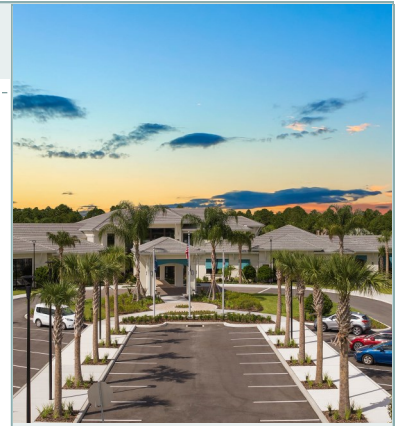


January 2024

# 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

Lifestyle Director  
Katie Tamanini  
ktamanini@castlegroup.com

Landscape Relationship Coordinator  
Karina Gonzalez  
kgonzalez@castlegroup.com

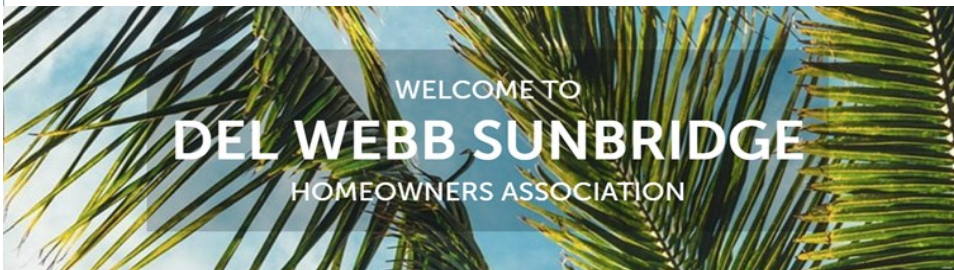
Castle Group—Resident Services  
800-337-5850

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](http://www.DelWebbSunbridgeHOA.com)**

Log in for more information



# HAMMOCK — CLUB —

## HOURS OF OPERATION

### **Building Hours:**

Sunday: 9:00 am - 7:00 pm

Monday-Tuesday: 5:00 am—8:00 pm

Wednesday-Friday: 5:00 am—9:00 pm

Saturday: 8:00 am—9:00 pm

### **Pool Hours:**

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

### **Children Hours (those under 19):**

Sunday-Saturday: 2:00 pm—6:00 pm

Reminder, those under 19 are not allowed in the Spa or Resistance Pool during Children Hours.

### **Sabal Tavern Hours:**

Sunday: 12:00 pm—7:00 pm

Monday: Closed

Tuesday: Closed

Wednesday-Thursday: 12:00 pm—7:00 pm

Friday-Saturday: 12:00 pm—9:00 pm

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

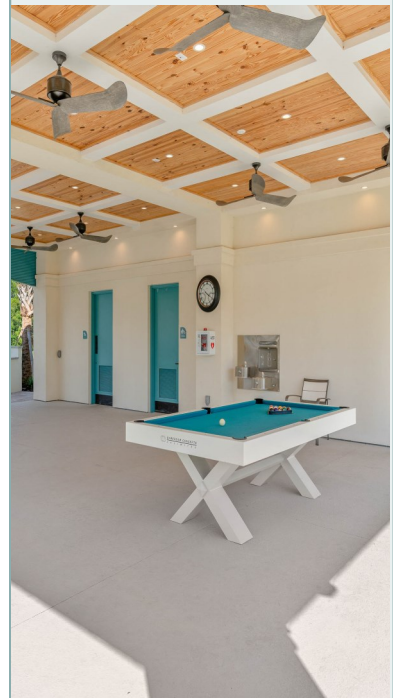
Please be sure to keep the blue Del Webb Sunbridge lanyard attached to your ID badge.

**All hours are subject to change**

## **RULES & REGULATIONS HIGHLIGHT**

### **GUEST WAIVERS**

Each year we need to have all of your guest sign a new waiver. This waiver will be filed with the resident file. This process may take a bit more time, so please allow yourself time to register your guest and have them complete the waiver form. Remember the guest badge is only good for the day that it was obtained unless you have prior permission from management.



# HOA MANAGEMENT UPDATE

STACEY PEACH

GENERAL MANAGER



## Happy New Year Del Webb Sunbridge Residents!

I hope all of you had a wonderful holiday season and celebrated the new year with friends and family.

