

September 2024

THE HAMMOCK HAPPENINGS



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CONTACT INFORMATION

Hammock Club

407-915-3410

Gate House

407-915-3409

General Manager

Stacey Peach

speach@castlegroup.com

Property Manager

Glendy Rocha

grocha@castlegroup.com

Lifestyle Director

Katie Tamanini

ktamanini@castlegroup.com

Senior Landscape Operations Manager

David Dalton

david.dalton@castlegroup.com

Castle Group—Resident Services

800-337-5850

Pulte Homes Warranty Department

855-618-0727

Toho Water

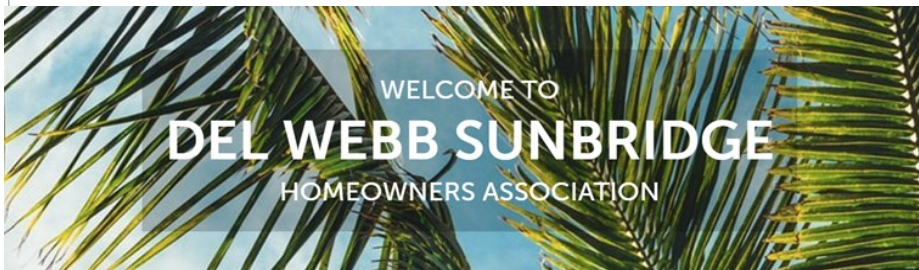
407-944-5000

HomeTeam Pest Defense

407-736-0670

Osceola County Non-Emergency

407-348-2222



Del Webb Sunbridge HOA Website
www.DelWebbSunbridgeHOA.com

Log in for more information



HAMMOCK — CLUB —

HOURS OF OPERATION

	Building Hours	Tavern Hours
Sunday	9:00 am—7:00 pm	10:00 am—5:00 pm
Monday	5:00 am—8:00 pm	Closed
Tuesday	5:00 am—8:00 pm	12:00 pm—6:00 pm
Wednesday	5:00 am—9:00 pm	12:00 pm—7:00 pm
Thursday	5:00 am—9:00 pm	12:00 pm—7:00 pm
Friday	5:00 am—9:00 pm	12:00 pm—9:00 pm
Saturday	8:00 am —9:00 pm	12:00 pm—8:00 pm

Pool Hours:

Sunrise to Sunset— 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.

Your Resident ID Badge with the blue Del Webb Sunbridge lanyard should be worn at all times while at the Hammock Club. Present ID for purchases at the Tavern.

All hours are subject to change.

HOA MANAGEMENT UPDATE



STACEY PEACH
GENERAL MANAGER

Hello Del Webb Sunbridge Residents!

We are coming to the close of summer in just a few weeks and I hope everyone enjoyed their holiday weekend.

We have some exciting activities and events planned for the fall, and our newsletter is packed with all the details. You can find more information on website and app too.

We recently published the 2024 Lifestyle Survey where we ask our residents to provide feedback. If you haven't completed the survey yet, click [here](#). You still have time. The deadline is September 15 and there will be a gift card awarded to two lucky participants. This data helps us to understand what a larger number of our residents are looking for to enhance their experiences at our amenities. It also helps us to understand when there is a lack of interest so we can modify what we are currently offering. The results serves as our road map for the upcoming year. We will share what we learned at our upcoming annual meeting.

If you would like to save the date for the Annual and Budget Meetings, it is October 24th at 6 pm. We will be sending out official notifications in the mail. As we did last year, the Budget/Finance Committee will be conducting budget review meetings with a Q&A session so you can get your questions answered and provide feedback in advance of the approval of the budget.

We are hosting an informational meeting on how to start and operate a club in a Del Webb Community. This will be presented by a Del Webb Lifestyle Consultant. It is important to sign up for one of these meeting if you are interested in starting a club or you are a member of a current club. This information will be tremendously beneficial. We currently have three time slots available on September 30th—12:00 noon, 3:00 pm

and 6:00 pm. Register on the app without delay.

We are happy to announce a promotion for Karina. She received her license for a Community Association Manager and is now the Property Manager for a nearby Castle community. We are working on her replacement. Once the replacement has completed training, we will announce our new Landscape Operations Manager.

Speaking of landscaping, the Landscape Committee, the HOA team, and Exclusive have been finalizing some initiatives and recommendations from the committee. We are all so grateful for their contributions. Be on the lookout for some exciting announcements from your Landscape Committee.

Football season is just around the corner. Our Tavern Team has created some amazing specials that will compliment any game day celebration. Be sure to stop by the Sabal Tavern to check them out and don't forget to get your Del Webb Sunbridge Limited Edition cup. Well, maybe it isn't a limited edition but it sounds good! And you can use your Club Fees to purchase them filled with your favorite beverage. They are great for around the pool!

Thank you to all of wonderful residents who go above and beyond to give back to the community and local charities, and support your neighbors through kind, thoughtful, and generous acts.

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.



SUNBRIDGE™



MANAGER'S MEETING

September 19 | 6:00 pm
Multipurpose Room

Hear what has been happening around Del Webb Sunbridge at the monthly Managers Meeting.

Past presentations and meeting notes are posted on our website under Community Documents. [Click here](#) to view.

NEW HOMEOWNER ORIENTATION

September 12 & 26 | 3:00 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 HOA!



FACILITY RENTALS

Need a place to hold your next family gathering or get together with neighbors, look no further!

**GIVE THE LIFESTYLE TEAM
A CALL FOR
INFORMATION ON HOW
TO RENT SPACE AT THE
HAMMOCK CLUB**



Bark Park Waggers

Are you interested in joining a resident group all about dogs? Reach out to Jim McGonagle, at 832-523-0929 or email at gonagle@yahoo.com for more information.



