

Del Webb[®]
SUNBRIDGE

Sunbridge LIVING

JUNE 2025

EMAIL OUR TEAM!

Welcome to your connection to all things Del Webb Sunbridge. We've compiled everything you need to know about Del Webb Sunbridge into this one-stop shop monthly newsletter. From upcoming events, resident clubs and groups, and exciting lifestyle updates, its all here! If you see something we missed or have an update for our team, please email life@dwsunbridge.com.

WE WANT TO HEAR FROM YOU!

We are busy planning the future Del Webb Sunbridge lifestyle offerings and we are curious to hear your thoughts! Your opinion matters to us, so we invite you to take part in this brief survey. We look forward to hearing what interests you and how we may bring it to life.

[CLICK TO TAKE SURVEY](#)



Stay connected! Click here to join our resident-only Del Webb Sunbridge Facebook Group. *This is the only official Del Webb Sunbridge Lifestyle Facebook Page.



UPCOMING
Events



MOVEMENT MAKEOVER: PHYSICAL THERAPY INSIGHT SEMINAR

THURSDAY, JUNE 5TH | 1 PM - 3 PM
MULTIPURPOSE ROOM

Want to learn more about the benefits of physical therapy? Join RehabSpot Physical Therapy for an informative session about how to better care for your body.

RSVP



FIRST FRIDAY DANCE PARTY: MTV PLAYBACK

FRIDAY, JUNE 6TH | 7 PM - 10 PM
MULTIPURPOSE ROOM

Relive the sights and sounds of your favorite decade as original music videos light up the big screen. This party will bring some unforgettable 80's throwbacks and favorites hits back to life. DJ Joe Magic will be spinning the tunes to keep the party going!

RSVP

FOOD TRUCK SOCIAL

MONDAY, JUNE 9TH | 5 PM - 8 PM
HAMMOCK CLUB PARKING LOT

Come hungry to try a variety of dishes from local food trucks. It's the perfect chance to try something new, enjoy music from a DJ and connect with neighbors. This month's featured truck is Monsta Lobsta and Flocked & Loaded.

MENUS





MEMORY SCREENING MOBILE UNIT

TUESDAY, JUNE 10TH | 9 AM - 4 PM
HAMMOCK CLUB PARKING LOT

Join K2 Medical Research for a complimentary memory screening event. Take a proactive step towards your brain health and have your memory tested. Sign up for a spot and take advantage of this free service!

RSVP

PLAN WITH PURPOSE: ESTATE PLANNING SEMINAR

WEDNESDAY, JUNE 11TH | 12 PM - 1:30 PM
TECH ROOM

Plan ahead and with a purpose with Henderson Sachs, Attorneys at Law. This seminar will feature various topics about wills, trusts, and long term care planning. Don't miss out on this opportunity to help you with your estate!

RSVP



MINI GOLF MADNESS

THURSDAY, JUNE 12TH | 3 PM - 7 PM
MULTIPURPOSE ROOM

Get ready for fun rounds of mini golf with neighbors and family- brought to the Hammock Club! Whether you're aiming for a hole-in-one or just here for a good time, it's all about laughs, light competition, and laid-back fun.

Cost: \$10 per person. All payments are made on the Del Webb Sunbridge app.

REGISTER



SUNBRIDGE SPLASH: DIVE IN MOVIE

FRIDAY, JUNE 13TH | 7:30 PM - 10 PM
POOL DECK

Join us on the pool deck for a splash of laughter and sunshine with a tropical, summer-themed comedy movie under the stars! Whether you're lounging in a chair or floating in the pool, it's the perfect way to kick back and enjoy the night with neighbors.

RSVP



NEW RESIDENT SOCIAL

MONDAY, JUNE 16TH | 5 PM - 7 PM
MULTIPURPOSE ROOM

Join us for a fun-filled evening with your Lifestyle Director, Taylor. This event allows residents to meet some of their neighbors, make new friends, and learn all about the Del Webb Sunbridge Lifestyle program. Light bites will be provided. We look forward to meeting you!

RSVP

SCAM AWARENESS SEMINAR

WEDNESDAY, JUNE 18TH | 9:30 AM - 11 AM
TECH ROOM

Rotary International is hosting an educational seminar on scam awareness, covering both local and online threats. It's a great opportunity to learn what schemes to watch out for and how to stay informed and protected. Enjoy a complimentary breakfast, gain valuable insights & have a chance to win raffle prizes!

RSVP





FEATURE FRIDAYS BY FLORIDA HEADWATERS FOUNDATION: INTELLIGENT TREES

FRIDAY, JUNE 20TH | 11 AM - 1 PM
MULTIPURPOSE ROOM

The Florida Headwaters Foundation is excited to present a series of educational and inspiring nature documentaries that promise to enlighten, inspire and educate.

This Month's Featured Film: "Intelligent Trees"

RSVP

ALOHA SUMMER BASH

SATURDAY, JUNE 21ST | 12 PM - 3 PM
POOL & OUTDOOR PATIO

Say "Aloha" to summer at Del Webb Sunbridge! Wear your favorite island gear and join us for an afternoon of fun, music, and sunshine vibes. With festive activities, upbeat tunes, and plenty of chances to relax or get moving, it's the perfect way to kick off the season—Hawaiian-style!

