

Del Webb®  
SUNBRIDGE

Light As The  
QUERADE

# Sunbridge LIVING

OCTOBER 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, it's all here! If you see something we missed or have an update for our team, please email [life@dwsunbridge.com](mailto: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.

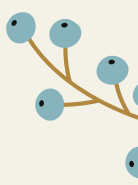
[CLICK TO TAKE SURVEY](#)



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*



## FIRST FRIDAY DANCE PARTY: DECADES DISCO

FRIDAY, OCTOBER 3<sup>RD</sup> | 7 PM - 10 PM  
MULTIPURPOSE ROOM

Travel through time in this Decades Disco! Join us for a night of fun and great music. Whether you're groovin' in the '70s, poppin' in the '80s, or keepin' it cool in the 2000s, dress to impress and represent your chosen decade!

RSVP



## DEL WEBB SUNBRIDGE 5K WALK/RUN FOR BREAST CANCER AWARENESS

SATURDAY, OCTOBER 4<sup>TH</sup> | 8 AM - 11 AM  
HAMMOCK CLUB PARKING LOT

Come out to support your friends & neighbors as we raise awareness for breast cancer through a 5K walk/run! You can also stop by the Hammock Club and pick up your "Pink Bag" to fill with donations to drop off at our Pink Mountain!

RSVP



## BARK OR TREAT: YAPPY HOUR

MONDAY, OCTOBER 6<sup>TH</sup> | 10 AM - 11 AM  
HAMMOCK CLUB DOG PARK

Stop by the Hammock Club Dog Park with your furry friend to mix and mingle with other resident dog owners! Treats will be available for your pets!

RSVP





## BITES OF FALL: CHARCUTERIE CLASS

OCTOBER 8<sup>TH</sup> | 3 PM - 5 PM  
MULTIPURPOSE ROOM

Craft your own charcuterie board with fall ingredients such as Maple Leaf Cookies and seasonal Goat Cheese! You will be guided by an expert instructor on how to create a delicious and photo-worthy board!

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

[REGISTER](#)

## MURDER MYSTERY MADNESS

THURSDAY, OCTOBER 9<sup>TH</sup> | 6 PM - 9 PM  
MULTIPURPOSE ROOM

Join us for a night of mystery, intrigue, and murder you will never forget at our Murder Mystery Madness dinner. Dress in Old Hollywood glamorous attire and make sure you're dressed to kill....

Cost: \$25 per person (includes one drink voucher and access to our food bar). All payments are made on the Del Webb Sunbridge app.

[REGISTER](#)



## ROLLING BITES AND SOCIAL NIGHTS

MONDAY, OCTOBER 13<sup>TH</sup> | 5 PM - 8 PM  
HAMMOCK CLUB PARKING LOT

Come hungry to try a variety of dishes from local food trucks; GringaMex and The Naked Cupcake.

Enjoy your delicious meal while listening to fun hits from our DJ!

Click the menu button below to view.

[MENUS](#)



# OCTOBER BIRTHDAY CLUB

FRIDAY, OCTOBER 17<sup>TH</sup> | 12 PM - 1 PM  
MULTIPURPOSE ROOM

October birthdays, this one's for all of you! If you are celebrating a birthday this month, stop by to connect with fellow residents and enjoy a sweet treat. Let's celebrate another trip around the sun together!

RSVP



# SPIRITS & SPIRITS: MIXOLOGY CLASS

SATURDAY, OCTOBER 19<sup>TH</sup> | 2 PM - 6 PM  
MULTIPURPOSE ROOM

Join us for a spiritful time learning how to create three Halloween-themed cocktails with a talented Mixologist!

Cost: \$40 per person. All payments are made on the Del Webb Sunbridge app.

REGISTER

# SEMINAR: TAX-FREE INCOME IN RETIREMENT

TUESDAY, OCTOBER 21<sup>ST</sup> | 11 AM - 1 PM  
TECH ROOM

Join Walter Russell as he teaches you how to create tax-free income in retirement. Strategies discussed will include Roth conversions, tax-efficient withdrawals, and ways to reduce taxes on Social Security benefits.