The close of the year and the start of a new one for the staff at your clubhouse means we have several processes that need to take place in a short amount of time. We are gathering financial reporting information to close the 2023 books and we are updating owner accounts for 2024.

The annual Club Fees of \$576.00 were charged on January 2<sup>nd</sup> to the owner ledgers. Payments are processed by charging the credit card on file. If we are unable to apply the charge in this manner and we are not contacted to make arrangements for an alternate method of payment by the 10<sup>th</sup>, late fees will be assessed. Please contact the front desk should you need assistance in making this payment.

I would like to pass along new updates regarding the dog park and the mailbox cover. It is anticipated that construction on the dog park will begin in mid-January and last into April. The mailbox cover construction is expected to be completed close to the same time frame. Because delays are all too common in today's world, we will keep

you updated throughout the process. During construction, some areas of the parking lot, sidewalks, and other areas in the vicinity may need to be closed or blocked off for safety reasons at times. We will provide timely communications regarding this, so I encourage you to be diligent about reading our communications for this important information.

We have had productive meetings with our new landscape committee, and I look forward to having them provide updates to the community and recommendations to the board to help improve services and communications in the year ahead.

January is also our month to establish and outline our goals for the year including evaluating and enhancing our staffing. We will be making some exciting announcements in the near future.

My hope for all is that the new year brings you blessings and much happiness.

**Stacey Peach, LCAM**

**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

January 18 | 6 pm  
Multipurpose Room

Hear what has been happening around Del Webb Sunbridge at the monthly Managers Meeting. Past presentations and communications are on the website under Board of Directors Communications after logging in or by [clicking here](#).

### NEW HOMEOWNER ORIENTATION

January 11 | 3 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!

### LIFESTYLE MEETING

January 11 | 5:30 pm  
Multipurpose Room

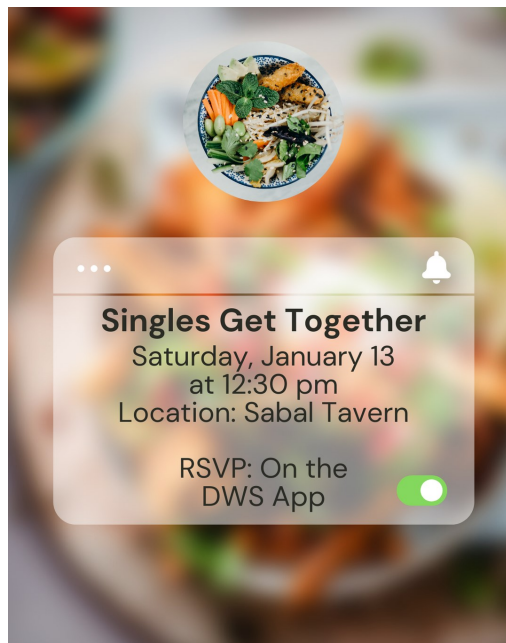
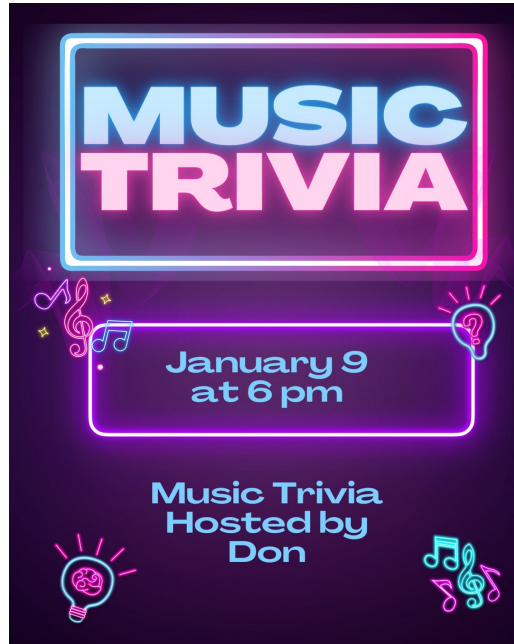
Find out what events and activities are happening throughout the community.

### NAME TAGS AVAILABLE FOR PURCHASE

Name tags are available for \$10.00 each. Requests must be submitted in writing via email at [delwebbsunbridge.com](mailto:delwebbsunbridge.com). Orders will be placed at the beginning of each month.

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

## UPCOMING RESIDENT EVENTS



## LANDSCAPE INFORMATION



**Karina Gonzalez**  
**Landscape**  
**Operations**  
**Manager**

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.

