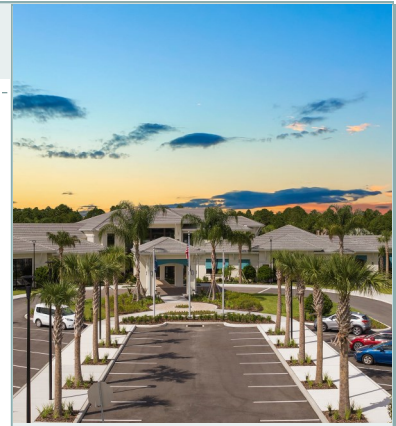


July 2023

The Hammock Happenings





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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

Lifestyle Director
Katie Tamanini
ktamanini@castlegroup.com

Landscape Relationship Coordinator
Karina Gonzalez
kgonzalez@castlegroup.com

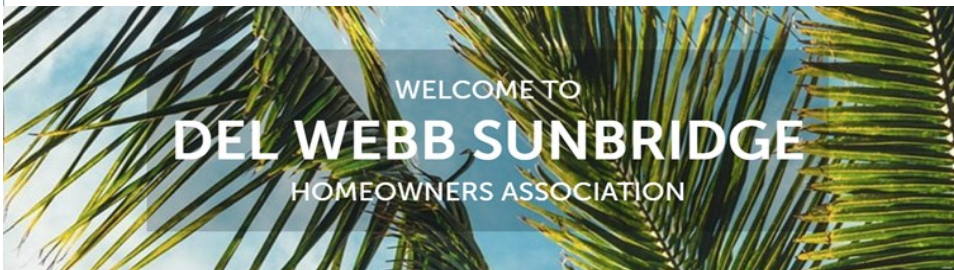
Castle Group—Resident Services
800-337-5850

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



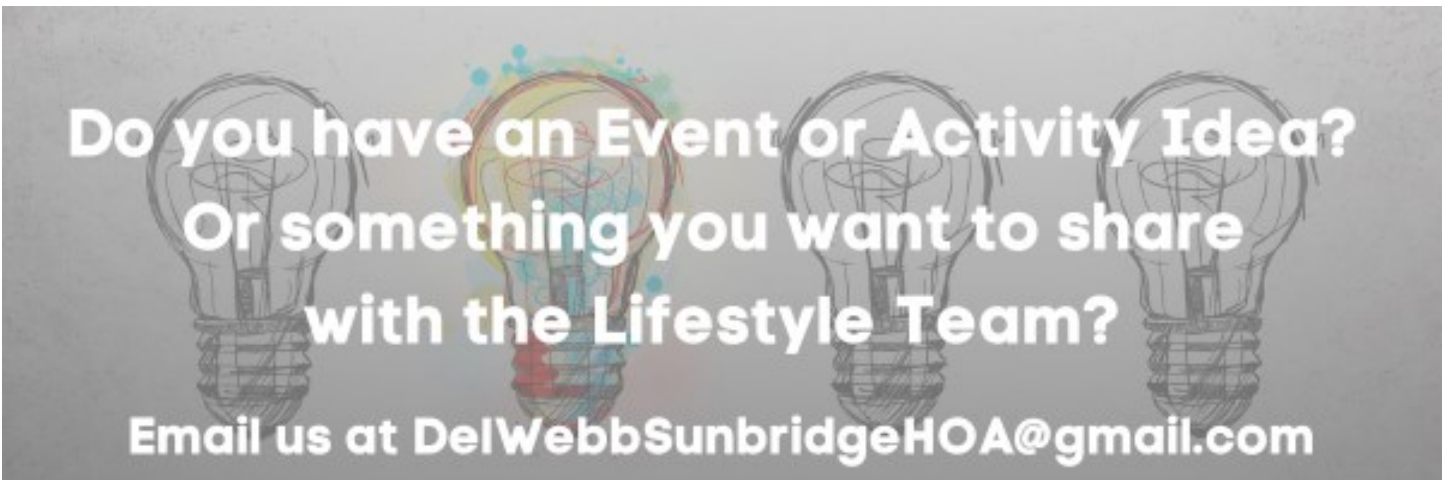
Del Webb Sunbridge HOA Website
www.DelWebbSunbridgeHOA.com

Log in for more information



The Castle Group has hired veteran Lifestyle Director Katie Tamanini as the new Del Webb Sunbridge Lifestyle Director. Katie has worked in large and small associations for 17 years, bringing impactful and innovative events to the residents in the communities she served. She finds joy in bringing residents events and experiences where they can create lasting memories and build relationships with their neighbors.