Del Webb Choir

If you're interested in joining our newly formed choir, please reach out to Terri Brinegar at terribrinegar@gmail.com or 615-975-5008.



WOULD YOU LIKE TO ADVERTISE WITH US?

Email us at DelWebbSunbridge@gmail.com for more information.

The businesses 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.

Landscape Monthly Update

Agronomy

The agronomy treatment in August was a spot treatment for fungus. The rainy season brings moisture, and with the moisture, we get the fungus. The treatment for September will be more fungus treatments, shrub care treatment and herbicide. Week 1 will be the fungus treatment; Week 2 will be a Shrub care treatment & Week 4 will be a herbicide treatment for weeds in the grass.

Irrigation

Timers are being adjusted from 30 minutes to 25 minutes to help with all the moisture we are getting.

What if you see irrigation running when it's raining?

The rain sensors on the homes are set at 1" of rain, so it takes a lot of rain to activate them. If you see a system running during a light rain or when a heavy rain starts, it means the cork in the sensor doesn't have enough moisture in it to skip the upcoming irrigation cycle.

Detailing

Don't worry—you're not going crazy. Weeds do have a tendency to grow at lightning-fast speeds! In the right environment, some weeds have been known to grow up to three inches in the span of 24 hours. Exclusive Landscaping is working hard to address all weeds. With service only being one time a month, you may experience a point during the month when your weeds very prevalent. They are working diligently to stay on schedule when rain cuts their days short. They are also using spray treatments.

Is it better to pull out weeds or spray them?

Both spraying and pulling weeds have pros and cons, and we have a good rule of thumb you can use when choosing a method. Hand-pulling is easier when you are focusing on a small area, while spraying is ideal when you're dealing with a vast area or a loftier infestation of weeds.

Dead plant work order replacement

Evaluation of plants is ongoing throughout September. We will be doing one street at a time and will start with Citrus Grove, Blue Pond, River Creek, Sandy Springs, Cherry Blossom, Ruby Rose, Nature View, Mossy Oak, Cliff Way, Shimmering Shores, and then Pine Preserve.

Dogs and the impacts on your lawn

Will grass recover from dog urine? Yes, your grass will eventually grow back, even if you don't do anything about it. However, flushing it out with water will speed up the process tremendously.



LANDSCAPE INFORMATION

David Dalton

**Sr. Landscape Operations
Manager**

David.Dalton@castlegroup.com

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

For landscaping inquiries and to report issues, please use the Member Service Request system on our website or app.

What projects to expect

Schedule is subject to change.

September

Agronomy Treatments

Budgeted Plant Replacement

October

HOA Budgeted Sod Evaluations will start the first week of October

November

HOA Budgeted Sod Installation Continues

Message from the Landscape Committee

Thank you for the emails you are sending to the Landscape Committee's website. 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. If you wish to contact the Landscape Committee, please send questions/comments/concerns to: DelWebbLandscapeCommittee@gmail.com.

This allows all committee members to have access to your submissions and provide a timely response.



Luis Rodriguez—First Chair
Lori Quinlivan—Secretary
Kenneth Mickaelson—Second Chair

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 affecting 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.

SEPTEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 No Service - Due to Holiday	3 Fertilizer for palms and shrubs	4 Fertilizer for palms and shrubs	5 Fertilizer for palms and shrubs	6 Fertilizer for palms and shrubs
9 Fertilizer for palms and shrubs	10	11	12	13
16	17	18	19	20
23 Herbicide Treatment on grass Zone 1	24 Herbicide Treatment on grass Zone 2	25 Herbicide Treatment on grass Zone 3	26 Herbicide Treatment on grass Zone 4	27
30				



Mowing



Agronomy Treatment

The calendar is subject to change.

