years. He has been a dancer all his life. He has been doing Zumba since 2007 and became an instructor over 7 years ago. In 2017, when Zumba released Strong Nation, he fell in love with the format, and decided to become an instructor. He enjoys teaching both classes and loves to challenge students to be a better, stronger, happier, healthier self.

Being 47 years young, his goal is to keep away from meds as much as possible and keep his body conditioned for the daily tasks we all do. It is also his interest to help others reach the same goal and go beyond in class, regardless of age or fitness level.



David's pastimes include trail hiking, swimming, cooking, and going to the beach, amongst others. He is very happy and honored to be here and help others get Stronger!



FITNESS CLASSES

ADVANCED PICKLEBALL

Second & Third Mondays– 6:45pm

\$3.00

Sport Courts

Sharpen your pickleball skills.

AQUA FITNESS

Mondays– 4:30pm

Fridays & Saturdays– 11:15am

\$3.00

Resistance Pool

Wear a swimsuit, bring a noodle if you have one. Noodles and dumbbells will be available on a first come first serve basis.

BARRE BEFORE BAR

Fridays– 1:30pm

\$3.00

Group Fitness Room

A rigorous workout blending elements from ballet, Pilates, and yoga. Focuses on the core muscles that balance the body, awareness of breath and alignment of the spine. Bring water.

BEGINNER PICKLEBALL

Second & Third Mondays– 6:00pm

\$3.00

Sport Courts

Learn the basic skills of pickleball.



BEGINNER YOGA

Thursdays– 9:00am

\$3.00

Group Fitness Room

This yoga class is at a slower pace than an all-levels class. It is focused on developing clear and safe alignment in foundational poses. You will learn modifications and how to use props in this class. There are minimal chairs available if getting up and down on the floor is a challenge for you. Bring a mat, water and towel with you.

BODY SCULPT

Wednesdays– 1:30pm

\$3.00

Group Fitness Room

Tone muscles and increase strength by using a combination of weights and floor exercises. Core exercises and gentle stretching included to maximize your workout. Please bring comfortable shoes, water, a towel, a mat and weights if you would like.

CARDIO KICKBOXING

Thursdays– 6:00pm

\$3.00

Group Fitness Room

Kickbox Cardio is a great way to work up a sweat while putting together combinations that will have you blasting away calories while having fun! This class combines a cardiovascular workout consisting of punches and kicks with athletic drills designed to improve strength, endurance, speed, coordination & balance. Sneakers and

FITNESS CLASSES

HIIT FITNESS

Wednesdays– 12:30pm

\$3.00

Group Fitness Room

High-intensity interval training in a fun and energetic setting, focusing on strength and cardio moves to keep you burning calories to the max! Please bring comfortable shoes, water, towel, mat and weights if you would like.

HIKING GROUP

Every other Saturday– 9:00am

Sunbridge Base Camp

Resident Run

LEISURLY BIKE GROUP

Sundays– 9:00am

Hammock Club Parking Lot

Resident Run

POWER YOGA

Saturdays– 10:00am

\$3.00

Group Fitness Room

Power Yoga with Marlene. This Yoga class in an intermediate Vinyasa yoga flow. It is a fast-paced class where we link breath to movement. It is focused on building strength and heating up your core. You will also challenge your balance in this class. Bring a mat and water.

YOGA

Mondays– 6:45pm

Thursdays– 8:00am

\$3.00

Group Fitness Room

This gentle yoga class incorporates a simple flowing sequence to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

Ending in a 5–7-minute Savasana/Meditation. Please bring a mat and water.

YOGA SCULPT

Mondays– 5:45pm

\$3.00

Group Fitness Room

Yoga sculpt is a combination of yoga and strength training. Boost your metabolism and build lean muscle mass combining free weights with core exercises in this power Yoga flow. Incorporating strength training moves like squats, lunges and bicep curls. Weights are optional, recommended weights range from 2lbs-5lb dumbbells. Please bring a mat and water.