Katie can't wait to hear what type of events and activities you are looking to see here in Del Webb Sunbridge. Always free feel to stop her and say "Hello" and share any ideas you have. You can also share you ideas at the upcoming Lifestyle Meeting. She's looking forward to connecting residents and creating a Lifestyle program that you are proud to be apart of!





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

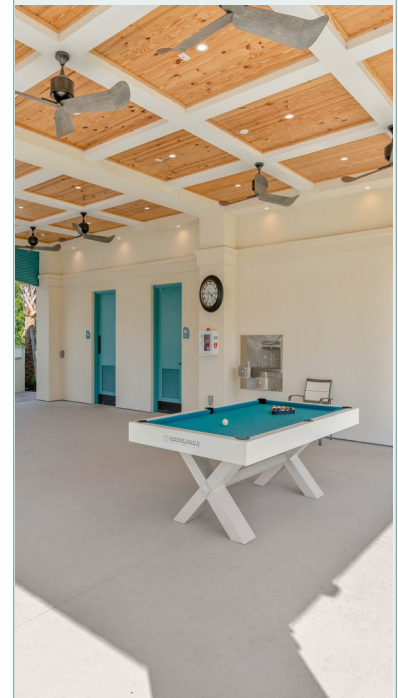
RULES & REGULATIONS HIGHLIGHT

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

Hello Del Webb Sunbridge Residents!

I was looking back at our month and reflecting on the many things accomplished. We had several larger projects including the road resurfacing and resistance pool repairs to several others like the installation of TapTV and the hearing assist equipment. Our weekly updates have been packed with all sorts of information and updates on the status of our projects.

We joyfully announced that we had filled the vacant Lifestyle Director position. If you haven't had a chance to meet Katie Tamanini, please join her at her upcoming Lifestyle Meeting on July 11th. It was amazing to see all of the smiling faces at our last few events and we have received a great deal of positive feedback and suggestions for future events.

We continue to make improvements to our processes

and services at the front desk. Last week our new team members participated in Castle Management's Royal Service Training that focused on premier customer service.

You may have seen a few new faces at our front desk. We have two college student interns helping various team members with projects. We are very grateful for Castle's initiatives with this program and that Sunbridge was able to benefit from it.

I want to personally thank everyone who has volunteered. It is truly a delight to see others stepping up to make our community an amazing place to live and play.

Sincerely,

**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?](#)



SUNBRIDGE™



TAVISTOCK
DEVELOPMENT COMPANY

MANAGER MEETING

Thursday, July 20 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, July 13 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!

HURRICANE REMINDER!

If you are going away on vacation, 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

Landscape Monthly Update

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

Sod Replacement: Sod project will occur twice per year. Next bulk sod replacement project is planned for after September 1st, 2023.

Plant replacements will continue through the month of July. This will also occur two to three times per year as a bulk project.

Most major HOA landscape projects are suspended between July to August.

Oak tree replacements have started, Exclusive Landscape will be replacing oak trees in phase 1.

Quality Assurance Check:

The Landscape Relationship Coordinator will be completing once a week quality assurance checks. These walks will be completed on streets being provided detail service for the week. This is to ensure the quality of work being provided by Exclusive Landscape meets expectations. During QAC they will also be looking at the blue tags on the irrigation box to ensure it coincides with the wet check reports completed on the home.

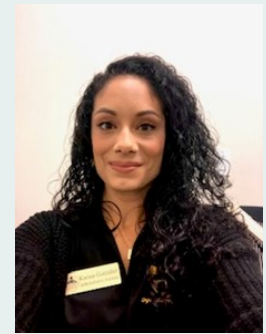


Did you know?