Agronomy ROUTES

Phase 1

Zone 1

Common Areas

Zone 2

Citrus Grove, Blue Pond, River Creek, and Sandy Springs

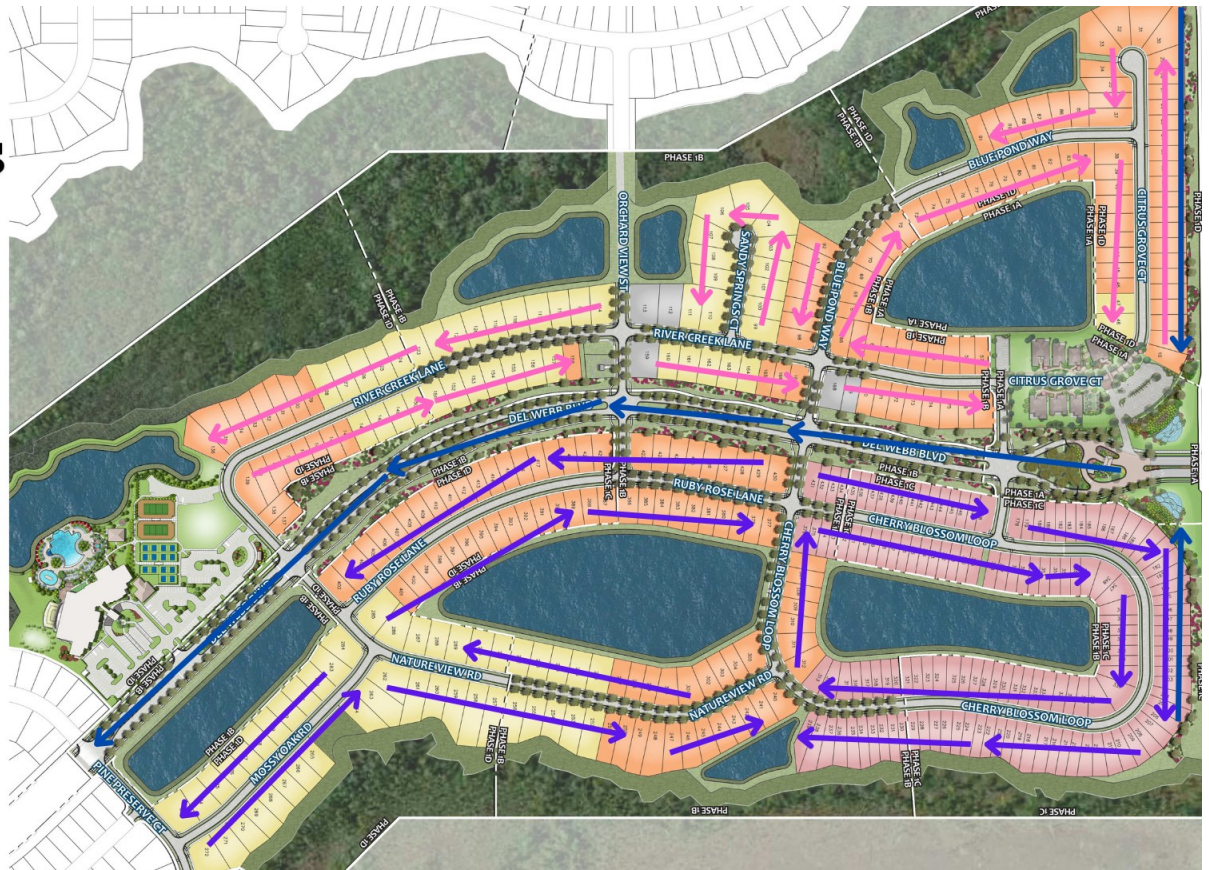
Zone 3

Cherry Blossom, Nature View, Ruby Rose, and Mossy Oak

Phase 2

Zone 4

Cliff Way, Shimmering Shores, and Pine Preserve



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Odor Removal:

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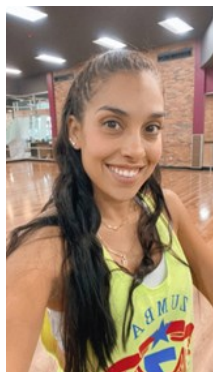
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TEL: 407-932-1536
600 N THACKER AVE, KISSIMMEE, FLORIDA 34741**

MEET YOUR TRAINERS AND 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.



CHELSEA

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



DANI

Dani is an accomplished individual who has made significant contributions in the world of dance, fitness, and yoga. Born and raised in Europe, Dani's journey as a professional ballerina took her on a remarkable path.

With a deep passion for dance and an unwavering dedication to her craft, she honed her skills and became recognized as a talented ballerina. Whether on stage as a ballerina, leading a group fitness class, or guiding a yoga session, Dani's unwavering commitment to her craft and her genuine desire to inspire and uplift others have left an indelible mark on those who have had the privilege to learn from her.

Her multifaceted expertise in ballet, fitness, and yoga showcases her versatility and deep-rooted passion for movement, wellness, and self-expression.



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.

MEET YOUR TRAINERS AND INSTRUCTORS

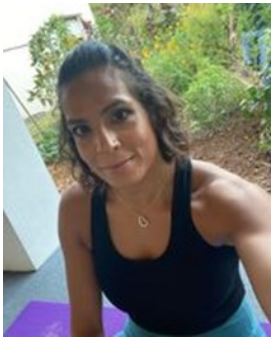


DELISA

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.



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.

A graphic for a feedback survey. It features a row of six smiley face icons in various colors (red, orange, yellow, green, green, green) with increasing expressions of happiness. A hand in a blue suit sleeve is holding a magnifying glass over the final, largest green smiley face. Below the icons, the text reads: "WE WANT YOUR FEEDBACK! TAKE THE 2024 LIFESTYLE SURVEY". At the bottom, it says: "All residents should have received the survey in your email inbox. If not, please reach out to the Front Desk."/>

WE WANT YOUR FEEDBACK!
**TAKE THE
2024 LIFESTYLE SURVEY**

All residents should have received the survey in your email inbox. If not, please reach out to the Front Desk.

A large graphic for a fitness center orientation. The background is teal. The text "FITNESS CENTER ORIENTATION" is written in large, bold, purple and black letters. Below this, it says "Second Monday at 11:30 am" and "Instructor: Marlene" in black. At the bottom, it says "REGISTRATION REQUIRED" in white. The graphic also features images of white earbuds, a clear water bottle, and a white fan.

FITNESS CLASSES

AQUA FITNESS

Fridays— 11:15 am—Marlene
Saturdays—8:45 am—Chelsea
Resistance Pool

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! If there is inclement weather, we will move this class inside for an alternative aerobic workout.

BARRE BEFORE BAR

Fridays – 1:30 pm
Group Fitness Room – 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

Mondays—9:15 am & 10:15 am
Thursdays – 9:15 am & 10:15 am
Group Fitness Room – 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 – 1:30 pm
Group Fitness Room – Sabrina

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

Wednesdays—11:30 am—Marlene
Fridays – 10:15 am—Marlene
Saturdays – 9:15 am—Chelsea
Group Fitness Room

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.

ENERCHI

Thursdays – 2:00 pm
Group Fitness Room – DeLisa

At our Enerchi classes, we begin with a short warm-up in the chair. Then, while standing, we go over a variety of stances and forms with several modifications to fit everyone's fitness level. Next, we put everything we've learned into a beautiful nonstop Tai Chi "dance." Class finishes with a cool down stretch back in the chair and a short meditation.