## Landscape Monthly Update

Exclusive Landscape is working diligently on pending work orders in the order they were received. Thank you for your patience.

Coming soon:

### **2024 Initiative**

- Options for other nurseries to be used for Homeowner Enhancements
  - Cap/Cut and Retrofits can be completed by other irrigation companies.
- 

### **January 2024 Agronomy Treatment**

### **February 2024 HOA Yearly Mulch Refresh common areas and individual lots**

### **February 2024 Annual Crepe Myrtle pruning**

### **March 2024 HOA Bulk Plant Replacement**

### **April 2024 HOA Bulk Sod Replacement**

### **May 2024 HOA Bulk Tree Replacement**

### **June / July 2024 No HOA Installs**

This schedule is subject to change.

# January 2024 Landscape Schedule

The calendar is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p><b>NO SERVICES</b></p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>8</p> <p>Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard</p>	<p>9</p> <p>Mowing Residential Homes, Common areas and Del Webb Boulevard</p>	<p>10</p> <p>Mowing Residential Homes, Common areas and Del Webb Boulevard</p>	<p>11</p> <p>Mowing Residential Homes, Common Areas and Pond Banks</p>	<p>12</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p>22</p> <p>Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard</p>	<p>23</p> <p>Mowing Residential Homes, and Del Webb Boulevard</p>	<p>24</p> <p>Mowing Residential Homes, and Del Webb Boulevard</p>	<p>25</p> <p>Mowing Residential Homes, Common Areas and Pond Banks</p>	<p>26</p>
<p>29</p>	<p>30</p>	<p>31</p>		



# CALENDAR OF E

# Del Webb Sunbridge

SUNDAY	MONDAY	TUESDAY	WE
	<p><b>HAMMOCK CLUB WILL BE CLOSED IN OBSERVANCE OF THE HOLIDAY.</b></p>  <p><b>1</b></p>	<p>11:00am Mexican Train 1:30pm Canasta/Hand &amp; Foot 3:00pm Beginner Tai Chi* 4:00pm Backgammon 6:00pm Pinochle 4:30pm Zumba*</p> <p><b>2</b></p>	<p>9:00am Sti 10:30am Br 12:30pm HI 1:30pm Bo 2:00pm Eu 3:00pm Sp 4:30pm Ca 6:00pm Mu 7:00pm 12</p>
<p>9:00am Leisurely Bike Ride 9:00am Outdoor Activities Group-Split Oak Forest 2:00pm Mahjong</p>  <p><b>7</b></p>	<p>9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:00am Fitness Center* 10:15am Beginner Chair Yoga* 10:30am Fitness Center* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 6:00pm Yoga Sculpt* 6:30pm Bunco</p> <p><b>8</b></p>	<p>10:00am Beginner Tennis 11:00am Mexican Train 1:30pm Canasta/Hand &amp; Foot 3:00pm Beginner Tai Chi* 6:00pm Music Trivia 6:00pm Pinochle 4:30pm Zumba*</p>  <p><b>9</b></p>	<p>9:00am Sti 10:30am Br 12:30pm HI 1:30pm Bo 2:00pm Eu 3:00pm Sp 6:30pm Te 7:00pm 12</p>
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p> <p><b>14</b></p>	<p>9:00am Shooting &amp; Archery 9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:00am Fitness Center* 10:15am Beginner Chair Yoga* 10:30am Fitness Center* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:00pm Understanding Annuities - Russell &amp; Co 5:45pm Yoga Sculpt*</p> <p><b>15</b></p>	<p>9:00am 20/20 Onsite Eyecare 11:00am Mexican Train 1:00pm Tax Free Retirement - Russell &amp; Co. 1:30pm Canasta/Hand &amp; Foot 3:00pm Beginner Tai Chi* 4:00pm Backgammon 4:30pm Zumba* 6:00pm Pinochle 6:00pm Trivia Night Theme Rock N Roll</p>  <p><b>16</b></p>	<p>9:00am Sti 10:30am Br 10:00am Es 12:30pm HI 1:30pm Bo 3:00pm Sp 2:00pm Eu 5:00pm Inc Portfolio - F 6:00pm Mu 7:00pm 12</p>
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p> <p><b>21</b></p>	<p>9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:30pm Bunco</p>  <p><b>22</b></p>	<p>10:00am Beginner Tennis 11:00am Mexican Train 1:30pm Canasta/Hand &amp; Foot 3:00pm Beginner Tai Chi* 4:30pm Zumba* 6:00pm Pinochle</p> <p><b>23</b></p>	<p>9:00am Sti 10:30am Br 12:30pm HI 1:30pm Bo 2:00pm Eu 3:00pm Sp 4:30pm Ca 6:00pm Bin 7:00pm 12</p>
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p> <p><b>28</b></p>	<p>9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:00pm Technology Group - EV Experience 4:30pm Beginner Spanish 5:45pm Yoga Sculpt*</p>  <p><b>29</b></p>	<p>11:00am Mexican Train 1:30pm Canasta/Hand &amp; Foot 3:00pm Beginner Tai Chi* 4:00pm Backgammon 4:30pm Zumba* 6:00pm Pinochle</p> <p><b>30</b></p>	<p>9:00am Sti 10:30am Br 11:00am Ad Care Plann 12:30pm HI 1:30pm Bo 2:00pm Eu 3:00pm Sp 6:30pm Life Seminar</p>