Florida is 1st in the U.S. in the value of production of oranges, grapefruit and tropical foliage plants; 1st in production of sugarcane and sweet corn; 1st in snap beans, pickling, cucumbers, squash, watermelons, cut cultivated greens and fresh market tomatoes.



LANDSCAPE INFORMATION



Karina Gonzalez:
Landscape Relationship Coordinator

kgonzalez@castlegroup.com

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

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.



What do your assessments include for landscape maintenance costs?

Villas

Maintenance - \$48

Replacement - \$10

Irrigation Maintenance & Repairs - \$10

Total - \$68 Monthly

50'

Maintenance - \$67

Replacement - \$10

Irrigation Maintenance & Repairs - \$10

Total - \$87 Monthly

40'

Maintenance - \$58

Replacement - \$10

Irrigation Maintenance & Repairs - \$10

Total - \$78 Monthly

65'

Maintenance - \$80

Replacement - \$10

Irrigation Maintenance & Repairs - \$10

Total - \$100 Monthly

What is included in my bulk landscape service?

◇Mowing, string trimming, edging, and blowing off hardscapes weekly during the active growing season

Note - Clippings shall not be removed from lawn area unless they are too unsightly

◇Weeding with a mix of spraying and hand pulling in landscape beds one (1) time per month

◇Pruning of shrubs as necessary to maintain the natural form of the plant one (1) time per month

◇Trimming trees under eight (8) feet is scheduled in the winter months

◇Treating with fertilization and pest control in the turf and shrubs up to eight (8) times per year

◇Inspecting the irrigation systems on the common area and homes one (1) time per month and adjustments and repairs are made accordingly

◇Mulching one (1) time a year, typically in early spring

July 2023 Detail Schedule

The calendar is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Citrus grove	4 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Citrus Grove	5 Mowing Residential Homes, and Del Webb Boulevard	6 Mowing Residential Homes, and Del Webb Boulevard Wet Check: River Creek	7 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: River Creek	8
Week 1 detail services Cliff Way & Shimmering Shore						
9	10 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Sandy Springs	11 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Mossy Oak	12 Mowing Residential Homes, and Del Webb Boulevard	13 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Blue Pond	14 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: Blue Pond	15
Week 2 detail services Cherry Blossom & Sandy Springs						
16	17 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Sandy Springs & Mossy Oak	18 Mowing Residential Homes, and Del Webb Boulevard Wet Check: River Creek	19 Mowing Residential Homes, and Del Webb Boulevard	20 Mowing Residential Homes, and Del Webb Boulevard Wet Check: River Creek	21 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: River Creek	22
Week 3 detail services Blue Pond, Citrus Grove, River Creek,						
23	24 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Nature View	25 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Nature View	26 Mowing Residential Homes, and Del Webb Boulevard	27 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Ruby Rose	28 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: Ruby Rose	29
Week 4 detail services Ruby Rose, Nature View & Mossy Oak						
30	31 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Cherry Blossom Fertilization	1 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Cherry Blossom Fertilization	2 Mowing Residential Homes, and Del Webb Boulevard Fertilization	3 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Cherry Blossom Fertilization	4 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: Cherry Blossom Fertilization	5