ZUMBA

Tuesdays– 6:00pm

Thursdays– 12:00pm & 1:00pm

\$3.00

Group Fitness Room

Zumba Gold is a Latin-dance inspired high-energy aerobic fitness class for everyone! No dance experience required. Your instructor will show you all the moves and you will learn as you go! With dances like Salsa, Merengue, Bachata and Cumbia - Zumba Gold feels like more of a party than a workout. Sneakers and water bottle are recommended.



Volunteering in an Active Adult Community

There are so many things to do in an Active Adult Community and it takes a huge effort to carry out the many activities, events, social, organizations, committees, and things that need to be done. Developers do a wonderful job creating a structure on how to set things up and there is some HOA staff, but it is also up to the residents to assist.

Many residents of Active Adult Communities volunteer outside their community at hospitals, schools, churches, food banks, and many more places. Often, more residents volunteer in their community to stay active and to give back to their neighbors.

Volunteering is an Activity

Activities are an important part of living in a retirement community. They keep residents active, fulfill a passion, introduce residents to new friends, and give meaning to their life.

The residents who volunteer to make these activities happen seem to get the most out of being active and participat-

ing in these activities.

Volunteering in the Community is Rewarding

It does take a meaningful effort and commitment to volunteer, but you get more out of it in return. Just as the teacher learns, the volunteer gets to learn many things by doing. People know who you are and respect you for helping them experience what the intent of living an active adult lifestyle.

Volunteer Opportunities

Take some time to try out all the activities you can. Over time, you will naturally move towards those activities that you are most interested in and that gives you the most fun and enjoyment.

Often, during participation, residents will find opportunities to help in those favorite activities. When it does, step forward and volunteer to help make the community the great place it is to live. You will find a sense of reward for your efforts.

SPECIAL INTEREST GROUPS

12 STONES GROUP

Wednesdays– 7:00pm

Tech Room

Men's faith group, all faiths welcome

A&E (APPETIZERS & ELIXIRS)

Thursday 6/22- 6:00pm

Multipurpose Room

This month's theme is Bourbon & Bacon.

We will be featuring Bourbon based cocktails (or just a good Bourbon) and Bacon inspired appetizers. Please bring your favorite cocktail and appetizer to share with the group.



ART MEET

Every other Monday– 10:00am-12:00pm
Wet Craft Room

Join in the fun, bring with you any projects you have been working on or haven't started yet like paints, watercolors, pencils, drawings, pastels, chalks, and collage. This group is open to artists of any level.

ART SERIES

Saturday 6/24– 9:30am to 12:30pm

Introduction to Acrylics

with Michelle Henley

Wednesday 6/28– 5:00pm to 8:00pm

Introduction to Pastels

with Khris Butt

The Art Series is a great way for you all to experience, learn, and possibly share your talent! The Art Series is always looking for residents to share their skills with the community. If you are interested in hosting a class, please reach out to Khris Butt at 215-208-2644.

SPECIAL INTEREST GROUPS



ART HISTORY NIGHT

Sunday, 6/11– 6:00pm–9:00pm
Multipurpose Room

Bring a potluck main dish and salad or dessert to share. Instructors will provide paper plates, napkins, plasticwares and cups.

Khris Butt: Early Art including cave drawings

Michelle Henley: Romantics and Impressionism

Jim Seeberger: Asian Art

Dulce de Villa: Art Deco

Mike Maccarone: Expressionism and Abstract Art

SAVE THE DATE!

Harvest Bazaar Craft & Art Show and Vendor Event

Saturday, November 4, 2023

10:00am to 2:00pm

Multipurpose Room

If you are a Crafter, Artist, or Small Business Owner and wish to reserve your spot now or have specific questions, please contact the Craft Show and Vendor Event committee members at DWSCraftShows@mail.com

BACKGAMMON

Every other Tuesday– 4:00pm

Multipurpose Room

2 player board game
with counters and dice

BOOK GROUP

Every second

Tuesday– 7:00pm

Wet Craft Room

Read and discuss a new
book every month.