# EVENTS | JANUARY 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>atchin' Sisters ridge IT Fitness* dy Sculpt* chre anish Class nasta/ Hand &amp; Foot istard Seeds Stones Group</p>  <p><b>3</b></p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta Hand &amp; Foot 4:00pm TapTv 6:00pm STRONG Nation Fitness* 7:15pm Thirsty Thursday</p>  <p><b>4</b></p>	<p>10:15am Chair Strength &amp; Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Live Music - Fred Ramos</p>  <p><b>5</b></p>	<p>9:15am Chair Strength &amp; Balance 10:15am Power Yoga* 11:30am Aqua Fitness*</p>  <p><b>6</b></p>
<p>atchin' Sisters ridge IT Fitness* dy Sculpt* chre anish Class nnis Group Meeting Stones Group</p>  <p><b>10</b></p>	<p>8:00am Yoga* 9:00am Intermediate Tennis 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta Hand &amp; Foot 3:00pm New Owner Orientation* 4:00pm TapTv 5:30pm Lifestyle Meeting 6:00pm STRONG Nation Fitness* 6:30pm Book Club 7:15pm Thirsty Thursday 7:30pm Women's Group</p>  <p><b>11</b></p>	<p>10:15am Chair Strength &amp; Balance 11:30am Aqua Fitness* 1:00pm Art Series- Acrylics with Dulce 1:30pm Barre Before Bar* 2:00pm Dominoes</p>  <p><b>12</b></p>	<p>9:15am Chair Strength &amp; Balance* 10:15am Power Yoga* 11:30am Aqua Fitness* 12:30pm Singles Get Together 4:00pm Community Clue Hunt</p>  <p><b>13</b></p>
<p>atchin' Sisters ridge State Planning Seminar IT Fitness* dy Sculpt* anish Class chre ome from your Russell &amp; Co. istard Seeds Stones Group</p>  <p><b>17</b></p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Guide to Retirement-Russell &amp; Co 1:00pm Zumba* 1:30pm Canasta Hand &amp; Foot 5:00pm Guide to the Markets-Russell &amp; Co 6:00pm STRONG Nation Fitness*</p>  <p><b>18</b></p>	<p>8:15am Gadabout Experience Trip 10:00am Del Webb Sunbridge Volunteers* 10:15am Chair Strength &amp; Balance 11:30am Aqua Fitness* 1:00pm Unlocking Financial Success - Russell &amp; Co. 1:30pm Barre Before Bar* 2:00pm Dominoes</p>  <p><b>19</b></p>	<p>9:15am Chair Strength &amp; Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 1:00pm Brewery Crew</p>  <p><b>20</b></p>
<p>atchin' Sisters ridge IT Fitness* dy Sculpt* chre anish Class nasta/ Hand &amp; Foot ngo Night Stones Group</p>  <p><b>24</b></p>	<p>8:00am Yoga* 9:00am Intermediate Tennis 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta Hand &amp; Foot 6:00pm A&amp;E - Apps &amp; Elixers 6:00pm STRONG Nation Fitness*</p>  <p><b>25</b></p>	<p>10:15am Chair Strength &amp; Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes</p>  <p><b>26</b></p>	<p>9:15am Chair Strength &amp; Balance 10:15am Power Yoga* 11:30am Aqua Fitness*</p>  <p><b>27</b></p>
<p>atchin' Sisters ridge vance Directives and ing IT Fitness* dy Sculpt* chre anish Class along Learning</p>  <p><b>31</b></p>	<p>Event costs and descriptions can be found in the newsletter or online.</p> <p>(*) Available for registration online. Events may have a deadline and/or fee.</p>		<p>(#) Requires payment to an outside vendor. Order tickets ahead of time.</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