RSVP



POLYNESIAN SHOW

SATURDAY, JUNE 21ST | 7:30 PM - 9 PM
OUTDOOR AMPHITHEATER

Witness the thrill of the islands with a high-energy Polynesian Show featuring traditional dance, rhythmic drumming, and jaw-dropping performances. A dazzling celebration of culture that you won't want to miss!

Cost: \$10 per person. All payments are made on the Del Webb Sunbridge app.

REGISTER

PUZZLE SHOWDOWN

MONDAY, JUNE 23RD | 1 PM - 3 PM
MULTIPURPOSE ROOM

Ready to put your puzzle skills to the test? Join us for our Puzzle Showdown, where teams race against the clock and each other to complete a jigsaw puzzle first. Teamwork, speed, and a sharp eye will get you to the finish line. Compete for a fun prize and see if your crew has what it takes to be the Puzzle Showdown Champions!

RSVP



CPR & AED TRAINING

TUESDAY, JUNE 24TH | 2 PM - 4:30 PM
MULTIPURPOSE ROOM

This hands-on course will teach you the essential skills to confidently respond in emergencies. All participants will receive training and a certificate for adult, child, and Infant CPR, along with an Automated External Defibrillator (AED) training and certification.

Cost: \$25 per person. All payments are made on the Del Webb Sunbridge app.

REGISTER

PAINT LIKE A PRO

THURSDAY, JUNE 26TH | 6 PM - 8 PM
WET CRAFT ROOM

Create your own stunning sunset masterpiece! Our instructor will guide you through each step, helping you master techniques like blending warm hues, creating depth, and adding light effects. Let the sunset inspire your creativity!

Cost: \$30 per person. All payments are made on the Del Webb Sunbridge app.

REGISTER





ALTER EAGLES CONCERT

FRIDAY, JUNE 27TH | 7 PM - 9 PM
MULTIPURPOSE ROOM

Don't miss your chance to hear the Eagles' classics played just the way they were meant to be—live and unforgettable! Experience all your favorite hits that made the Eagles Rock'N'Roll music icons through the sounds of The Alter Eagles Tribute Band.

Cost: \$25 per person. All payments are made on the Del Webb Sunbridge app.

[REGISTER](#)

BIRTHDAY CLUB

MONDAY, JUNE 30TH | 12 PM - 1 PM
MULTIPURPOSE ROOM

June birthdays, this one's for all of you! If you celebrated this a birthday this month, stop by to connect with fellow residents and enjoy a sweet treat. Let's celebrate together!

[RSVP](#)



CANCELLATIONS AND REFUNDS

Our cancellations policy is as flexible and understanding as possible. Our events are booked with vendors well in advance, and some residents may have been turned away due to capacity limitations. All cancellations must be made prior to the registration deadline for a full refund (less the processing fee) to allow others on the waitlist a chance to attend. Cancellations made after the registration deadline are not eligible for a refund due to catering costs and restraints.





June 2025

LIFESTYLE EVENTS, CLUBS & GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Game Club: Guest That Song 7 PM (MR) Game Club: Canasta Hand & Foot 7 PM (MR) 12 Stone Group 7 PM (TR)	5 Movement Makeover: Physical Therapy Insight Seminar 1-3 PM (MR)	6 First Friday Dance Party: MTV Playback 7-10 PM (MR)	7
8	9 Food Truck Social 5-8 PM (PR)	10 Memory Screening Mobile Clinic 9 AM - 4 PM (PR) Game Club: Backgammon 4-6 PM (MR) Game Club: Music Bingo 6:30-8 PM (MR)	11 Plan with Purpose: Estate Planning Seminar 12-1:30 PM (TR)	12 New Homeowner Orientation 3 PM (TR) Mini Golf Madness 3 PM - 7 PM (MR) Book Club 6:30 PM (WCR)	13 Sunbridge Splash 7:30 - 10 PM (P)	14 Game Club: Music Trivia 7 PM (MR)
15	16 Shooting & Archery 9-11 AM (OS) New Resident Social 5-7 PM (MR)	17 Fine Arts Club: Watercolor Class 1-4 PM (WCR)	18 Scam Awareness Seminar 9:30-11 AM (TR) Game Club: Trivia Night 7 PM (MR) Game Club: Canasta Hand & Foot 7 PM (MR) 12 Stone Group 7 PM (TR)	19 Sunbridge Culture Club: Juneteenth Freedom Day 1-5 PM (OP) Manager's Meeting 6 PM (MR)	20 Feature Fridays - FL Headwaters Foundation 11 AM - 1 PM (MR)	21 Aloha Summer Bash 12-3 PM (P) Brewery Club 1-3 PM (OS) Polynesian Fire Show 7:30 - 9 PM (OP)
22	23 Puzzle Showdown 1-3 PM (MR)	24 Fine Arts Club: Acrylic Pouring 1 - 5 PM (WCR) CPR & AED Training 2-4:30 PM (MR) Game Club: Backgammon 4-6 PM (MR)	25 Del Webb Daubers 5-8 PM (MR)	26 New Homeowner Orientation 3 PM (TR) Paint Like A Pro 6-8 PM (WCR)	27 Fine Arts Club: Acrylic Class 11 AM - 2 PM (WCR) Alter Eagles Concert 7-9 PM (MR)	28
29	30 Birthday Club 12-3 PM (MR) Friends of India Club: Bollywood Dance Party 5-8 PM (MR)					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mah Jongg 2-4 PM (MR)	Art Meet Up 10-12 PM (WCR) Mah Jongg 1-3 PM (MR) Beginner Spanish Class 3PM (TR)	Game Club: Mexican Train 11 AM - 1 PM (MR) Game Club: Canasta Hand & Foot 1:30-3:30 PM (MR) Intermediate Spanish Class 3PM (TR) Tavern Tunes 3-6 PM (T) Game Club: Pinochle 6-8 PM (MR)	Sunbridge Stitchin' Sisters 9 AM -12 PM (DCR) Bridge 10-12 PM (MR) Game Club: Euchre 1:30-3:30 PM (MR) Advance Spanish Class 3PM (TR) Tavern Tunes 4-7 PM (T)	Game Club: Rummikub 11 AM -1 PM (MR) Game Club: Canasta Hand & Foot 1:30-3:30 PM (MR) Sunbridge Singers 4-6 PM (DCR)	Tavern Tunes 12-3 PM (T) Game Club: Dominoes 2-5 PM (MR) Bridge 3-5 PM (MR)	Game Club: Asian Mahjong 2-4 PM (MR)