Detail Services:
Pruning & Trimming of Bushes/Trees





Del Webb Sunbridge CALENDAR OF EVENTS JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>9:00am Leisurely Bike Ride 1:00pm Mahjong</p>	<p>9:00am Beginner Chair Yoga* 9:00am Morning Get Together 10:00am Fitness Orientation 10:30am Fitness Orientation 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 5:30pm Beginner Spanish Level 1 6:30pm Bunco</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 4:00pm Backgammon 6:30pm Pinochle</p> <p style="text-align: center;">Independence Day</p>	<p>9:00am Stitchin' Sisters 10:30am Bridge 12:30pm HIT Fitness* 1:00pm SCH Crafts 1:30pm Body Sculpt* 3:00pm Euchre 7:00pm Mustard Seeds 7:00pm 12 Stones Group 7:00pm Canasta/Hand & Foot</p>	<p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness 7:15pm Thirsty Thursday</p>	<p>11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes</p>	<p>9:00am Hiking Group 9:00am Strength & Balance 10:00am Power Yoga* 11:15am Aqua Fitness* 11:00am Independence Day Party</p>	
<p>9:00am Leisurely Bike Ride 1:00pm Mahjong</p>	<p>9:00am Beginner Chair Yoga* 10:00am Art Meet 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 5:30pm Beginner Spanish Level 1 6:45pm Advanced Pickleball*</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 3:00pm Surge Strength 5:30pm Beginner Spanish Level 2 5:30pm Lifestyle Meeting* 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish Class</p>	<p>9:00am Stitchin' Sisters 10:30am Bridge 12:30pm HIT Fitness* 1:00pm 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* 9:00am Beginner Chair 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* 7:00pm Book Club 7:15pm Thirsty Thursday</p>	<p>11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p>	<p>9:00am Hiking Group 9:00am Strength & Balance 10:00am Power Yoga* 11:15am Aqua Fitness* 10:00pm Brewery Crew</p>	
<p>9:00am Leisurely Bike Ride 1:00pm Mahjong 2:00pm Bowling Group 11:00am Summerfest Buffet</p>	<p>9:00am Beginner Chair Yoga* 9:00am Morning Get Together 10:00am Fitness Orientation 10:30am Fitness Orientation 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 5:30pm Beginner Spanish Level 1 6:00pm Beginner Pickleball* 6:30pm Bunco 6:45pm Advanced Pickleball*</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 3:00pm Surge Strength 4:00pm Backgammon 5:30pm Beginner Spanish Level 2 6:00pm Zumba* 6:00pm Trivia Night 6:30pm Pinochle 6:45pm Intermediate Spanish</p>	<p>9:00am Sunbridge Stitchin' 10:30am Bridge 12:30pm HIT Fitness* 1:00pm SCH Crafts 1:30pm Body Sculpt* 3:00pm Euchre 6:00pm Bingo 7:00pm Mustard Seeds 7:00pm 12 Stones Group</p>	<p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 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* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p>	<p>9:00am Strength & Balance 9:00am Hiking Group 10:00am Power Yoga* 11:15am Aqua Fitness* 8:30pm Outdoor Activity Group</p>	
<p>9:00am Leisurely Bike Ride 1:00pm Mahjong</p>	<p>9:00am Beginner Chair Yoga* 10:00am Art Meet 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 5:30pm Beginner Spanish Level 1</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 3:00pm Surge Strength 5:30pm Beginner Spanish Level 1 5:30pm Beginner Spanish Level 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish</p>	<p>9:00am Stitchin' Sisters 10:30am Bridge 12:30pm HIT Fitness* 1:00pm Quilters Corner 1:30pm Body Sculpt* 3:00pm Cribbage 7:00pm Canasta/Hand & Foot 7:00pm 12 Stones Group</p>	<p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness 6:00pm A8E - Winter Holidays</p>	<p>11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 6:30pm Paint & Sip</p>	<p>9:00am Strength & Balance 9:00am Hiking Group 10:00am Power Yoga* 11:15am Aqua Fitness*</p>	
<p>9:00am Leisurely Bike Ride 1:00pm Mahjong</p>	<p>9:00am Beginner Chair Yoga* 9:00am Morning Get Together 1:00pm Mahjong 3:00pm Scrabble 4:30pm Aqua Fitness* 5:45pm Yoga Sculpt* 6:30pm Bunco</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 3:00pm Surge Strength 5:30pm Beginner Spanish Level 1 5:30pm Beginner Spanish Level 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish</p>	<p>9:00am Stitchin' Sisters 10:30am Bridge 12:30pm HIT Fitness* 1:00pm Quilters Corner 1:30pm Body Sculpt* 3:00pm Cribbage 7:00pm Canasta/Hand & Foot 7:00pm 12 Stones Group</p>	<p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness 6:00pm A8E - Winter Holidays</p>	<p>11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 6:30pm Paint & Sip</p>	<p>9:00am Strength & Balance 9:00am Hiking Group 10:00am Power Yoga* 11:15am Aqua Fitness*</p>	
<p>Event costs and descriptions can be found in the newsletter or online. delwebbsunbridgehoa.com</p>				<p>(#) Requires payment to an outside vendor. Order tickets ahead of time.</p>		<p>(*) Available for registration online. Events may have a deadline and/or fee.</p>	



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The hiring of a lawyer is an important decision that should not be based solely upon advertisements.
Before you decide, ask us to send you free written information about our qualifications and experience.