FITNESS CLASSES

HIIT FITNESS

Wednesdays – 12:30 pm

Group Fitness Room – Sabrina

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, and mat. Weights are optional.

LINE DANCING

September 12 & 26 – 7:00 pm

Group Fitness Room – Lisa

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

Saturdays – 10:15 am

Group Fitness Room – 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.

TENNIS LESSONS

**Check the website for upcoming dates
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! There is no charge for this class.

YOGA

Thursdays – 8:00 am

Group Fitness Room – 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 – 5:45 pm

Group Fitness Room – Dani

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

Zumba Gold: Tuesdays – 4:30 pm – Millie

Zumba: Thursdays – 12:00 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.

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



CALENDAR OF EVENTS

Del Webb Sunbridge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
9:30am DWS Kibitzers 2:00pm Mahjong <div style="text-align: right;">1</div>	10:00am Art Meet Up 12:00pm Poolside Music - Tropical Impressions Duo 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 6:30pm Bunco 6:30pm Open Play Tennis  <div style="text-align: right;">2</div>	11:00am Mexican Train 1:30pm Canasta 4:30pm Zumba Gold* 6:00pm Pinochle <div style="text-align: right;">3</div>	9:00am St... 10:30am B... 11:30am C... 12:30pm H... 1:30pm Bo... 3:00pm Eu... 3:00pm Sp... 2:00pm Bu... Seminar 7:00pm 12... 7:00pm Ca... 7:00pm M...
2:00pm Mahjong <div style="text-align: right;">8</div>	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 11:30am Fitness Orientation* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 6:00pm Live Longer, Live Healthier 5:45pm Yoga Sculpt* 6:00pm DWS Band Practice 6:30pm Open Play Tennis  <div style="text-align: right;">9</div>	11:00am Mexican Train 12:30pm Lunch & Learn - Estate Planning 1:30pm Canasta 4:00pm Backgammon 4:30pm Zumba Gold* 6:00pm Pinochle 6:00pm Trivia Night  <div style="text-align: right;">10</div>	7:30am Or... Mobile 9:00am St... 10:30am B... 11:30am C... 12:30pm H... 1:00pm Pu... 1:30pm Bo... 3:00pm Eu... 3:00pm Sp...
2:00pm Mahjong <div style="text-align: right;">15</div>	9:00am Shooting & Archery Group 9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 2:00pm Movie Matinee - Pretty Women 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:30pm Bunco 6:30pm Open Play Tennis  <div style="text-align: right;">16</div>	9:00am Beginner Tennis Lesson 11:00am Mexican Train 12:30pm Lunch & Learn - National Park 1:30pm Canasta 4:30pm Zumba Gold* 6:00pm Music Trivia 6:30pm Pinochle 6:30pm The Sunbridge Culture Club  <div style="text-align: right;">17</div>	9:00am St... 10:30am B... 11:30am C... 12:00pm C... 12:30pm H... 1:30pm Bo... 3:00pm Sp... 3:00pm Eu... 7:00pm 12... 7:00pm Ca... 7:00pm M...
2:00pm Mahjong <div style="text-align: right;">22</div>	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:00pm Art Series - Zen Rock Painting class 5:45pm Yoga Sculpt* 6:00pm Technology Advisory Group 6:30pm Open Play Tennis  <div style="text-align: right;">23</div>	11:00am Mexican Train 12:30pm Lunch & Learn - Funeral & Cremation 1:30pm Canasta 4:00pm Backgammon 4:30pm Zumba Gold* 6:00pm Pinochle <div style="text-align: right;">24</div>	9:00am St... 10:30am B... 11:30am C... 12:30pm H... 1:30pm Bo... 3:00pm Eu... 3:00pm Sp... 5:00pm D... 
2:00pm Mahjong 1:00pm Sunday Social - Football  <div style="text-align: right;">29</div>	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 12:00pm Charter Club Info Meeting 1:00pm Mahjong 3:00pm Charter Club Info Meeting 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:00pm Charter Club Info Meeting 6:30pm Bunco 6:30pm Open Play Tennis <div style="text-align: right;">30</div>	<div style="background-color: #4b4b8b; color: white; padding: 10px;"> <p>(*) Available for registration online. Events may have a deadline and/or fee.</p> </div>	