[CLICK HERE TO VIEW THE FULL CLUBS, GROUPS, AND LIFESTYLE EVENTS CALENDAR](#)



June 2025

SPORTS & FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pickleball Club: Women's Challenge 7:00 PM (PC #1-4) Pickleball Club: Open Play 7:00 PM (PC #5-6) Pickleball Club: Beginner Play 7:00 PM (PC #7)	Tennis Open Play 7:30 AM (TC) Pickleball Club: Open Play 8:00 AM (PC #1-6) Pickleball Club: Men's Challenge 8:00 AM (PC #7) Beginner Chair Yoga 9:15 AM (GF) Beginner Chair Yoga 10:15 AM (GF) Pilates 1:00 PM (GF) Stretch & Stress Release 5:30 PM (GF) Tennis Open Play 6:30 PM (TC)	Tennis Open Play 7:30 AM (TC) Pickleball Club: Open Play 8:00 AM (PC #1-6) Pickleball Club: Women's Challenge 8:00 AM (PC #7) Calm & Strong 9:00 AM (GF) Beginner Tennis Lessons 9:00 AM (TC) Power Walk & Tone 9:15 AM (HCL) Lengthen & Strengthen 10:15AM (GF) Zumba 11:45AM (GF) Pickleball Club: Open Play 7:00 PM (PC #1-7)	Tennis Open Play 7:30 AM (TC) Pickleball Club: Open Play 8:00 AM (PC #1-6) Pickleball Club: Men's Challenge 8:00 AM (PC #7) Core & Cardio Aerobics 8:15 AM (GF) Aqua Fitness 8:45 AM (RP) Restore & Recover 9:15 AM (GF) Barre 10:15 AM (GF) Chair Strength & Balance 11:30 AM (GF) Pilates 12:30 PM (GF) Pickleball Club: Open Play 7:00 PM (PC #1-7)	Tennis Open Play 7:30 AM (TC) Pickleball Club: Open Play 8:00 AM (PC #1-6) Pickleball Club: Women's Challenge 8:00 AM (PC #7) Yoga 8:15 AM (GF) Intermediate Tennis Lessons 9:00 AM (TC) Beginner Chair Yoga 9:15 AM (GF) Zumba 11:45 AM (GF) Advance Strength & Balance 12:35 PM (GF) Tennis Beginner Doubles 6:30 PM (TC) Pickleball Club: Open Play 7:00 PM (PC #1-7)	Calm & Strong 7:00 AM (GF) Tennis Open Play 7:30 AM (TC) Pickleball Club: Open Play 8:00 AM (PC #1-6) Pickleball Club: Men's Challenge 8:00 AM (PC #7) Pickleball Club: Open Play 8:00 AM (PC #7) Core & Cardio Aerobics 8:15 AM (GF) Restore & Recover 9:15 AM (GF) Chair Strength & Balance 10:15 AM (GF) Aqua Fitness 11:30 AM (GF) Cardio & Strength 11:30 AM (GF) Barre Before Bar 12:30 PM (GF)	Tennis Open Play 7:30 AM (TC) Pickleball Club: Open Play 8:00 AM (PC #1-7) Power Yoga 9:15 AM (GF) Tennis Mixed Doubles 10:00 AM (TC) Chair Strength & Balance 10:15 AM (GF) Aqua Fitness 10:30 AM (RP)

LOCATION KEY
 GF - Group Fitness Room
 HCL - Hammock Club Lobby
 PC - Pickleball Courts
 RP - Resistance Pool
 TC - Tennis Courts

[CLICK HERE TO VIEW THE SPORTS & FITNESS CALENDAR](#)

Save the DATE

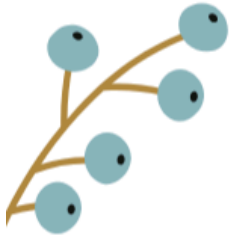


RED, WHITE &
BLUE BBQ
FRIDAY, JULY 4TH

SUNBRIDGE GOT
TALENT
FRIDAY, AUGUST 29TH



*Dates and times are subject to change without notice.



Del Webb[®]
SUNBRIDGE

Sabal Tavern

INDULGE IN OUR JUNE SPECIALS!