RSVP





## RESIDENT LIFESTYLE ORIENTATION MIXER

TUESDAY, OCTOBER 21<sup>ST</sup> | 4:30 PM - 5:30 PM

TECH ROOM

Join us for a fun-filled evening with your Lifestyle Director team! A great chance to meet neighbors, make new friends, and learn about the Del Webb Sunbridge Lifestyle program. Light bites will be provided, and a brief presentation will begin at 4:45 PM. We look forward to seeing you there!

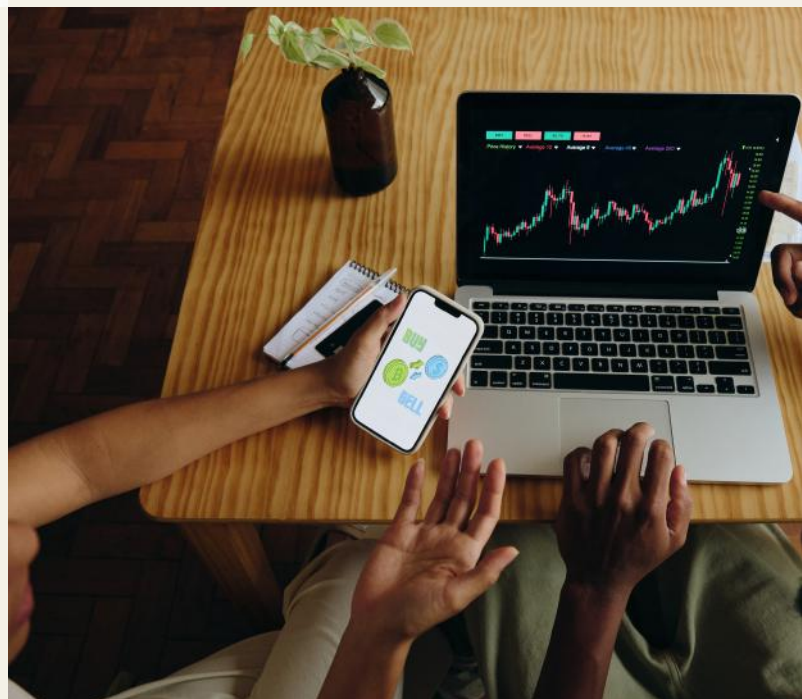
RSVP

## SEMINAR: HOW TO USE AI FOR YOUR FINANCES

FRIDAY, OCTOBER 24<sup>TH</sup> | 11 AM - 1 PM  
TECH ROOM

Artificial Intelligence is no longer just a buzzword—it's becoming a practical tool for everyday life, including managing money. Join us for an engaging seminar where you'll learn how AI can help you create budgets, organize expenses, and simplify tax planning.