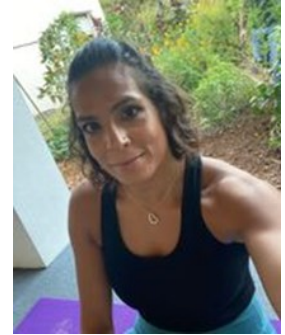
### LISA

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 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.



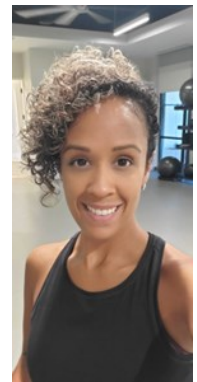
### SABRINA

Sabrina loves getting to know people's strengths and challenges 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 is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences include: 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, and weight loss management. Marlene's 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 it. In her country, she had a Salsa Academy for more than 10 years and had the opportunity throughout 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 which help to have a balance between cardio and toning.



### DELISA

Delisa 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 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 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, and decided to become an instructor. He enjoys teaching both classes and loves to challenge students to be a better, stronger, happier, healthier self.

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.

He is honored to be here and help others get stronger!



### JULIO

Julio is a movement teacher with over 30 years martial and movement arts experience, one who helps his students develop greater strength, mobility, and balance. Trained in gymnastics, dance, yoga and various martial arts, Julio teaches his students how to increase their dexterity, confidence, and movement competence, so that they can move powerfully/ authentically through life.

He also teaches them how to heal their injuries, reduce pain and protect themselves from getting injured again. Finally, Julio helps students understand and become more aware of their body and energy, giving them tools for being more effective, productive, and happier in life.



## ***FITNESS CLASSES***

### **AQUA FITNESS**

**Mondays—On Hold for the Season**  
**Fridays & Saturdays – 11:15am**  
**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 – 1:30 pm**  
**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 CHAIR YOGA**

**Thursdays – 9:15 am**  
**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. Please bring own mat for outdoor classes.

### **BODY SCULPT**

**Wednesdays – 1:30 pm**  
**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**

**Fridays – 10:15 am**  
**Saturdays – 9:15 am**  
**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.

### **HIIT FITNESS**

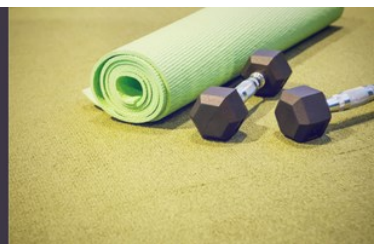
**Wednesdays – 12:30 pm**  
**Group Fitness Room – With Lisa**

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.

### **LEISURLY BIKE RIDE GROUP**

**Sundays – 9:00 am**  
**Hammock Club Parking Lot**  
Resident Run Group

All classes at the Hammock Club facilities, with an instructor, cost \$3.00 per class, per person.



## FITNESS CLASSES

### POWER YOGA

**Saturdays – 10:15 am**

**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.

### STRONG NATION FITNESS

**Thursdays – 6:00 pm**

**Group Fitness Room – With David**

A HIIT-style class that combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every move is driven by the music, helping you make it to that last rep. A mat, sneakers, and a water bottle for this class.

### TAI CHI

**Tuesdays – 3:00 pm & 4:00 pm**

**Group Fitness Room – With Julio**

This Evidence-based energy/movement art increases balance, awareness, and suppleness. Because of its emphasis on joint stability and flexibility, it is perfect for those suffering from arthritis, as well as helps prevent its onset. It helps improve posture, breathing capacity, and natural range of motion. This class teaches a short and easily learned form, as well as a set of joint exercises for strength, balance, and coordination.

### TENNIS LESSONS

**Beginners—Select Tuesdays – 10 am**  
**Intermediate—Select Thursdays 9 am**  
**Tennis Courts – DWS Resident Joe Greco**

Learn new skills and improve any current

skills with free lessons from Del Webb Sunbridge resident, Joe Greco. Get a great workout while improving your tennis game!