Friday, June 13th - Friday Fish Special

- Fried Haddock filet served with french fries & slaw for \$16.95

Cookies will be 2 for \$2 every Tuesday and Thursday!



DRINK OF THE MONTH

Sea Breeze

- Blend of Vodka, Cranberry & Grapefruit Juice

RECURRING TAVERN SPECIALS

Happy Hour

- Tuesday to Saturday: 3 PM - 6 PM
- Sunday: 12 PM - 3 PM

Tex Mex Tuesday

- Every Tuesday!

Tavern Tunes: Live Music

- Tuesdays: 3 PM - 6 PM
- Wednesdays: 4 PM - 7 PM
- Fridays: 12 PM - 3 PM



UPDATED MENU

The Sabal Tavern team is excited to share our updated menu! Crafted with fresh, seasonal ingredients and a few surprises we think you'll love, it's the perfect time to stop by and try something new. Come see what's cooking—we can't wait to welcome you in!

[CLICK HERE FOR FULL MENU](#)

[CLICK HERE FOR JUNE SPECIALS](#)



Find your shine

COMMUNITY GROUPS



12 Stones Group

Schedule: First & Third Wednesday | 7 PM
Location: Tech Room
Group Contact: John Duffy, duffj_1@yahoo.com



Appetizers & Elixirs (A&E)

Schedule: Monthly schedule returns Fall 2025
Location: Multipurpose Room
Group Contact: Glen Spellman, glenspellman@gmail.com



Advanced Spanish Class

Schedule: Wednesday | 3 PM
Location: Tech Room
Group Contact: Dulce De Villa, devillad@hotmail.com



Art Meet Up

Schedule: Monday | 10 AM - 12 PM
Location: Wet Craft Room
Group Contact: Khris Butt, kaylar74@hotmail.com



Beginner Spanish Class

Schedule: Monday | 3 PM
Location: Tech Room
Group Contact: Julia Vazquez, yina41@aol.com



Book Club

Schedule: Second Thursday | 6:30 PM
Location: Wet Craft Room
Group Contact: Mary Lu Williams-Link, marylu11933@gmail.com



Brewery Crew

Schedule: June 21st | 1 PM - 3 PM
Location: Brewlando
Group Contact: Larry Steigrod, 954-562-5253



Game Night

Schedule: Bi-Monthly | 7 PM
Location: Multipurpose Room
Group Contact: Nikki & Scott Buccieri, nikkibuccieri@msn.com



Intermediate Spanish Class

Schedule: Tuesday | 3 PM
Location: Tech Room
Group Contact: Liz Holzhauser, lizholzhauser@gmail.com



Mustard Seed Group

Schedule: Monthly | 7 PM
Location: Wet Craft Room
Group Contact: Sheri Radomsky, sheri.rad@gmail.com



Shooting & Archery

Schedule: Third Monday | 9 AM - 11 AM
Location: Triple N Ranch
Group Contact: Steve Bierwirth, sbierwirth685@gmail.com



Sunbridge Stitchin' Sisters

Schedule: Wednesday | 9 AM - 12 PM
Location: Dry Craft Room
Group Contact: Carmen Eschette, c_eschette@yahoo.com



Sunbridge Women's Group

Schedule: June 23rd | 5:30 PM - 7:30 PM
Event: Goodwill Hunting Cruise
Location: Multipurpose Room
Group Contact: Jill Gagliardo, 813-748-6237



Technology Advisory Group

Schedule: Monthly schedule returns August 2025
Location: Tech Room
Group Contact: Thomas Williams, twil68.twiii@gmail.com



Veterans Social Club

Schedule: Monthly schedule returns October 2025
Location: Tech Room
Group Contact: Renee Ehrke, rehrke@earthlink.net



Volunteer Group

Schedule is shared on the following social media platforms Facebook
Group - Del Webb Sunbridge Volunteers
Group Me app - Send Mayra a text to be added to the group
Group Contact: Mayra Hung, 848-333-6913



Charter CLUBS



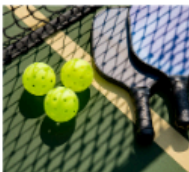
Bridge Club

Schedule: Wednesday | 10 AM - 12 PM, Friday | 3 PM - 5 PM
Location: Multipurpose Room
Club Contact: Helen Wilson, edandhelen1@gmail.com



DW Daubers Bingo Club

Residents must sign up to be a member of the Charter Club to participate. Cash prizes are awarded for winners. Doors Open: 5PM Doors Close: 5:45
Schedule: Fourth Wednesday | Game Start: 6 PM
Location: Multipurpose Room
Club Contact: Maria, 646-732-1410



DW Pickleball Club

Sign up to be a part of the Del Webb Pickleball Club. Yearly fees at \$20.00 per person.
Schedule: Program schedules vary. Please see below.
Location: Pickleball Courts
Club Contact: Tresa, 405-441-1550

Mondays: 8 AM - 10 AM
Open Club Play (Courts 1-6)
Men's Challenge Club Play (Court 7)

Tuesdays: 8 AM - 10 AM
Open Club Play (Courts 1-6)
Women's Challenge Club Play (Court 7)

Tuesdays: 7 PM - 9 PM
Open Club Play (Courts 1-7)

Wednesdays: 8 AM - 10 AM
Open Club Play (Courts 1-6)
Men's Challenge Club Play (Court 7)