RSVP



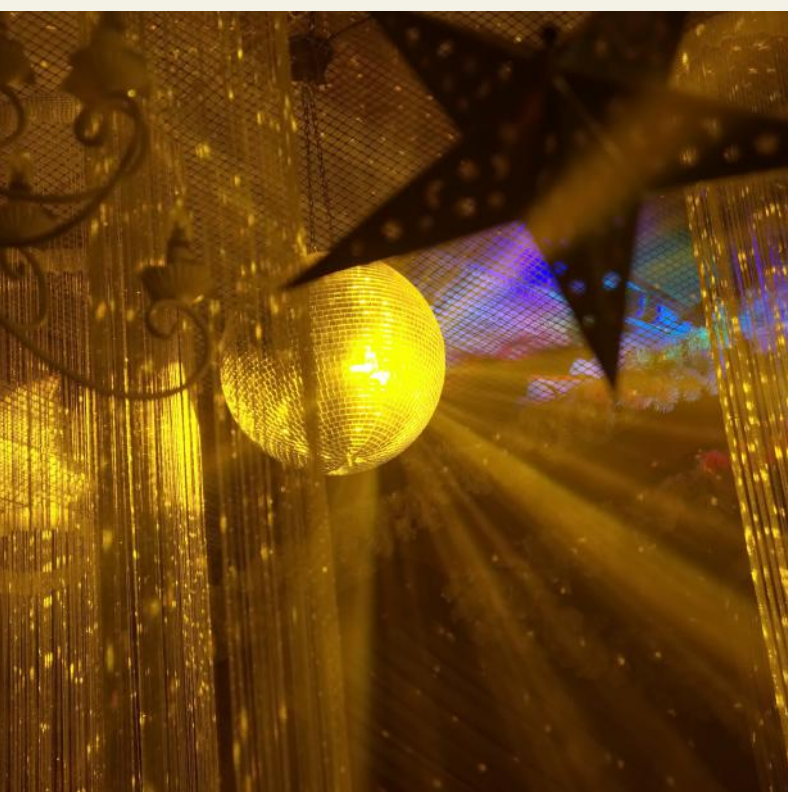
## CONCERT NIGHT: TOM PETTY TRIBUTE

FRIDAY, OCTOBER 24<sup>TH</sup> | 7 PM - 9 PM  
MULTIPURPOSE ROOM

Celebrate the music of a rock legend with a night full of iconic Tom Petty hits. Whether you're Learning to Fly or just here for the Good to Be King vibes, join us for a fun-filled night of music!

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

REGISTER



# DEL WEBB SUNBRIDGE SATURDAY STROLL

SATURDAY, OCTOBER 25<sup>TH</sup> | 10 AM - 11 AM  
HAMMOCK CLUB LOBBY

Join your lifestyle director Michelle and fellow residents for a Saturday morning walk through the neighborhood! This is a great way to make new friends, get some exercise in, and for our new residents to get their lay of the land! Water and snacks will be provided.

RSVP



# THE GREAT PUMPKIN PAINT-OFF

TUESDAY, OCTOBER 28<sup>TH</sup> | 3 PM - 4:30 PM  
WET CRAFT ROOM

Tap into your creative side and decorate mini pumpkins with your favorite fall aesthetic! Whether you want to make them spooky, cute, or even floral, this is your chance to unleash your inner artist. Then, vote for your favorite pumpkin, and the winner will receive a mini paintbrush set!

RSVP



# THE HAUNTED CART CRAWL

FRIDAY, OCTOBER 31<sup>ST</sup> | 6 PM - 7 PM  
HAMMOCK CLUB PARKING LOT

Show off your decoration skills in this year's Halloween golf cart parade! Take a trip through Del Webb Sunbridge and travel through the community as your neighbors cheer you on! Sign up to decorate your golf cart or cheer on our participating residents from your home as they make their way through the community!

RSVP





## FRIGHT NIGHT FEVER: HALLOWEEN PARTY

FRIDAY, OCTOBER 31<sup>ST</sup> | 7 PM - 9 PM  
MULTIPURPOSE ROOM

Join us for a night of frightful fun with a live DJ spinning killer beats, a spooky photo booth to capture your creepiest looks, and a costume contest with wicked prizes!

Cost: \$15 per person (includes one drink voucher). All payments are made on the Del Webb Sunbridge App.

[REGISTER](#)

# 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 other restraints.



# Volunteers Needed

Have you ever wondered what happens behind the scenes? Sign up to volunteer and assist with event preparation (e.g., decorations, setup), during events (e.g., check-in, activities), and event clean-up (e.g., breakdown).

If you are interested, please complete the form below.

[CLICK HERE FOR THE DEL WEBB  
SUNBRIDGE VOLUNTEER INTEREST FORM](#)

# Save the DATE



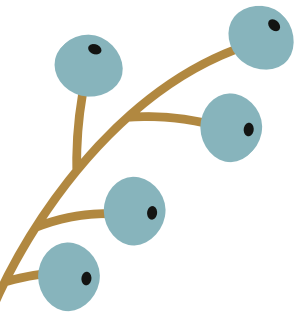
## TRIBUTE TO THE TROOPS CONCERT

WEDNESDAY, NOVEMBER 12<sup>TH</sup>

SUNBRIDGE  
FRIENDSGIVING  
SUNDAY, NOVEMBER 23<sup>RD</sup>



\*Dates and times are subject to change without notice.