EVENTS | SEPTEMBER 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p> Sunbridge Chair Strength & Balance* HIIT Fitness* Body Sculpt* Archery Spanish Class Bulletproof Retirement Stones Group Canasta Mustard Seeds </p>  <p style="text-align: right;">4</p>	<p> 8:00am Yoga* 9:00am Intermediate Tennis Lesson 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:30pm Canasta 2:00pm Enerchi - Tai Chi* 7:00pm Guess That Song </p>  <p style="text-align: right;">5</p>	<p> 10:15am Chair Strength & Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge </p> <p style="text-align: right;">6</p>	<p> 8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength & Balance* 5:00pm Wine Social </p>  <p style="text-align: right;">7</p>
<p> SunSpot Dermatology Sunbridge Chair Strength & Balance* HIIT Fitness* Pizzas & Pizza Body Sculpt* Archery Spanish Class </p> <p style="text-align: right;">11</p>	<p> 8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:30pm Canasta 2:00pm Enerchi - Tai Chi* 3:00pm New Owner Orientation* 4:00pm Poolside Music - Kevin Romans 6:30pm Book Club 7:00pm Line Dancing </p>  <p style="text-align: right;">12</p>	<p> 10:15am Chair Strength & Balance* 11:00am Art Series - Water Color Class 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge </p> <p style="text-align: right;">13</p>	<p> 8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength & Balance* 2:00pm Asian Mahjong </p>  <p style="text-align: right;">14</p>
<p> Sunbridge Chair Strength & Balance* Crafting Connections HIIT Fitness* Body Sculpt* Spanish Class Archery Stones Group Canasta Mustard Seeds </p> <p style="text-align: right;">18</p>	<p> 8:00am Yoga* 9:00am Intermediate Tennis Lesson 9:00am OneBlood - Blood Drive 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:30pm Canasta 2:00pm Enerchi - Tai Chi* 6:00pm Managers Meeting </p>  <p style="text-align: right;">19</p>	<p> 10:15am Chair Strength & Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 9:00am Breast Cancer Awareness Bows </p> <p style="text-align: right;">20</p>	<p> 8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength & Balance* 1:00pm Breast Cancer Awareness Bow Pickup 1:00pm Brewery Crew - Gatlin Brewing Hall 7:00pm Stand - Up At Sunbridge </p>  <p style="text-align: right;">21</p>
<p> Sunbridge Chair Strength & Balance* HIIT Fitness* Body Sculpt* Archery Spanish Class Del Webb Daubers Bingo </p>  <p style="text-align: right;">25</p>	<p> 8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:30pm Canasta 2:00pm Enerchi - Tai Chi* 3:00pm New Owner Orientation* 7:00pm Line Dancing </p> <p style="text-align: right;">26</p>	<p> 10:15am Chair Strength & Balance* 11:00am Art Series - Watercolor Bubbles class 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 6:00pm Movie Night - The Way We Were </p>  <p style="text-align: right;">27</p>	<p> 8:45am Aqua Fitness* 9:00am Power Yoga* 9:30am AARP Safe Drivers Course 10:15am Chair Strength & Balance* 2:00pm Asian Mahjong </p>  <p style="text-align: right;">28</p>
	 <p> Every Thursday starting at 4:00pm. </p>	<p> Check the website for daily Pickleball Club times </p> 	

PERSONAL TRAINING



Marlene
321-217-5311



Sabrina
407-808-1559

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

First & Third Wednesdays | 7:00 pm
Tech Room
Men's faith group, all faiths welcome

A&E (APPETIZERS & ELIXIRS)

Fourth Thursday | 6:00 pm
Multipurpose Room
This group is on hold until the October.

ART MEET UP

Every Monday | 10:00 am - 12:00 pm
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

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

BACKGAMMON

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

BOOK CLUB

Every Second Thursday | 6:30 pm
Wet Craft Room
July Book: So Big, by Edna Ferber

BRIDGE

Every Wednesday | 10:30 am
Every Friday | 3:00 pm
Multipurpose Room
Trick taking card game

SPECIAL INTEREST GROUPS

BUNCO

Every Other Monday | 6:30 pm
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

Saturday, September 21 | 1:00 pm
Gatlin Brewing Hall

Met your neighbors at one of Orlando's breweries. Contact Larry with any questions at 954-562-5253.

CANASTA/HAND & FOOT

Tuesdays & Thursdays | 1:30 pm
First & Fourth Wednesdays | 7:00 pm
Multipurpose Room

Card game in the rummy family.

CULTURE CLUB

Third Tuesdays | 6:30 pm

As Sunbridge's first established community, we celebrate the rich tapestry of cultures that define our neighborhood. Through culinary events, music, dance, collaborations, classes, conversation, and heritage celebrations, we aim to foster appreciation and understanding of our various cultures. We welcome everyone to join us as we explore, learn, and celebrate together. Contact Val Williams with any questions.

DOMINOES

Every Friday | 2:00 pm
Multipurpose Room

Tile based game. Open to all residents.

EUCHRE

Every Wednesday | 2:00 pm
Multipurpose Room

Trick taking card game

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 other items you would like to share or borrow from your fellow residents, please reach out to Kathy at 406-544-9857 or kathy327@live.com

MAHJONG

Every Sunday | 2:00 pm

Every Monday | 1:00 pm

Multipurpose Room

Tile based game developed in China

MEXICAN TRAIN DOMINOES

Every Tuesday | 11:00 am

Multipurpose Room

Dominoes based game

MUSTARD SEEDS

First & Third Wednesdays | 7:00 pm

Wet Craft Room

Women's faith group, all faiths welcome.

OUTDOOR ACTIVITIES GROUP

Check the website and app upcoming activities. If you have any questions, call Allyson at 407-252-1103 or email Allyson.ascher@gmail.com.



SPECIAL INTEREST GROUPS

PINOCHLE

Every Tuesday | 6:00 pm
Multipurpose Room
Trick taking card game

RUMMIKUB

Every Thursday | 11:00 am
Multipurpose Room
Tile based game similar to Rummy

SCRABBLE

Every Monday | 3:00 pm
Multipurpose Room
Board based word game

SHOOTING & ARCHERY

Third Monday | 9 am
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.

SPANISH CLASSES

Beginner Class
Every Monday | 4:30 pm
Learn Spanish or sharpen your skills. This class is on Mondays and is slower paced. Beginner Spanish is taught by DWS resident, Julia.

All Skill Levels

Every Wednesday | 3:00 pm
Tech Room
Join resident Dulce de Villa to sharpen your Spanish skills. All skill levels are welcome.

SUNBRIDGE STITCHIN' SISTERS

Every Wednesday
9:00 am –12:00 pm
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.

TECHNOLOGY ADVISORY GROUP

Monday, September 23 | 6:00 pm
Multipurpose Room
Tech Room
Join Thomas Williams as he discusses helpful information you use in your everyday life. Check the app or the website for class information.