Wednesdays: 7 PM - 9 PM
Open Club Play (Courts 1-7)

Thursdays: 8 AM - 10 AM
Open Club Play (Courts 1-6)
Women's Challenge Club Play (Court 7)

Thursdays: 7 PM - 9 PM
Open Club Play (Courts 1-7)

Fridays: 8 AM - 10 AM
Open Club Play (Courts 1-6)
Men's Challenge Club Play (Court 7)

Saturdays: 8 AM - 10 AM
Open Club Play (Courts 1-7)

Sundays: 7 PM - 9 PM
Women's Club Play (Courts 1-4)
Open Club Play (Courts 5-6)
Beginner Club Play (Court 7)



Fine Arts Club

Schedule: Monthly | Varies
Location: Wet Craft Room
Club Contact: Khris Butt, kaylar74@hotmail.com



Friends of India Club

Schedule: June 30th | 5 PM - 8 PM
Event: Bollywood Dance Party
Location: Multipurpose Room
Club Contact: Yogesh Amin, dryogeshamin@yahoo.com



Mah Jongg Club

Schedule: Monday | 1 PM - 3 PM, Sunday | 2 PM - 4 PM
Location: Multipurpose Room
Group Contact: Ann Whitney, whitann@sbcglobal.net



Games Club

Schedule: Daily | Varies
Location: Multipurpose Room
Group Contact: Maxine Lopez, mlopez2720@yahoo.com
Includes: Asian Mahjong, Backgammon, Canasta/Hand & Foot, Dominoes, Music Trivia, Guess that Song, Music Bingo, Trivia Night, Euchre, Mexican Train, Pinochle, Rummikub



Sunbridge Culture Club

Schedule: June 19th | 1 PM - 5 PM
Event: Juneteenth Freedom Day
Location: Outdoor Pavilion
Club Contact: Valerie Williams, val.ly.wms@gmail.com



Sunbridge Social Club

Schedule: Monthly schedule returns November 2025
Location: Grill Pavilion & Fire Pits
Group Contact: Colleen Hutton, colleenhutton@me.com



Sunbridge Singers

Schedule: Thursday | 4 PM - 6 PM
Location: Dry Craft Room
Group Contact: Terri Brinegar, terribrinegar@gmail.com



DWS Tennis Club

The Tennis Charter Group has many different offerings for Del Webb Sunbridge residents. Join the club for just \$20.00 per year. Check out the listing on the next page to see all the Tennis Charter Club offerings. You may also reach out to Joe Greco at 646-918-4011 for more information.

Open Tennis Club Play

Monday - Saturday 7:30 AM - 10 AM

Beginner Lessons

Tuesdays 9 AM - 11 AM

Open Play for Members & Interested Residents

Mondays at 6:30 PM - 8:30 PM

*Rain Date: Tuesdays at 6:30 PM - 8:30 PM

Intermediate Lessons

Thursdays 9 AM - 11 AM

Open Play for Beginner Doubles

Thursdays 6:30 PM - 8:30 PM

Mixed Doubles

Saturday 10 AM - 12 PM

Open Tennis Club Play: Reserved Club Member court time is open early, so get outside and enjoy playing Tennis with other members or guests. Have fun playing Doubles (or) Singles whether you're a beginner, intermediate or advanced player. Just hit and practice your shots with another member or guest. Find future hitting partners and/or challenge another member to a friendly or competitive match. Work on your game skills while simultaneously improving your fitness! This reserved court time is for Charter Club members unless courts aren't being used by Members.

Open Play for Members & Interested Residents: Join us for Open Club Play for all DWS Tennis Club Members and anyone interested in joining the club! Whether you're a beginner or advanced player, come enjoy friendly, non-competitive matches. It's a great way to improve your skills, meet fellow DWS players, and have fun on the court. All levels welcome.

Open Play for Beginner Doubles: Join us for Beginner Doubles Open Club Play for all Beginner Members & any resident interested in joining the club. Whether you're new to the game or haven't played in a while, come enjoy friendly non-competitive Doubles play with other residents. It's a great way to improve skills, meet resident players, get in a great work-out and have fun on the courts.

Beginner Lessons: Learn about grip, preparation and swing path. Learn basic ground strokes, how to rally & volley. Practice shot placement and develop your game-playing knowledge. A ball machine may be used for some Cardio development. Improve your Tennis game and fitness simultaneously while having fun and meeting neighbors. This class is for beginners or those looking to develop their early Tennis skillset. For players with rating - 0 - 2.5.

Intermediate Lessons: Develop your ground strokes and basic knowledge of court positioning, shot placement, and game strategies. Explore strokes from a tactical or technical perspective. Practice gameplay tactics, do some drills and utilize a ball machine for some great cardio! Improve your Tennis game and fitness simultaneously while having fun and meeting neighbors. This class is for Intermediate+ players looking to further develop their skillset. For players with rating 2.5 - 4.0 rating

Mixed Doubles: Ladies & Men join us for some friendly Mixed Doubles. We'll take turns teaming up playing friendly Doubles games. Practice your tactics in lively sessions against other club members. Get a great workout in while and improving your strokes and having fun.

Del Webb®
SUNBRIDGE



fitness SCHEDULE

ADVANCE STRENGTH & BALANCE

THURSDAYS | 12:35 PM
GROUP FITNESS ROOM

This advance class will take you through stretching, balance and strength exercises with elastics bands.