Del Webb®  
SUNBRIDGE

# Sabal Tavern

## INDULGE IN OUR OCTOBER SPECIALS!

### Friday Fish Special

- Friday, October 10<sup>th</sup>
  - Fried Haddock filet served with french fries & slaw for \$16.95

### Happy Hour

- Tuesday to Sunday: 3 PM - 6 PM

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



## DRINK OF THE MONTH

- Pumpkin Spice Martini
  - Vodka, Pumpkin Spice, and Vanilla

# 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 OCTOBER SPECIALS](#)



# Find your shine

## COMMUNITY GROUPS



### 12 Stones Group

Schedule: First & Third Wednesday | 7 PM

Location: Tech Room

Group Contact: John Duffy, [duffyj\\_1@yahoo.com](mailto:duffyj_1@yahoo.com)



### Appetizers & Elixirs (A&E)

Schedule: Monthly schedule returns Fall 2025

Location: Multipurpose Room

Group Contact: Glen Spellman, [glenspellman@gmail.com](mailto:glenspellman@gmail.com)



### Advanced Spanish Class

Schedule: Every Tuesday | 3:00 PM – 4:30 PM

Location: Tech Room

Group Contact: Dulce De Villa, [devillad@hotmail.com](mailto:devillad@hotmail.com)



### Art Meet Up

Schedule: Monday | 10 AM - 12 PM

Location: Wet Craft Room

Group Contact: Khris Butt, [kaylar74@hotmail.com](mailto:kaylar74@hotmail.com)



### Beginner Spanish Class

Schedule: Monday | 3 PM

Location: Tech Room

Group Contact: Julia Vazquez, [yina41@aol.com](mailto:yina41@aol.com)



### Book Group

Schedule: Second Thursday | 6:30 PM

Location: Wet Craft Room

Group Contact: Mary Lu Williams-Link, [marylu11933@gmail.com](mailto:marylu11933@gmail.com)



### Brewery Crew

Schedule: Saturday, October 18th | 1 PM - 3 PM

Location: Brewlando - 6820 Hoffner Ave, Orlando, FL 32822

Group Contact: Larry Steigrod, 954-562-5253



## Daytime Book Group

Schedule: Second Monday | 1 PM

Location: Tech Room

Group Contact: Khris Butt, [kaylar74@hotmail.com](mailto:kaylar74@hotmail.com)



## Game Night

Schedule: Bi-Monthly | 7 PM

Location: Multipurpose Room

Group Contact: Nikki & Scott Buccieri, [nikkibuccieri@msn.com](mailto:nikkibuccieri@msn.com)



## Intermediate Spanish Class

Schedule: Every Wednesday | 3:00 PM – 4:30 PM

Location: Tech Room

Group Contact: Liz Holzhauser, [lizholzhauser@gmail.com](mailto:lizholzhauser@gmail.com)



## Kibbitzers

Schedule: TBD

Location: TBD

Group Contact: Marilyn Bart, [mbbart@gmail.com](mailto:mbbart@gmail.com)



## Men's Golf League

Schedule: Meets every Monday, Wednesday and Friday | 8AM

Location: Royal St Cloud Golf Links

Group Contact: John Fiore, [Jfiore4@verizon.net](mailto:Jfiore4@verizon.net)



## Mustard Seed Group

Schedule: First & Third Wednesday | 7 PM

Location: Wet Craft Room

Group Contact: Sheri Radomsky, [sheri.rad@gmail.com](mailto:sheri.rad@gmail.com)



## Shooting & Archery

Schedule: Third Monday | 9 AM - 11 AM

Location: Triple N Ranch

Group Contact: Steve Bierwirth, [sbierwirth685@gmail.com](mailto:sbierwirth685@gmail.com)



## Sunbridge Sisters

Schedule: Meets Bi-monthly

Next Meeting: TBD

Location: TBD

Group Contact: Linda Cavanaugh, [Lcavanaugh2733@gmail.com](mailto:Lcavanaugh2733@gmail.com), 860-371-4330



## Sunbridge Stitchin' Sisters

Schedule: Wednesday | 9 AM - 12 PM

Location: Dry Craft Room

Group Contact: Carmen Eschette, [c.eschette@yahoo.com](mailto:c.eschette@yahoo.com)



## Sunbridge Women's Group

Schedule: Returning 2026

Event: TBD

Location: TBD

Group Contact: Jill Gagliardo, 813-748-6237



## Technology Advisory Group

Schedule: TBD

Location: TBD

Group Contact: Thomas Williams, [twil68.twiii@gmail.com](mailto:twil68.twiii@gmail.com)