TENNIS SOCIAL– OPEN PLAY

Every Monday | 6:30–8:30 pm
Sports Courts
Providing casual "drop-in" play opportunities for all DWS residents and players of all skill levels whether new to tennis or with years of experience.

VOLUNTEER GROUP

Del Webb Sunbridge Volunteers have several projects coming up that they are looking for more volunteers to attend.

Volunteers will meet in the parking lot of the clubhouse and carpool, as space is limited.

For more information, please visit our Facebook page Del Webb Sunbridge Volunteers or call Mayra Hung at 848-333-6913.



WE WANT YOUR FEEDBACK!

TAKE THE 2024 LIFESTYLE SURVEY

All residents should have received the survey in your email inbox. If not, please reach out to the Front Desk.

SAVE	AUGUST 2024	<u>4th Quarter Events</u>
UPCOMING EVENTS	THE	October 26 - Halloween Golf Cart Parade October 26 - Halloween Party November 3 - Hypnosis Mentalist Show November 8 - Renegade Concert November 15 - Sock Hop December 7 - Holiday Concert December 13 - Holiday Golf Cart Parade December 19 - Ugly Sweater Happy Hour December 31 - New Years Eve Party
Date	92600 Del Webb Blvd.	

BREAST CANCER AWARENESS WALK/RUN & DONATION DRIVE

OCTOBER 19, 2024

Check the app for more details.



BENEFITTING THE FLORIDA BREAST CANCER FOUNDATION

DEL WEBB SUNBRIDGE CHARTER CLUBS

We have finalized several Charter Clubs that are operating at this time. Details on starting new Charter Clubs and Charter Club Operation Procedures will be announced in the coming months. Below are our current charter clubs with their scheduled time and contact information. More information can be found on the Association website under the Updates section under the Events tab.



Bingo Night—September 25, 2024
4th Wednesday of each month

Doors open at 5 pm | Doors Close at 5:45 pm | Game Starts 6 pm

You must sign up to be a member of the Charter Club to participate. Cash prizes are awarded.

Please contact Maria for more information at 646-732-1410.

Daily Pickleball Play Hours:

Mondays: 8:00-10:00 am

Courts #1-6 OPEN Club Play
Court #7 CHALLENGE Club Play

Tuesdays: 8:00 - 10:00 am

Courts #1-4 MEN'S Club Play
Courts #5-6 OPEN Club Play
Court #7 -BEGINNER'S Club Play

Tuesdays: 7:00 – 9:00 pm

Courts #1-7
OPEN Club Play or Round Robin

Wednesdays: 8:00 - 10:00 am

Courts #1-6 OPEN Club Play
Court #7 CHALLENGE Club Play

Wednesdays: 7:00 – 9:00 pm

Courts #1-4 MENS' Club Play
Courts #5-7 OPEN Club Play

Thursdays: 8:00 – 10:00 am

Courts #1-4 WOMEN'S Club Play
Courts #5-6 OPEN Club Play
Court #7 BEGINNER'S Club Play

Please contact Tresa for more information at 405-441-1550.



Thursdays: 7:00 – 9:00 pm

Courts #1-7 OPEN Club Play

Fridays: 8:00- 10:00 am

Courts #1-6 OPEN Club Play
Court #7 CHALLENGE Club Play

Saturdays: 8:00 – 10:00 am

Courts #1-7 OPEN Club Play

Sundays: 7:00 – 9:00 pm

Courts #1-7 OPEN Club Play

Other dates and times for lessons and round robins may happen throughout each month. Check the app for more information.



THE SABAL TAVERN

SEPTEMBER 2024

TAVERN HOURS

MONDAY | CLOSED
TUESDAY | 12:00 PM - 6:00 PM
WEDNESDAY | 12:00 PM - 7:00 PM
THURSDAY | 12:00 PM - 7:00 PM
FRIDAY | 12:00 PM - 9:00 PM
SATURDAY | 12:00 PM - 8:00 PM
SUNDAY | 10:00 AM - 5:00 PM

HAPPY HOUR SPECIALS 3:00 - 6:00 pm

HUMMUS PLATTER - \$8.95
PLAIN JANE FLATBREAD - \$7.95
LOADED KETTLE CHIPS - \$7.95
CHEESE CURDS - \$8.95
CHEESE QUESADILLA - \$6.95
DEL WEBB TENDERS - \$10.95
\$3 DOMESTIC DRAFTS
\$4 IMPORT DRAFTS
\$4 SELECT WINES
\$4 SELECT COCKTAILS

September Monthly Specials

Starting September 3, 2024

Loaded Tater Tots - \$10.95
SouthWest Chicken Salad - \$13.95
Roasted Tomato Flatbread - \$12.95
BBQ Bacon Cheddar Burger - \$14.95
Nona's Beef Dip - \$13.95
Pesto Grilled Salmon - \$15.95

LIFESTYLE EVENTS



POOLSIDE MUSIC

Monday, September 2 | 12:00—3:00 pm
Thursday, September 12 | 4:00—7:00 pm

Enjoy some summer tunes as you lounge by the pool or grab a bite to eat on the Sabal Tavern patio. Each musician this month will play a different type of music. We hope you will come by to enjoy both of them.