June- The Second Mrs.
Astor by Shana Abe

BRIDGE

Wednesdays–

10:30am

Multipurpose Room

Trick taking card game

BUNCO

Every other Monday– 6:30pm

Multipurpose Room

Dice game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice.

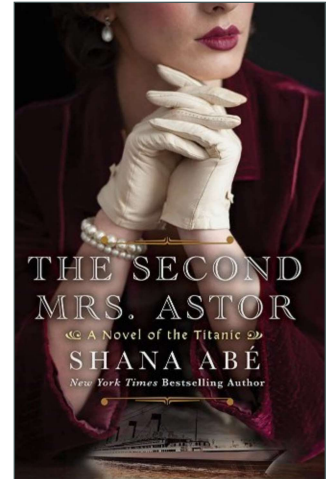
CANASTA/HAND & FOOT

Tuesdays & Thursdays– 2:00pm

First & fourth Wednesdays– 7:00pm

Multipurpose Room

Card game in the rummy family



SPECIAL INTEREST GROUPS

CRIBBAGE

Every other Wednesday– 3:00pm
Multipurpose Room

Card game to group cards in combinations to gain points

DOMINOES

Fridays– 2:00pm
Multipurpose Room

Tile based game

EUCHRE

Every other Wednesday– 3:00pm
Multipurpose Room

Trick taking card game

MAHJONG

Sundays– 2:00pm
Mondays– 1:00pm
Multipurpose Room

Tile based game developed in China

MEXICAN TRAIN DOMINOES

Tuesdays– 11:00am
Multipurpose Room

Dominoes based game

MORNING GET TOGETHER

Every other Monday– 9:00am
Multipurpose Room

Bring your morning coffee, tea, or juice to the Hammock Club and get to know your neighbors.

MUSTARD SEEDS

First & third Wednesdays– 7:00pm
Wet Craft Room

Women's faith group, all faiths welcome. There will be no meeting on May 3.



OUTDOOR ACTIVITIES GROUP

Monday 6/5– 8:00 am

DeLeon Springs

601 Ponce de Leon Blvd.,

Ponce de Leon Springs, FL 32130

Contact Allyson Ascher at

Allyson.ascher@gmail.com for more

information. Activities are kayaking, large boat eco tour, birding, make your own pancakes at Old Sugar Mill. Looking to do the 50 minute Eco Tour at 11am.

www.Deleonspringsadventures.com

Go to all activities page > select fountain of youth boat tour > book senior \$15 select 11am OR call 386-871-7573. Can rent kayaks for \$11/hour.

SAVE THE DATE!

Saturday 7/22– 8:30pm

Clear Kayak Bioluminescence Tour at

Manatee Cove– Purchase tickets early!

Call 'Day Away Kayaking' at 321-268-2655 or go online.

PINOCHLE

Tuesdays– 6:30pm

Multipurpose Room

Trick taking card game

SPECIAL INTEREST GROUPS

QUILTER'S CORNER

**Every other Tuesday– 1:00pm
Dry Craft Room**

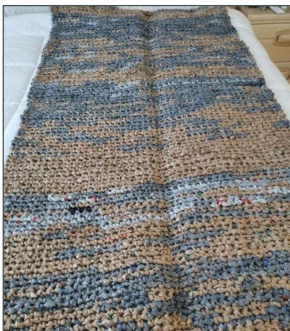
Join if you are interested in quilting or sewing or would like to learn. If you have any questions, please contact Brenda Guiver at 916-801-8780 or Brenda.guiver@gmail.com

RESIDENT VOLUNTEER GROUP

**Friday 6/16– 4:00pm
Give Kids the World**

If you would like to join us, you must complete a volunteer application at the website www.gktw.org if you have volunteered with GKTW before, please email volunteer@gktw.org or call 407-396-0770 before filling this out. Please sign up on the Del Webb Sunbridge App. Looking forward to a great evening. Fee free to contact Mayra Hung at 848-333-6913 with additional questions.