## Veterans Social Club

Schedule: Saturday October 18<sup>th</sup> | 10 AM - 12 PM

Location: Tech Room

Group Contact: Renee Ehrke, [rehrke@earthlink.net](mailto: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](mailto: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: October 18<sup>th</sup> | 6 PM - 8PM  
Event: Gallery Night  
Location: Multipurpose Room  
Club Contact: Khris Butt, [kaylar74@hotmail.com](mailto:kaylar74@hotmail.com)



## Friends of India Club

Schedule: Saturday, October 25<sup>th</sup> | 5 PM - 9 PM

Event: Diwali Event

Location: Multipurpose Room

Club Contact: Yogesh Amin, [dryogeshamin@yahoo.com](mailto: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](mailto:whitann@sbcglobal.net)



## Games Club

Schedule: Daily | Varies

Location: Multipurpose Room

Group Contact: Maxine Lopez, [mlopez2720@yahoo.com](mailto: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: Saturday, October 11<sup>th</sup> | 12 PM - 4 PM

Event: Hispanic Heritage Celebration

Location: Multipurpose Room

Club Contact: Valerie Williams, [val.ly.wms@gmail.com](mailto:val.ly.wms@gmail.com)



## Sunbridge Social Club

Schedule: October 11<sup>th</sup> | 5 PM - 8 PM

Location: Grill Pavilion & Fire Pits

Group Contact: Colleen Hutton, [colleenhutton@me.com](mailto:colleenhutton@me.com)



## Sunbridge Singers

Schedule: Thursday | 4 PM - 6 PM

Location: Dry Craft Room

Group Contact: Terri Brinegar, [terribrinegar@gmail.com](mailto: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 Members & Interested Residents

Thursdays 6:30 PM - 8:30 PM

\*Rain Date: Fridays at 6:30 PM - 8:30 PM

## Open Doubles Play for Members & ALL Residents

Saturday 10 AM - 12 PM

**Open Tennis Club Play:** Club Member only court time is open early, so get outside and enjoy playing with other members. Find future hitting partners and/or challenge members to a friendly match. Play some Doubles or Singles, whether you're a beginner, intermediate, or advanced player. Work on your game skills while simultaneously improving your fitness. This Court time is reserved for Charter Club Members only, unless the courts aren't in use.

**Open Play for Members & Interested Residents:** Join us at Open Play for Club members and any residents interested in joining the club. From beginner to advanced players, come enjoy friendly matches and get a great workout at the same time. Improve your skills, meet fellow residents, and have some healthy fun. All levels welcome.

**Open Doubles Play:** Join us for Open Doubles Play for Club members and any residents interested in joining the club. Whether you're new to Doubles or just haven't played in a while, come enjoy some friendly Doubles games with other residents. It's a great way to meet other resident players, improve your shots and have fun all while getting a great workout in. All levels welcome.

**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



# fitness SCHEDULE

## ADVANCE STRENGTH & BALANCE

THURSDAYS | 11:05 AM  
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 | 12:15 PM  
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 | 10:15 AM  
FRIDAY | 10:15 AM  
SATURDAY | 10:15 AM  
GROUP FITNESS ROOM

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

## POWER WALK & TONE

RETURNING SOON  
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.

## 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.

## 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.

## PILATES

MONDAY | 1 PM  
WEDNESDAY | 11:30 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

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 | 10:15 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!

[CLICK HERE TO VIEW FITNESS CALENDAR](#)