BEGINNER CHAIR YOGA

MONDAY | 9:15 AM & 10:15 AM
THURSDAY | 9:15 AM
GROUP FITNESS ROOM

This beginner chair yoga class will offer you mobility and stretching from a seated position with some standing postures and balancing using the chair.

AQUA FITNESS

WEDNESDAY | 8:45 AM
FRIDAY | 11:30 AM
SATURDAY | 10:30 AM
RESISTANCE POOL

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!

CALM & STRONG

TUESDAYS | 9 AM
FRIDAYS | 7 AM
GROUP FITNESS ROOM

Build stamina, stability and strength the first half of class then find your calm in the second half by stretching, releasing and breathing.

BARRE BEFORE BAR

WEDNESDAY | 10:15 AM
FRIDAY | 12:30 PM
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.

CARDIO & STRENGTH

FRIDAY | 11:30 AM
GROUP FITNESS ROOM

Incorporating total body conditioning with yoga stretching to release, relax & restore.

CHAIR STRENGTH & BALANCE

WEDNESDAY | 11:30 AM
FRIDAY | 10:15 AM
SATURDAY | 10:15 AM
GROUP FITNESS ROOM

Incorporate cardio & strength to increase cardiovascular levels while challenging your coordination.

LINE DANCING

JUNE 12TH & 26TH | 7 PM
GROUP FITNESS ROOM

Learn a variety of line dances from various genres of music (oldies, popular, country, etc.). Please wear comfortable closed-toed shoes. Bring your water and a towel and get ready to groove!

POWER YOGA

SATURDAY | 9:15 AM
GROUP FITNESS ROOM

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.

YOGA

THURSDAY | 8:15 AM
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.

CORE & CARDIO AEROBICS

WEDNESDAY | 8:15 AM
FRIDAYS | 8:15 AM
GROUP FITNESS ROOM

Low impact, heartrate-based class that incorporates both aerobic cardiovascular exercises to improve stamina, endurance and mind-body coordination.

PILATES

MONDAY | 1 PM
WEDNESDAY | 12:30 PM
GROUP FITNESS ROOM

This Pilates class was designed to strengthen your core, improve flexibility, and enhance overall body awareness. Suitable for all levels.

RESTORE & RECOVER

WEDNESDAY | 9:15 AM
FRIDAY | 9:15 AM
GROUP FITNESS ROOM

A restorative class designed to enhance mobility, flexibility and overall recovery through gentle stretching, dynamic openers, and targeted mobility exercises.

ZUMBA

TUESDAY | 11:45 AM
THURSDAY | 11:45 AM
GROUP FITNESS ROOM

Zumba is a Latin-dance inspired high-energy aerobic fitness class for everyone! Your instructor will show you all the moves and you will learn as you go!

LENGTHEN & STRENGTHEN

TUESDAY | 10:15 AM
GROUP FITNESS ROOM

Through a combination of deep stretching, joint opening exercises, and targeted strengthening techniques, you will improve your range of motion, boost mobility, and develop more fluid movement patterns

POWER WALK & TONE

TUESDAY | 9:15 AM
MEET IN LOBBY

Heart-pumping benefits of power walking with intervals of strengthening and stretching exercises for a full-body workout around the community

STRETCH & STRESS RELEASE

MONDAY | 5:30 PM
GROUP FITNESS ROOM

Restorative yoga practice works to help us unwind and create "space" in both the body and the mind. The class incorporates energizing movements designed to build & maintain functional strength, improve flexibility and range of motion.

[CLICK HERE TO VIEW FITNESS CALENDAR](#)

MEET THE SUNBRIDGE FITNESS TEAM



ALEX

PERSONAL/GROUP INSTRUCTOR

Alexaida is originally from Venezuela. She has two children and studied economics until she started in the world of dance. She loves dance and has dedicated herself to it. In Venezuela, Alex started & operated a Salsa academy for more than 10 years and had the opportunity to teach thousands of people and train more than 10 instructors. She has now been a Zumba instructor for more than 13 years.

CHELSEA

PERSONAL/GROUP INSTRUCTOR

Chelsea Cherry is a highly experienced personal trainer and group fitness instructor with over 8 years of experience in the industry. Chelsea specializes in a diverse range of areas, including aqua-fit, injury prevention and rehabilitation, prenatal and postpartum fitness, functional fitness, mobility and more! She is committed to tailoring programs to her clients' individual fitness levels. Her passion is helping clients progress by creating supportive, effective and personalized experiences that empower individuals to achieve their fitness goals safely and confidently.



AMY

PERSONAL/GROUP INSTRUCTOR

Amy brings her passion for health and wellness by teaching classes to the residents of Del Webb Sunbridge. With more than 20 years of experience and several certifications (Yoga Alliance teacher RYT-200, Ace Group Fitness Instructor, CPR, AED, and First Aid), Amy aims to create a safe class environment where all levels of students can explore, deepen and expand on what they enjoy about yoga and fitness. You may see Amy around the community, as she is also a resident here at Del Webb Sunbridge.



MARLENE

PERSONAL/ GROUP INSTRUCTOR

Marlene has been an advocate of health, fitness and mindfulness for over 10 years. Her specialties 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, 12 massage therapy, and weight loss management. Marlene's passion is to help strengthen people's mind-body and spirit through physical and mental activity.