Saturday 6/20– 2:00 pm to 4:00 pm
Come join the group this month when they will be making mats out of plastic bags for the homeless. Kim Connor will be teaching us how to cut and crochet plastic into a mat. Please bring scissors and plastic bags.



RUMMIKUB

**Thursdays– 11:00am
Multipurpose Room**

Tile based game similar to Rummy card game

SCRABBLE

**Mondays– 3:00pm
Multipurpose Room**

Board based word game

SCH (SOCIAL CRAFTING HOUR)

**Every other Tuesday– 1:00pm
Dry Craft Room**

Share your knowledge as well as obtain opinions or help with projects pertaining to crochet, knit, sew, quilt, bead work, scrapbooking, macrame, etc. If you have any questions, please contact Brenda Guiver at 916-801-8780 or Brenda.guiver@gmail.com

SPANISH CLASS

**Beginners Level 1– Tuesdays– 5:30pm
Beginners Level 2– Tuesdays– 5:30pm
Intermediate– Tuesdays– 6:45pm
Tech Room & Wet Craft Room**

Join residents Dulce Devilla and Julia Vazquez to learn Spanish or sharpen your skills. Beginners Level 1 is taught by Julia and is slower paced. Beginners Level 2 is taught by Dulce and is taught at a faster pace. All skill levels are welcome.

SPECIAL INTEREST GROUPS

SUNBRIDGE STITCHIN' SISTERS

Wednesdays– 9:00am

Dry Craft Room

The Sunbridge Stitchin' Sisters are evolving and expanding! We are now starting new projects for a number of different charities and we want you to join us. No sewing skills required! We're making things for the Lake Nona VA Hospital; Operation Smile (for children with cleft palates); nursing homes, and more. We are also needing and accepting fabric and sewing notions for these and future projects. We meet on Wednesday mornings in the Dry Craft Room from 9-12.

TECHNOLOGY ADVISORY GROUP

Will not be meeting in June and July.

THIRSTY THURSDAYS

Thursdays– 7:15pm

Community Locations

BYOB. Enjoy an evening with your fellow residents, meet new friends, and enjoy good conversation. Each group will have a different meeting location, residents are welcome at all groups no matter where they live. Click image to make larger.

Cherry Blossom South: Grassy area at top of pond

Cherry Blossom North: North-East corner

Ruby Rose: Inlet street

River Creek & Sandy Springs: Grassy area by lift station

Blue Pond & Citrus Grove: Cul-de-sac

Nature View & Mossy Oak: Grassy Area on Mossy Oak

Cliff Way– will meet along driveways on Cliff Way until a cleaner safer spot is designated.

WINE GROUP

Second Wednesdays– 7:00pm
Multipurpose Room

A group for wine enthusiasts. This month this group will explore wines and tasty treats from Argentina. Please bring something to share with the group.





BINGO

**Wednesday 6/21–
6:00pm
Multipurpose Room**

Be the first person to fill five boxes across or down and yell "Bingo!"

Please call to make an appointment.



Marlene
(321) 217-5311

Personal Training

Sabrina
(407) 808-1559



Marlene, Sabrina, and Lisa are three of our onsite personal trainers.

30 minute time slots
\$40 per 30 min session
\$60 per couple

Lisa
(407) 340-6110





THE SABAL TAVERN

JUNE 2023

**Specials/event dates/times are subject to change

HAPPY HOUR!

- Wednesday-Thursday 3:00pm-7:00pm
- Friday-Sunday 4:00pm-7:00pm
- Half Price Appetizers
- \$4.00 wine & beer drafts, Margaritas (flavors will vary), & Sangria

LIVE MUSIC- 5:30PM

6/2- Adam Duss

6/9- Dennis Gallo

6/23- Chad Kulscar

6/30- 6pm-8pm: Resident Band- Closer to the End



Check your email for the weekly specials!