Musicians:

August 8—Tropical Impressions Duo. Cover Band
August 17 —Kevin Romans, Steel Drummer

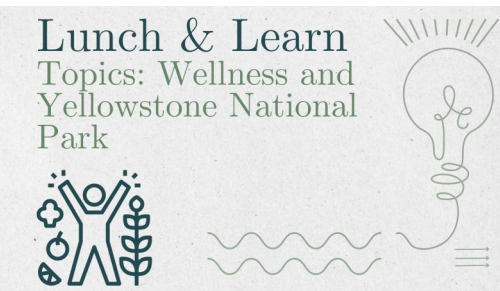


BULLETPROOF RETIREMENT

Wednesday, September 4 | 12:00 pm
Multipurpose Room

This seminar is brought to you by Lucas Wealth & Retirement. They will discuss: Mitigating risk in today's market climate, Our looming tax crisis, Long Term Care and why you would be talking about it, Guarantee your your income for life, and How to

maximize your Social Security. A light lunch will be provided. Sign up today, as space is limited



LUNCH & LEARN SESSIONS

Tuesdays | 12:00 pm *New Time*
Multipurpose Room

We have invited some great speakers to host our upcoming Lunch & Learn sessions this month. Our National Park series will continue on the 3rd Tuesday of each month.

If you have been to the Great Smokey Mountains National Park and want to submit photos to share with the group, please send it to ktamanini@castlegroup.com.

Dates and Topics:

September 10 — Estate Planning
September 17—National Park Series—Great Smokey Mountains National Park
September 24 —Funeral & Cremation

LIFESTYLE EVENTS



ONSPOT DERMATOLOGY

Wednesday, September 11 | 7:30 am - 3:00 pm

OnSpot is returning to Del Webb Sunbridge! Get your skin cancer screening from OnSpot Dermatology scheduled now. Easily book an appointment by calling (941) 444-0011 or by visiting: onspotdermatology.com/sunbridge.

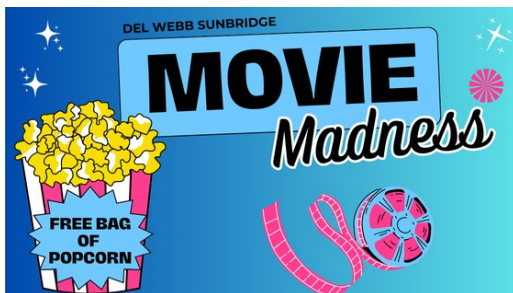


PUZZLES & PIZZA

Wednesday, September 11 | 1:00 pm

Dry Craft Room

What could be better than adding pizza and puzzles together for a relaxing activity with friends? You bring the puzzles; we'll bring the pizza! A limited number of spaces are available, so sign up today.



MOVIE MADNESS

Monday, September 16 | 2:00 pm—*Pretty Woman*

Friday, September 27 | 7:00 pm—*The Way We Were*

Stop into the Hammock Club for our monthly Monday Movie Matinee and Friday Night Movie Night. You may bring your comfy chair to watch the movie in. We will provide one free bag of popcorn per person. The Sabal Tavern will be open if you want to order food or a drink on Friday night. You may also bring your own. RSVP using the app so that we know how many popcorn bags are needed.



CRAFTING CONNECTIONS

Wednesday, September 18 | 12:00 pm

Wet Craft Room

Cost: \$15.00 per person

It's time to make connections while crafting! We hope you will join us for an afternoon of wreath making and connecting with neighbors. All supplies will be provided.

LIFESTYLE EVENTS

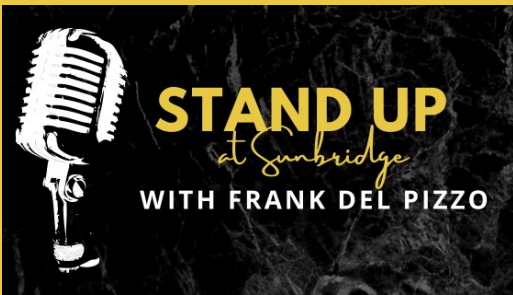


ONEBLOOD—BLOOD DRIVE

Thursday, September 19 | 9:00 am—2:00 pm
Multipurpose Room

When you give blood, you give someone another sunrise, another smile, and another chance at life. We have partnered with OneBlood to bring their OneBlood mobile to Del Webb Sunbridge. We encourage you to help save someone's life at these drives!

Register: <https://www.oneblood.org/donate-now/scheduler.html?locationId=1467681>.
All donors will receive a gift from OneBlood.



STANDUP AT SUNBRIDGE

Saturday, September 21 | 7:00 pm
Multipurpose Room
Cost: \$14.00 per person
Doors Open: 6:30 pm

Frank Del Pizzo lives his dream every time he steps on the stage. From Las Vegas to ABC to A&E, Frank has traveled the country and the world delivering laugh after laugh wherever he goes.

His unique ability to turn ordinary conversations into hilarious comedy routines has made him a highly sought-after act by the nation's top comedy clubs, colleges, and corporations. Frank loves what he does and it shows. His sharp, original comedic nature and quick wit make him a tough act to follow!

For more on Frank, visit his website at www.frankdelpizzo.com.



SUNDAY SOCIAL HOUR

Sunday, September 29 | 1:00 pm
Multipurpose Room

We are celebrating the fact that it is finally football season! Show your pride for your team by wearing your team's gear to this month's Sunday Social Hour. We'll have tailgate snacks and play a few games. If you plan to attend, please RSVP. We look forward to seeing you and having a fun afternoon.

LIFESTYLE EVENTS

OKTOBERFEST

OKTOBERFEST



Wednesday, October 2 | 5:00—8:00 pm

Multipurpose Room

Cost: \$30.00 per person

St. Cloud may not be Munich, but that doesn't mean we can't have an Oktoberfest party! There will be an authentic German buffet, German pretzels, beer, live music from The Kings Guy Band, and Beer Stein Holding contests. Everyone will receive a custom Del Webb Sunbridge beer stein and two beers.