### YOGA

**Thursdays – 8:00 am**

**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. Please bring own mat for outdoor classes.

### YOGA SCULPT

**Mondays – 5:45 pm**

**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 – 4:30 pm – DeLisa**

**Thursdays – 12:00 pm & 1:00 pm – Alex**  
**Group Fitness Room**

Zumba 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.

Sign Up for  
your favorite  
class to reserve  
your spot!



## PERSONAL TRAINING



**Marlene**  
321-217-5311



**Sabrina**  
407-808-1559



**Lisa**  
407-340-6110

**30 Minute Sessions**  
**\$40.00 Per Individual Session**  
**\$60.00 Per Session With Two People**

**Pease call Instructor to make an appointment.**

## SPECIAL INTEREST GROUPS

### 12 STONES GROUP

**Wednesdays– 7:00pm**  
**Tech Room**

Men's faith group, all faiths welcome

### A&E (APPETIZERS & ELIXIRS)

**Resuming in January**  
**Multipurpose Room**

### ART MEET UP

**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

**Beginner Line and Wash — December 1**  
**Beginner Water Colors — December 13**

**Classes will be held in the Wet Craft Room**  
Check the website for more information on the classes and to register.

### BACKGAMMON

**Every other Tuesday– 4:00pm**  
**Multipurpose Room**

Two player board game with counters and dice

### BEGINNER SPANISH

**Mondays | 4:30 pm with Julia**

Learn Spanish or sharpen your skills. This class is taught by Julia on Mondays and is slower paced.

## *SPECIAL INTEREST GROUPS*

### BOOK CLUB

**Every second  
Thursday – 6:30pm  
Wet Craft Room**

### 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

**Oviedo Brewing Company  
January 20 | 1–4 pm**

Met your neighbors at one of Orlando's breweries. This Brewery offers craft beers, sours, and wine. There is a full menu from the onsite kitchen with indoor and outdoor seating.

Contact Larry with any questions at [lsteigrod@gmail.com](mailto:lsteigrod@gmail.com).

### CANASTA/HAND & FOOT

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

### DOMINOES

**Fridays – 2:00pm  
Multipurpose Room**  
Tile based game

### EUCHRE

**Every Wednesday – 2:00pm  
Multipurpose Room**  
Trick taking card game

### SPANISH CLASS

**Tuesdays – 6:45 pm  
Tech Room**  
Join resident Dulce Devilla to sharpen your Spanish skills. All skill levels are welcome.

### 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.

## *SPECIAL INTEREST GROUPS*

### OUTDOOR ACTIVITIES GROUP

**January 7 – 9 am**  
Split Oak Forest Hike

DWS resident Allyson Asher is leading this group. Please bring water, bug spray, and closed shoes.

For more information, please get in touch with Allyson at [allyson.ascher@gmail.com](mailto:allyson.ascher@gmail.com) or 407-252-1103.

### PINOCHLE

**Tuesdays – 6:00pm**  
**Multipurpose Room**  
Trick taking card game

### QUILTER'S CORNER

**On Hold until March**  
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](mailto: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)

**On Hold until March**  
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](mailto:Brenda.guiver@gmail.com)

### SHOOTING & ARCHERY

**Triple N Ranch**  
**595 Donovan Crews Rd**  
**St. Cloud, FL 34773**  
**Meets the 3rd Monday every month**

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](mailto: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 am–12pm.

### TECHNOLOGY ADVISORY GROUP

**January 29 | 4:00 pm**  
**Hammock Club Parking Lot**  
It's time to join the EV Experience. The Technology Group's first class of the year is electric vehicle transportation.

Any EV owners who would like to bring their vehicles to display or offer test drives, please arrive at 3:30 pm.

Please contact Thomas Williams III for more information.

# SPECIAL INTEREST GROUPS

## 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.

WELCOME AT ALL GROUPS NO MATTER WHERE YOU LIVE

## VOLUNTEER GROUP

**First Friday – 10:00 am**

### **Wet Craft Room**

We are a group of Sunbridge residents who believe in helping others across the community and the greater St. Cloud and Orlando area.

They have a Facebook page called Del Webb Sunbridge Volunteers.

## THRIVING IN THIS NEW PHASE OF LIFE

**Second Thursdays – 7:30 pm**

### **Wet Craft Room**

Build a framework around what life looks like now and how to approach this time with meaningful goals. Either short, medium or long term, these goals are created by you with input from the facilitators and group participants, as you navigate this next chapter of your life.