PLEASE VISIT THE [SABAL TAVERN PAGE](#) AFTER LOGGING INTO THE HOA WEBSITE

MESSAGE FROM THE TAVERN ADVISORY COMMITTEE

"The Sabal Tavern Advisory Committee continues to appreciate the support our residents provide toward meeting our Mission Statement objective. Thank you to the volunteers who have stepped forward in assisting with staffing needs for our major Tavern-sponsored events. We hope you enjoyed our Memorial Day food and entertainment while stopping to remember and honor our service men and women that have died while serving in the Armed Forces."

-Alton, Maria, and Jim.

SABAL TAVERN SPECIAL EVENTS

SABAL TAVERN HOURS:

Sunday: 12:00pm-7:00pm

Monday: Closed

Tuesday: Closed

Wednesday: 12:00pm-7:00pm

Thursday: 12:00pm-7:00pm

Friday: 12:00pm-9:00pm

Saturday: 12:00pm-9:00pm

The Sabal Tavern Advisory Committee Happenings

“RESIDENTS WORKING TOGETHER TO CREATE ENJOYABLE EXPERIENCES AROUND DELICIOUS FOOD AND DRINK TO FOSTER YOUR FONDEST MEMORIES WITH FRIENDS AT THE TAVERN.”



HAMMOCK CLUB

JUNE Ladies Lunch

JUNE 14 | 12 PM

\$16

Grilled Chicken Kebobs
Skewers consist of chicken with bell peppers, onions, and tomatoes

Sweet Italian Sausage with Peppers and Onions

Bontie Pasta Salad with Raspberry Vinaigrette

Two Cheese Squash Casserole

Fruit Salad

Virgin Frozen Margarita

One per person



HAMMOCK CLUB

JUNE MEN'S LUNCH

JUNE 15 | 12 PM

\$14

1/4 LB TRIPLE DECKER BLT
Served with Garlic Mayo

BUFFALO CHICKEN SANDWICH
Served with Blue Cheese Sauce

CHIMICHURRI MARINATED STEAK QUESADILLA
Served with lettuce, tomatoes, olives, jalapenos, and cilantro lime crema sauce

BACON, AVOCADO, & PEPPER JACK CHEESEBURGER

All entrée items are served with a choice of French Fries or chips.

HOW TO ADD YOURSELF TO THE RESIDENT DIRECTORY ON THE WEBSITE

Go to Resident Services > My Profile > My Settings
Scroll to the bottom and unclick “hide profile.” Then click any information you would like to share in the member directory.
Click SAVE.

Look for this logo when downloading the Del Webb Sunbridge app



Del Webb Sunbridge HOA
Northstar Technologies Inc • Lifestyle
☑ Installed



WEBSITE INFORMATION

The website and app are both sources with so much information. On the website you can find all your forms, documents, meeting minutes, newsletters, FAQs, and contact information.

If you are having any issues with your member log in, please reach out to a Front Desk Team or Walter at wabeltran@castlegroup.com

www.delwebbsunbridgehoa.com

View Your Sabal Tavern Credit Book

App: Click Menu > Click Credit Book

Website: Resident Services > My Hammock Club Account > Credit Book

You can also view monthly statements and recent charges to your credit card from the Sabal Tavern in My Hammock Club Account.

Give others in your household permission to view statements and credit books on the website:
Resident Services > My Settings > Show My Statements, Show My Credit Books. Click SAVE.

Canceling Events

As a reminder, if you cannot make an event that you signed up for, please cancel your reservation so others can utilize that space. You can do this both on the website and the app.

Website: Click on the event > View Details > View Existing Reservation > Cancel Reservation.

App: Click Upcoming Reservations . click the red trash can next to the upcoming event you want to cancel.