SABRINA

PERSONAL/ GROUP INSTRUCTOR

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.

MILLIE

GROUP INSTRUCTOR

Millie has been teaching for 25 years, and what a journey it's been! With a background in performing arts and a deep passion for music, she aims to offer classes that are not only memorable but full of joy. Millie's goal is to connect with every participant and create an inclusive, fun environment. She teaches a variety of class formats, including Zumba, Yoga, Sculpt, Core-Toning, and Cycle.



LISA

GROUP INSTRUCTOR

Lisa is a jack of all trades, teaching a variety of fitness classes, including Line Dance, Zumba, Zumba Gold, and Aqua Zumba. She began her fitness journey in 2020 and hasn't looked back since. Outside of teaching, Lisa enjoys working out in the pool and line dancing. When she first discovered dance fitness, she quickly realized it was the perfect way to stay in shape and keep up with her six grandchildren. In her classes, Lisa incorporates a variety of music styles. While she loves all kinds of music, her favorite dance rhythm is bachata.

JOIN US FOR A FITNESS CENTER ORIENTATION!

Every Second Monday | 11:30 AM
Instructor: Marlene

Learn the basics of how to use the Hammock Club Fitness Center equipment properly and safely.

[Click here to register on the app](#)





A MESSAGE FROM
YOUR

*Lifestyle
Director*



Hello everyone! As we welcome June, I want to take a moment to reflect on the incredible events we've shared this year and the lasting memories we have made with your fellow residents.

May was a lively month, filled with energy and unforgettable moments for everyone who joined in the fun! From dancing the night away with a live band, to learning the art of mixology in celebration of Cinco de Mayo, and honoring our fallen heroes during a meaningful Memorial Day remembrance walk—your participation and enthusiasm made each event truly special.

Now with summer just around the corner, we're ready to keep the momentum going! June kicks off a season full of sunshine, connection, and exciting experiences designed with you in mind. Whether you're brand new to the community or have been here a while, there's something for everyone to enjoy at Del Webb Sunbridge.

Here's to an unforgettable start to summer—I hope to see you around the Hammock Club soon!

Sincerely, Your Community Relations & Lifestyle Director

Taylor Smith



A MESSAGE FROM THE *Manager*

Hello Sunbridge Residents!

It is unbelievable that I am writing a June update already. What a wonderful year this has been so far. We are making great strides in our landscape operations and overcoming the challenges that we often experience in the spring with rainfall shortages.

One thing that we don't like when the summer rains return is the start of hurricane season. This year is expected to be somewhat similar to last year. Depending upon what source you check, they are predicting around 19 storms, nine of which likely become hurricanes and four of which may become Category 3 or stronger. That is above the 30-year average, but a few less than last year.

In preparation for the storm, your HOA team conducted our annual hurricane preparedness drill. During this time, we implement improvements from what we learned during prior storms. We have updated our hurricane plan documents, including information that Castle, along with your Sunbridge management team, prepares for our residents. These documents can be found on the community website. We encourage you to review this document and make your personal hurricane preparations early.

We have been fortunate to have some wonderful guest speakers this year, with our last meeting hosting representatives from Tavistock. I hope you appreciate hearing the updates and helpful information they provide as much as I do.

Just a reminder, as we are in the summer months, Children's Hours for the pool are from 2 pm to 6 pm daily. Additionally, our team closely monitors the incoming storms, and for safety reasons, we will close the pool when lightning strike potential threatens your well-being. We ask that all residents adhere to the request to leave the pool promptly. We do not want to be one of the statistics where our pool or the nearby area is struck, causing harm to our precious residents. Once we have the "All Clear," we will reopen the pool. In the meantime, why not stop into the Tavern for a drink?

Cheers to a wonderful summer!

Stacey Peach

General Manager, LCAM

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Upcoming MEETINGS



NEW HOMEOWNER ORIENTATION

JUNE 12TH & 26TH | 3 PM
TECH ROOM

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

MANAGERS MEETING

JUNE 19TH | 6 PM
MULTIPURPOSE ROOM

At the monthly Manager's Meeting, residents learn about what is happening around Del Webb Sunbridge. Past Managers Meeting presentations and meeting notes are posted on our website under Community Documents.

[Click here to view.](#)

Landscape UPDATES



Arena Insecticide:

A preventive and a curative insecticide, for outstanding control of chinch bugs, white grubs and a broad spectrum of other turf and ornamental pests with a single application. This application is typically effective for 8-10 weeks, protecting us from chinch bugs and other pests for the month of June when activity is highest.

Identifying Chinch Bug Activity:

The Southern Chinch Bug is the #1 pest in St. Augustine grass. Left untreated, it will cause unsightly damage and kill the lawn, resulting in expensive lawn re-sodding. The most common sign of chinch bug damage is patches of lawn that turn brown and die. However, the classic symptom of chinch bugs is not widespread damage. It looks more like scattered patches of wilted grass. As the blades of grass die, they change from green to pale yellow and eventually a reddish brown.

Turfgrass Fungal Diseases:

The typical rainy and humid weather of Florida summers creates a perfect environment for the proliferation of a variety of fungal diseases, which there are over 10,000 different species that can affect turfgrass. Three of the most common fungal diseases we experience are Pythium Root Rot, Grey Leaf Spot, and Take-All Root Rot.