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

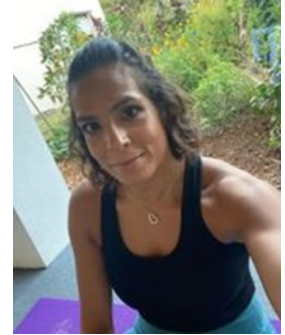
LISA

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.



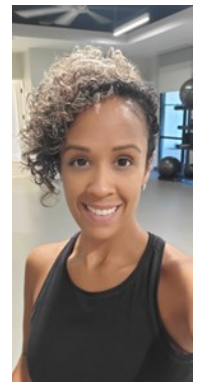
SABRINA

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

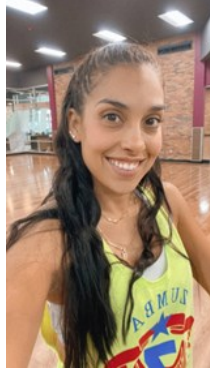
Marlene Gonzalez is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences are as follows: Aquatic personal training, Strength and balance training, Pilates and balance training, Prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide, 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—with Jerry

Sharpen your pickleball skills.

AQUA FITNESS

Mondays– 4:30pm

Fridays & Saturdays– 11:15am

\$3.00

Resistance Pool—with Marlene

Please wear a swimsuit. You may bring your own props (props are available on a first come 1st serve basis). This is an all-levels aqua fitness class with cardio, strength and balance exercises. You can burn up to 400 calories in this aqua aerobics class!

BARRE BEFORE BAR

Fridays– 1:30pm

\$3.00

Group Fitness Room—with Lisa

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.

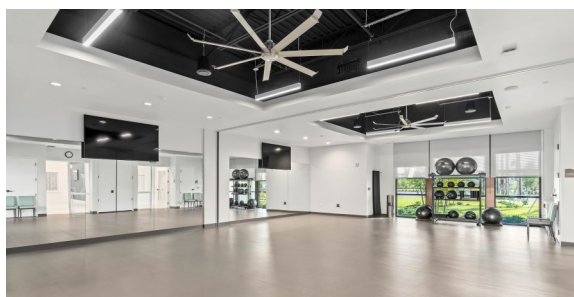
BEGINNER PICKLEBALL

Second & Third Mondays– 6:00pm

\$3.00

Sport Courts—with Jerry

Learn the basic skills of pickleball.



BEGINNER CHAIR YOGA

Thursdays– 9:00am

\$3.00

Group Fitness Room—with Marlene

This beginner chair yoga class will offer you mobility and stretching from a seated position with some standing postures and balancing using the chair. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. You don't have to be a beginner to join this class. Chairs will be provided. You may bring a water and your own mat or use the ones on site.

BODY SCULPT

Wednesdays– 1:30pm

\$3.00

Group Fitness Room—with Lisa

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.

CHAIR STRENGTH & BALANCE

Saturdays– 9:00am

\$3.00

Group Fitness Room—with Marlene

Standing and seated chair exercises for seniors using light weights. Incorporating cardio and strength to increase your cardiovascular levels and challenge your coordination. This class is also great for those with limited mobility. You may bring a water. No mat needed for this class. Chairs will be provided.

FITNESS CLASSES

HIIT FITNESS

Wednesdays– 12:30pm

\$3.00

Group Fitness Room—with Lisa

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—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

Thursdays– 8:00am

\$3.00

Group Fitness Room—with Marlene

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—with Marlene

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—with Lisa

Thursdays– 12:00pm & 1:00pm—Alex

\$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.