# MEET THE SUNBRIDGE FITNESS TEAM



## ALEX

PERSONAL/GROUP INSTRUCTOR

Alexaída 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

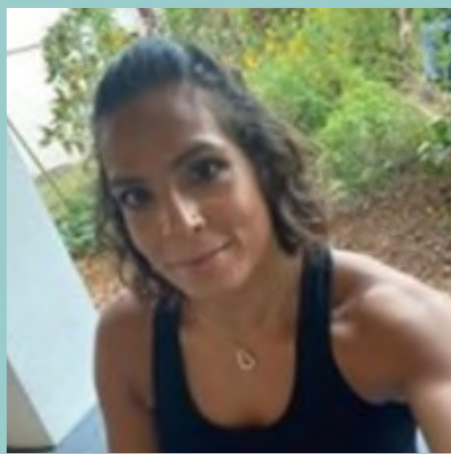
Amy brings her passion for health and wellness by teaching classes to the residents of Del Webb Sunbridge. With more than 20 years of experience and several certifications (Yoga Alliance teacher RYT-200, Ace Group Fitness Instructor, CPR, AED, and First Aid), Amy aims to create a safe class environment 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 fitness program. She tailors each program based on what the client's needs are. She focuses on long term health and wellness to encourage people to stay motivated and be consistent. She focuses on core strength training and functional training to increase range of motion. Her specialties include: core strength, functional mobility, Yoga and Power Yoga. Sabrina has a Masters in public administration (Keller Graduate School, NASM CPT) and is certified by Les Mills Core & Body Pump, Barre, AFAA Yoga.

## MILLIE

GROUP INSTRUCTOR

Millie has been teaching group fitness classes 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. 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,

September was an exciting month with such a variety of events! We kicked off with a delicious Labor Day breakfast, enjoyed a masquerade at our First Friday Dance Party, and created custom fall-scented candles in a Candle Creations class!

With the weather cooling down and fall approaching, I'm excited to keep this energy going! October will be filled with autumnal events, spooky celebrations, and some of our favorite recurring events! We'll host a Murder Mystery Madness, a Tom Petty Tribute Concert, and residents will get to show off their decoration skills in this year's Haunted Cart Crawl!

I'm looking forward to another amazing month! Please feel free to stop by the Hammock Club and say hi if I haven't had the chance to meet you yet!

Sincerely, Your Community Relations & Lifestyle Director

Michelle Smith



# A MESSAGE FROM THE Manager

From the General Manager's Desk,

As we step into October, I'd like to share a few important community updates with you.

## Board Election & Welcome

Thank you in advance to everyone for your participation in the annual meeting and election on September 30th. Your engagement helps keep our community strong and well-represented. Please join me in welcoming our upcoming resident board member, who will be bringing resident-influenced perspectives and dedication to the team. We are grateful to all candidates for their willingness to serve.

## Budget Adoption

The Board has completed its review and will be officially adopting the 2026 operating budget on October 26th. Careful planning ensures that we can maintain the high standards of our amenities, landscaping, and services while also preparing responsibly for long-term needs. The new budget reflects a balance of fiscal responsibility and community priorities. Please be on the lookout for the mailing notice of the meeting, which will include a copy of the proposed budget. Our Budget/Finance Committee will be hosting dates to review the budget with residents before the Budget Meeting.

## Amended Rules & ARC Guidelines

The Board will also be considering updates to our community rules and Architectural Review Committee (ARC) guidelines. These changes were made to clarify certain standards and to help streamline the approval process for exterior modifications. Homeowners are encouraged to review the proposed amended documents, which are available on the community website. You may also visit the front desk and request a printed copy. Additionally, we will be hosting a meeting in October before the Board Meeting to highlight the significant changes and open the floor to questions.

As always, thank you for your continued involvement and support in making our community a wonderful place to live. We look forward to celebrating all of the fun fall festivities that our Lifestyle and Tavern teams have planned for October.

Warm regards,

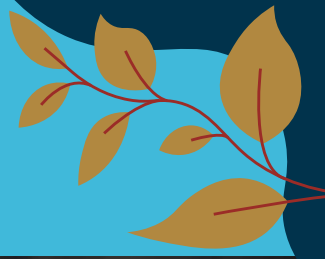
*Stacey Peach*

General Manager, LCAM

*Del Webb*<sup>®</sup>  
SUNBRIDGE



# Upcoming MEETINGS



## NEW HOMEOWNER ORIENTATION

OCTOBER 9TH & 23RD | 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

OCTOBER 16TH | 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.

Our Budget and Finance Committee will be presenting a review of the 2026 Budget and addressing questions and providing clarification before the Board Meeting on October 29th.

[Click here to view.](#)

## VILLA RESERVES REVIEW MEETING

OCTOBER 23RD | 6 PM  
MULTIPURPOSE ROOM

Our Budget and Finance Committee will be presenting a review of the Reserve calculations for the Villa units. They will be available for questions and provide clarification before the Board Meeting on October 29th.