All we ask of you is to bring an open mind and a willingness to share with others. We will have homework as we expect you to build upon your goals, regardless of timeline or size of accomplishment.

## WINE GROUP

**Second Wednesdays – 7:00 pm**

### **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.





## THE SABAL TAVERN

JANUARY 2024

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

### HAPPY HOUR

WEDNESDAY – THURSDAY  
3 – 7 PM  
FRIDAY – SUNDAY  
4 – 7 PM

\$4.00 DRINKS INCLUDING  
DRAFT WINE AND BEER,  
SANGRIA, AND MARGARITAS

WEEKLY  
SPECIALS  
ANNOUNCED  
IN BIWEEKLY  
EMAILS

PLEASE VISIT THE  
SABAL TAVERN PAGE ON  
THE ASSOCIATION WEBSITE

## SABAL TAVERN LIVE MUSIC EVENTS

TAVERN  
LIVE MUSIC

5:30 TO 8:30 PM

JANUARY MUSIC

JANUARY 5  
PERFORMANCE BY  
FRED RAMOS

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.”*

MESSAGE FROM THE  
TAVERN ADVISORY COMMITTEE

Dear Del Webb Sunbridge Community Residents,

As the year draws to a close, the Sabal Tavern Advisory Committee would like to extend our deepest gratitude to each one of you for your unwavering support throughout 2023. Your generosity and enthusiasm have played a pivotal role in the success and growth of the Sabal Tavern, and we are excited to embark on a new and promising chapter in 2024.

This past year has been marked by significant milestones, and we've witnessed the warm welcome extended to the many new residents who have joined our vibrant community. With more arrivals anticipated in 2024, we recognize the need to adapt and expand to accommodate this growth. Your understanding and patience during this development period have been invaluable, and we sincerely appreciate your continued support.

The Tavern Advisory Committee has identified several key initiatives for the upcoming year, and we are committed to bringing these projects to fruition. Your support has been instrumental in shaping our vision, and we are confident that 2024 will be a year of great progress and achievement.

We are expanding our personnel and services in our ongoing efforts to enhance the Sabal Tavern. This growth is a testament to the thriving community spirit that you, our residents, have fostered. We understand that change can take time, and we ask for your continued patience as we work to provide an even more enriching experience at the Tavern.

As we bid farewell to 2023, we look forward to a prosperous and fulfilling New Year with you all. May 2024 bring joy, success, and new opportunities for every one of you. Together, let's make it a year to remember!

Thank you once again for your incredible support. Wishing you and your loved ones a wonderful holiday season and a Happy New Year!

Warm regards,

Alton Robinson - Chair  
Maria Lomangino – Primary Member  
Jim McGonagle – Primary Member  
Sabal Tavern Advisory Committee

# Tap TV Trivia Competitions



ARE YOU READY?