No Zumba July 27



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 participating 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 7/27- 6:00pm

Multipurpose Room

This month's theme is the winter holiday in July.

We will be featuring holiday-based cocktails and holiday-inspired appetizers. Please bring your favorite cocktail and appetizer to share with the group. Also please bring a mini liquor bottle (Airplane size liquor bottle) for each person in your party, as we will be having a blind gift (mini liquor bottle) exchange.



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.

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

SPECIAL INTEREST GROUPS

BACKGAMMON

Every other Tuesday– 4:00pm
Multipurpose Room
2 player board game with counters and dice

BOOK GROUP

Every second Thursday– 7:00pm
Wet Craft Room
Read and discuss a new book every month.
July—The Maid by Nita Prose
*Booke Club has been changed to Thursdays

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.

BREWERY CREW

July 15 | 1pm
Rock Pit Brewing
Multipurpose Room
The Brewery Crew is back! Whether you are a beer enthusiast or prefer hard seltzers and ciders, crafted moonshine and cocktails, or wine and vodka sodas, Rock Pit Brewery has something for you. Head to downtown Orlando for an afternoon with friends to experience another great local brewery.

Contact Larry with any questions at lsteigrod@gmail.com.

CANASTA/HAND & FOOT

Tuesdays & Thursdays– 2:00pm
First & fourth Wednesdays– 7:00pm
Multipurpose Room
Card game in the rummy family

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– 1:00pm
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.

SPECIAL INTEREST GROUPS

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

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

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

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

SHOOTING & ARCHERY

Triple N Ranch
595 Donovan Crews Rd
St. Cloud, FL 34773
Meet your neighbors down at Triple N
Ranch for some Shooting or archery at a
Florida FWC Management Area. Questions
contact Steve Bierwirth at
sbierwirth685@gmail.com or 951-818-9750.

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.

SPECIAL INTEREST GROUPS

TECHNOLOGY ADVISORY GROUP

Will not be meeting in 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.





Sunbridge Snapshots



Bingo Night

Wednesday, July 19 | 6 pm
Multipurpose Room

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

Please call to make an appointment.

Personal Training

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

Marlene
(321) 217-5311

Sabrina
(407) 808-1559

Lisa
(407) 340-6110

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

Fitness Center
Made with PosterMyWall.com



THE SABAL TAVERN

JULY 2023

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



Check the Tavern biweekly emails for the weekend specials!

PLEASE VISIT THE [SABAL TAVERN PAGE](#) ON THE HOA WEBSITE



HAPPY HOUR
WEDNESDAY - THURSDAY | 3 - 7 PM
FRIDAY - SUNDAY | 4 - 7 PM

Enjoy Half Price Appetizers
\$4.00 Drinks - Including draft wine and beer, Sangria, and Margaritas

MESSAGE FROM THE TAVERN ADVISORY COMMITTEE

On July 5, the new Sabal Tavern Summer Menu will debut. We accepted as many requests as possible to better serve our community. We continue to receive your feedback from the Tavern Comment Cards and welcome all recommendations. While recognizing that we cannot adopt all recommendations presented to us, we consider what seasonal and local items are available at reasonable prices. The Tavern is a business, and its menu has to appeal to the masses. The Tavern staff does its best to respond by providing weekly specials that may appeal to a special group of residents.

Happy One-Year Anniversary, Sabal Tavern! Thank you for your support.

The Sabal Tavern Advisory Committee
Alton (Al) Robinson, Maria Lomangino, and Jim McGonagle

SABAL TAVERN HOURS:

Sunday: 12:00—7:00pm

Monday: Closed

Tuesday: Closed

Wednesday: 12:00—7:00pm

Thursday: 12:00—7:00pm

Friday: 12:00—9:00pm

Saturday: 12:00—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.”*

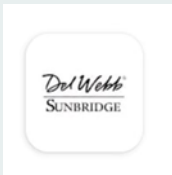
SABAL TAVERN SPECIAL EVENTS



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.