Weather Events:

Due to increased rainfall and other weather events during the Summer months, weekly mow service may be disrupted. Our team will try to accommodate proactively as best as possible. We apologize for the inconvenience, the safety of our team members, residents, and their property will always be our first priority.

Work Orders:

For any inquiries related to work orders, please contact David Dalton at david.dalton@castlegroup.com

Community COMMITTEES



LANDSCAPE COMMITTEE

Landscape Committee Purpose Statement:

The Sunbridge Resident Landscape Advisory Committee's mission is to foster effective working relationships between all Sunbridge residents, the Association's Board of Directors, and the Property Management Company relating to landscape matters impacting residential lots, as well as the community at large. The Committee is advisory only and serves as a focal point for gathering resident input regarding residential and community landscaping. The Committee, in collaboration with the Board and landscaping vendors, will formulate solutions to meet the community's evolving needs.



DelWebbLandscapeCommittee@gmail.com
Lori Quinlivan, Luis Rodriguez,
Kenneth Mickelsen

Thank you for the emails you are sending to the Landscape Committee. We appreciate them! As we see questions/comments with a common theme, (e.g., weeds), we may post information on the Del Webb Sunbridge Neighbors Facebook page to keep everyone informed.

HELPFUL COMMUNITY HOW-TOS

We understand that sometimes using technology can be confusing, and that questions can frequently arise on how to navigate community specific websites. If you are having questions regarding our website, your Sabal Tavern Credit Book, or cancelling events, please click the button below!

[CLICK HERE FOR
HELPFUL HOW-TOS!](#)

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SUNBRIDGE

Around TOWN

EVEN MORE TO EXPLORE!



PINEAPPLE FESTIVAL

Saturday, June 7th | 6 PM - 11 PM
Lake Nona Town Center
6941 Lake Nona Blvd., Orlando, FL 32827

Party into the night at this family-friendly festival celebrating the flavors of Puerto Rico. The festival includes cultural cuisine and live entertainment. Event entry is free and open to the public.

[Click here](#) for more information.

ECOLOGICAL SUMMER LECTURE SERIES

Saturday, June 14th | 12:30 PM - 1:30 PM
Voyager Elementary School
3175 Voyager Ave, St. Cloud, FL 34771

Florida Headwaters Foundation is hosting ecological themed seminars this summer to share how to safely coexist with Florida's most infamous native wildlife species.

June Seminar: Fangled & Scaled Neighbors -
Living with Snakes & Gators

[Click here](#) for more information.





COMMUNITY RESOURCES

Stacey Peach, General Manager	speech@castlegroup.com
Alec Sembrat, Property Manager	asembrat@castlegroup.com
Veronica Ortiz, Administrative Assistant	vortiz@castlegroup.com
Frank Fernandez, Food & Beverage Manager	ffernandez@castlegroup.com
David Dalton, Senior Landscape Operations Manager	david.dalton@castlegroup.com
Taylor Smith, Community Relations & Lifestyle Director	life@dwsunbridge.com
Hammock Club Front Desk	407-915-3410
Gatehouse	407-915-3409
Castle Group Resident Services	800-337-5850

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AMENITY HOURS OF OPERATION

HOA Website	https://www.delwebbsunbridgehoa.com/
HOA Office Hours	Monday-Friday, 9 AM-5 PM
Front Desk Hours	Monday-Tuesday, 8 AM-8 PM Wednesday-Saturday, 8 AM - 9 PM Sunday, 9 AM - 7 PM
Hammock Club Hours	Monday, 5 AM - 8 PM Tuesday, 5 AM - 8 PM Wednesday, 5 AM - 9 PM Thursday, 5 AM - 9 PM Friday, 5 AM - 9 PM Saturday, 8 AM - 9 PM Sunday, 9 AM - 7 PM
The Sabal Tavern Hours	Monday, Closed Tuesday, 12 PM - 6 PM Wednesday, 12 PM - 7 PM Thursday, 12 PM - 7 PM Friday, 12PM - 9 PM Saturday, 12 PM - 8 PM Sunday, 12 PM - 7 PM
Pool Hours	Daily, Dawn - Dusk Children (under 19) Hours: 2PM-6PM
Tennis & Pickleball Courts	Daily, Dawn - Dusk

Del Webb
SUNBRIDGE

INTERESTED IN ADVERTISING?

Here at Del Webb Sunbridge we love to spotlight offers from Local Businesses. If you own a business, or know of a local business who may be interested in advertising, please click the button below, and email us!

[CLICK HERE TO EMAIL US](#)



The business and services contained herein have not been reviewed or verified by the Association, its Board of Directors, Management or Officers. The Association has no opinion of the quality of services offered and their inclusion in this directory is not an endorsement of any kind. All users must perform their own due diligence and investigation prior to employing any individual or entity included herein.

[CLICK HERE TO VIEW OFFERS FROM LOCAL BUSINESSES](#)



FACILITY RENTALS

Need a place to hold your next family gathering, or get together with neighbors? Look no further! Please click the button below to email the lifestyle team to learn more about how you can reserve a space at The Hammock Club!

[CLICK HERE TO EMAIL THE LIFESTYLE TEAM](#)



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SUNBRIDGE
Snapshots
SHARING YOUR
SUNBRIDGE MOMENTS