EVERY THURSDAY  
4 - 7 PM  
AT THE TAVERN



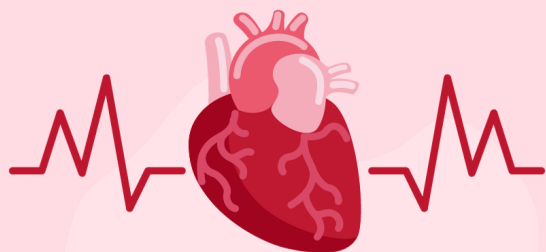
## JANUARY



### LIVE MUSIC

**Fred Ramos**  
**January 5**  
**5:30 - 8:30 pm**

## Heart Health Awareness Ladies Luncheon



## FEBRUARY 1



**VALENTINE'S DAY**  
ELEGANT DINNER BUFFET AND DANCING

FEBRUARY 14 | 5:30 - 8:30 PM



# LIFESTYLE MEETING



January 11, 2024



At 5:30 pm



Multipurpose Room

Special Guest s: Resident Groups

**Rock & Roll**

# Trivia Night

WEDNESDAY, JANUARY 16 | MULTIPURPOSE ROOM

THIS MONTH'S THEME:  
ROCK N ROLL TRIVIA

TRIVIA STARTS AT 6 PM  
RSVP ON THE APP

**Rock Hand Sign**

**20/20 ONSITE EYECARE**  
ROLLING INTO  
DEL WEBB SUNBRIDGE  
JANUARY 16

**LIFE at UCF**  
Learning Institute for Elders  
at University of Central Florida

A Lifelong Learning Program for Senior Adults

## Lifelong Learning Seminar

January 31 | 6:30 pm



Six Seminars  
January 15 - 19

## Financial Seminars with Russell & Associates

- JANUARY 15 - UNDERSTANDING ANNUITIES
- JANUARY 16 - TAX FREE RETIREMENT
- JANUARY 17 - INCOME FROM YOUR PORTFOLIO
- JANUARY 18 - GUIDE TO RETIREMENT
- JANUARY 18 - GUIDE TO MARKETS
- JANUARY 19 - UNLOCKING FINANCIAL SUCCESS



Lady Bird vs. Trust  
Estate Planning Seminar

January 17

Seminar hosted by The Rodriguez  
Estate Planning & Elder Law Firm, P.A.

## Advance Directives and Care Seminar

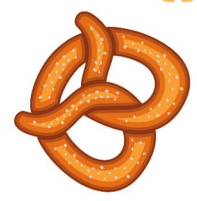
January 31



Seminar hosted by Vitas Healthcare



## HOLLERBACH'S A TRUE GERMAN EXPERIENCE



FEB 9 2024

3:15 - 9:30 PM



COME TO ENJOY EXPERTLY  
PREPARED GERMAN FOOD AND  
EXPERIENCE THE GERMAN  
"GEMUETLICHKEIT".





# Sunbridge Snapshots





## ESTATE PLANNING SEMINAR

R.S.V.P. to Henderson Sachs, P.A.  
(407) 850-2500

Please join us to discuss Wills, Trusts, Probate, and much else!  
Or call to schedule your complimentary estate planning consultation.

### Wills ~ Trusts ~ Probate

Long Term Care Planning ~ Medicaid Planning  
VA Benefits ~ Contracts ~ Real Estate ~ Business

Daniel S. Henderson, Esq. ~ Joshua M. Sachs, Esq. ~ Andrew M. Berland, Esq.

8240 Exchange Drive, Suite C6, Orlando, FL 32809 ~ (407) 850-2500

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.

When it comes to Medicare, You have choices



## Providing guidance and support on your Medicare journey

Whether you are new to Medicare and making these decisions for the first time or have current coverage and would like to make sure you are currently in the best plan for your situation, we would like to help.

We specialize in the following plans:



Medicare Supplement



Medicare Advantage



Prescription Drug Plans



Dental Plans

Additional Coverage Available:

- Cancer Insurance
- Short-Term Care
- Final Expense

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Ask us your Medicare Questions we're here to help!

Mark & Jan Goldberg

Phone: (407) 909-4774 | Text: (321) 420-4653

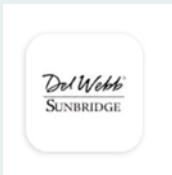
[mark@insurancesource321.com](mailto:mark@insurancesource321.com)

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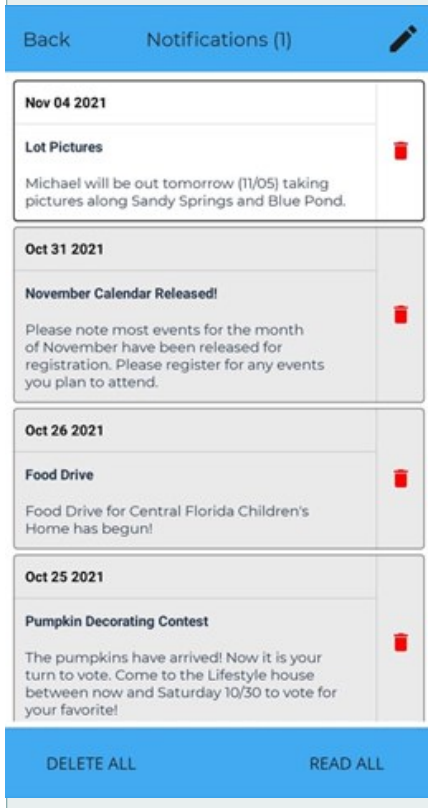
## HOW TO ADD YOURSELF TO THE RESIDENT DIRECTORY ON THE WEBSITE

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](mailto:wabeltran@castlegroup.com)

[www.delwebbsunbridgehoa.com](http://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, then click the red trash can next to the upcoming event you want to cancel.

If you need assistance, please contact us at the Hammock Club.