## BOARD OF DIRECTORS BUDGET MEETING

OCTOBER 29TH | 6 PM  
MULTIPURPOSE ROOM

The Board of Directors will meet to approve the 2026 Budget and other items on the agenda. All meeting notes will be posted on our website under Community Documents.

[Click here to view](#)

# Landscape UPDATES

Hi everyone, below are our landscaping updates here at Del Webb Sunbridge.

## Weather

Cooler Temperatures and shorter days will have the grass and plant material growth slow down, and we will be transitioning into Biweekly mowing at the end of October.

October is still peak hurricane season, so we will be watching for any potential storms. If we experience a storm, it will disrupt service, and after any storm, we will prioritize the cleanup and righting any trees that are down.

## Agronomy

This time of year, Deciduous trees will start to drop their leaves, and we are entering the season when top growth slows, with stolon lateral growth and root development increasing, causing thin areas to fill in quicker. The potential of damage caused by insects decreases as the potential of brown patch fungus increases. The cooler temperatures can also bring sod worms, so if you do see something that looks like it is eating on the grass blade, please reach out to the front desk or [david.dalton@castlegroup.com](mailto:david.dalton@castlegroup.com)

## Irrigation

We are coming into the time of year when the heavy rains will be decreasing, but warm temperatures will remain. If you notice a spot in your yard looking like it's not getting enough water, please create a work order to have the system checked. If you need assistance, call the front desk and they can help log a work order for you. The phone number to the Hammock Club front desk is 407-915-3410.

An irrigation head may not be broken, but it may have a clogged tip, creating low pressure. This may also cause the heads to stop rotating, which can cause weak and browning spots in the plant beds and grass. If you see something of concern in your yard, please report it to the front desk or [david.dalton@castlegroup.com](mailto: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!](#)

Del Webb®  
SUNBRIDGE

# Around TOWN

EVEN MORE TO EXPLORE!



## KALEIDOSCOPE 360°

Wednesday, October 1<sup>st</sup> | 5:30 PM - 9 PM  
Luminary Green Park  
437 N Terry Ave

Head over to Luminary Green Park on the first Wednesday of every month to explore 20-25 unique vendors featuring local favorites and curated goods, supporting Creative Village's vibrant community! Screening of Ratatouille movie also starts at 7 PM!

[Click here](#) for more information.

## LAKE NONA YAPPY HOUR

Thursday, October 9<sup>th</sup> | 5 PM - 7 PM  
Crescent Park  
8374 Upper Perse Cir, Orlando, FL 32827

Break out those leashes, it's time for Yappy Hour! Join Lake Nona residents on October 9th at Crescent Park for live music, pet vendors, free nail trims, and more.

[Click here](#) for more information.





# COMMUNITY RESOURCES

Stacey Peach, General Manager	<a href="mailto:speach@castlegroup.com">speach@castlegroup.com</a>
Alec Sembrat, Property Manager	<a href="mailto:asebrat@castlegroup.com">asebrat@castlegroup.com</a>
Veronica Ortiz, Administrative Assistant	<a href="mailto:vortiz@castlegroup.com">vortiz@castlegroup.com</a>
Frank Fernandez, Food & Beverage Manager	<a href="mailto:ffernandez@castlegroup.com">ffernandez@castlegroup.com</a>
David Dalton, Senior Landscape Operations Manager	<a href="mailto:david.dalton@castlegroup.com">david.dalton@castlegroup.com</a>
Michelle Smith, Community Relations & Lifestyle Director	<a href="mailto:life@dwsunbridge.com">life@dwsunbridge.com</a> 941-512-7589
Hammock Club Front Desk	407-915-3410
Gatehouse	407-915-3409
Castle Group Resident Services	800-337-5850

## AMENITY HOURS OF OPERATION

HOA Website	<a href="https://www.delwebbsunbridgehoa.com/">https://www.delwebbsunbridgehoa.com/</a>
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, Sunrise - Sunset Children (under 19) Hours: 2PM-6PM
Tennis & Pickleball Courts	Daily, Dawn - Dusk

# 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 for your next event.

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



Del Webb<sup>®</sup>  
SUNBRIDGE  
Snapshots  
SHARING YOUR  
SUNBRIDGE MOMENTS