SAVE YOUR SWEETHEARTS

Wednesday, October 9 | 5:00 pm

Multipurpose Room

Cost: \$20.00 per person

Del Webb Sunbridge is excited to announce our first fundraiser! The Ladies Lunch Committee, in conjunction with the Lifestyle team, will be hosting a "Save Your Sweethearts" Breast Cancer Dinner/Raffle fundraising event. All raffle proceeds will be donated to the Florida Breast Cancer Foundation (FBCF). The evening will start with a speaker from FBCF, two resident guest speakers, and music provided by our very own Brandon Kozak and vocalist Terri Brinegar. You will have between 5:00 pm and 6:00 pm to view the very beautiful gift baskets and donations before selecting your desired raffle baskets. Visit the app for more information.

Let's road trip through Florida! UPCOMING TRIPS WITH SMALL WORLD TOURS

Calypso Breeze & John's Pass

October 17, 2024
\$99.00 per person

Kennedy Space Center

November 19, 2024
\$120.00 per person

The Barn Antiques & Bok Tower

December 17, 2024
\$99.00 per person

Blue Springs Manatees

January 22, 2025
\$129.00 per person

Space Coast Boat & Dixie Crossroads

February 12, 2025
\$119.00 per person

Strawberry Festival

March 5, 2025
\$65.00 per person

Ft. Myers Murder Mystery Dinner Train - Overnight

April 3 & 4, 2025
\$389.00 based on double occupancy/
Single Supplement \$130.00

Tarpon Springs

May 8, 2025
\$119.00 per person



To register, please stop by the Front Desk with your check.

RESIDENT EVENTS



GUESS THAT SONG

Thursday, September 5 | 7:00 pm
Multipurpose Room

Join a team to play Guess That Song with! After hearing a song, for up to 20 seconds you will have your chance to guess the song. Bring your listening skills, love of music, and friendship to see who can get the most guesses. This month come dressed up in

something to do with music. Host by DWS resident, Terri!



WINE SOCIAL

Saturday, September 7 | 5:00 pm
Location for September: Multipurpose Room

Enjoy an evening with neighbors as we gather to mingle and drink wine. This is a BYOB event.



LIVE LONGER, LIVE HEALTHIER

Monday, September 9 | 6:00 pm
Multipurpose Room
Cost: \$5.00 at the event

On Monday, September 9, we will conclude our six-part series of discussions with the Sunbridge residents to explore this topic. This final session will summarize the first five sessions, including the four secrets of the Blue Zones. We will watch selected video clips from the Netflix Blue Zones series, and have a cooking demonstration of scrumptious desserts. Mary Lu Williams and Shubhi Jain will lead a discussion on this topic, have a question/answers session and share future plans.



DWS BAND

Monday, September 9 | 6:00 pm
Dry Craft Room

We are looking for residents who are interested in playing Big Band, Jazz, Blues, etc. Horns, Keyboard, Strings, Reeds, Vocals are welcome. Peter is a trumpet player and has a huge collection of charts, and looking for a group to "jam" together weekly, and hopefully put together a performance for the residents. Looking to hold the first session on Monday, September, 9. Please reach out to Peter with any questions at trumpeter92151@aol.com.

RESIDENT EVENTS



TRIVIA NIGHT

Tuesday, September 10 | 6:00 pm
Multipurpose Room

Test your knowledge at this month's Trivia Night hosted by Janet & Ken Pesek. Do you have what it takes to help your team become crowned the Trivia Night winners? If you plan to attend, please RSVP.



MUSIC TRIVIA

Tuesday, September 17 | 6:00 pm
Multipurpose Room

Test your music knowledge in three rounds from Billboard's top ten radio airplay songs from the 1960s - 1990s. Hosted by Don Kinzler.



BREWERY CREW

Saturday, September 21 | 1:00 pm
Gatlin Brewing Hall
14721 S Orange Ave, Orlando, FL 32806
<https://www.gatlinhallbrewing.com/>

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

AARP SAFE DRIVING CLASS

Saturday, September 28 | 9:30 am—3:30 pm
Tech Room

AARP Safe Driver may save you money! Take the AARP Smart Driver class and you could save on your car insurance cost. Class topics will include: Refresh your driving skills, Learn techniques for left turns, roundabouts, etc, and Discover proven methods to

help keep you safe on the road. Please bring a check made to AARP or cash for payment. The cost is \$20.00 for AARP members and \$25.00 for nonmembers. You will need to bring your Driver's License, AARP card (if you are a member), and a light lunch (or buy it at the Tavern).



Safe Driving Class

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 and click SAVE.

Look for this logo when downloading the Del Webb Sunbridge app



Del Webb Sunbridge HOA
Northstar Technologies Inc • Lifestyle
☑ Installed

Back Notifications (1)

Nov 04 2021	
Lot Pictures Michael will be out tomorrow (11/05) taking pictures along Sandy Springs and Blue Pond.	
Oct 31 2021	
November Calendar Released! Please note most events for the month of November have been released for registration. Please register for any events you plan to attend.	
Oct 26 2021	
Food Drive Food Drive for Central Florida Children's Home has begun!	
Oct 25 2021	
Pumpkin Decorating Contest The pumpkins have arrived! Now it is your turn to vote. Come to the Lifestyle house between now and Saturday 10/30 to vote for your favorite!	

DELETE ALL READ ALL

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.

delwebbsunbridge@gmail.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.

Cancelling Events

As a reminder, if you cannot make an event that you signed up for, please cancel your reservation so others can participate. 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.

MONTHLY ASSESSMENTS

Monthly HOA assessments are due on the first of every month.

PLEASE REACH OUT TO THE FRONT DESK WITH ANY QUESTIONS





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

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

Mark & Jan Goldberg

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

mark@insurancesource321.com



Sunbridge Snapshots

