

March 2023

The Hammock Happenings

New Fitness Classes!

Evening Zumba and
Kickbox Cardio

Doc Dixon

As seen on Penn & Tellers Fooled Us!

Celebrate St. Patrick's Day

Join the Byrne Bros. from Ireland

Hammock Club 2600 Del Webb Blvd 407-915-3410

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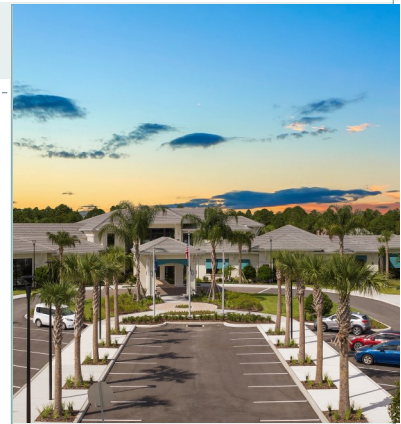
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CONTACT INFORMATION

Homeowner's Association
407-915-3410

Gate House
407-915-3409

General Manager
Stacey Peach
speach@castlegroup.com

Assistant Property Manager
Walter Beltran
wbeltran@castlegroup.com

Landscape Relationship Coordinator
Karina Gonzalez
kgonzalez@castlegroup.com

Lifestyle Director
Amy Pollock
apollock@castlegroup.com

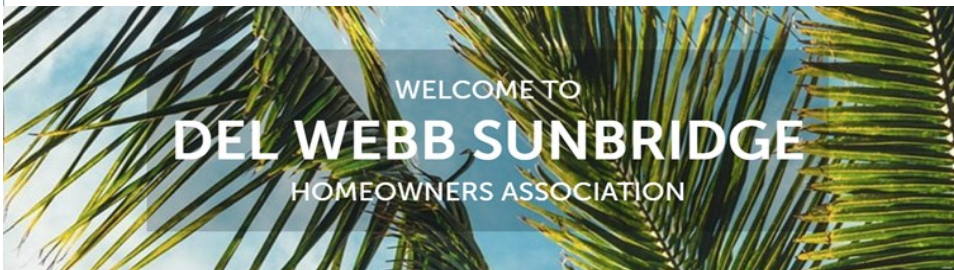
Castle Group
800-337-5850

Warranty Department
855-618-0727

Toho Water / US Water
866-753-8292

HomeTeam Pest Defense
407-736-0670

Osceola County Non-Emergency
407-348-2222



Del Webb Sunbridge HOA Website
www.delwebbsunbridgehoa.com

Log in for more information





St. Patrick's Day Party

Join the Byrne Bros. straight from Ireland for some fantastic music and dancing

March 19th 4:00pm \$14

Wishing you all the luck of the Irish this St. Patrick's Day!

CLICK ON THE FLYERS TO LEARN MORE ABOUT THE ACTS

A poster for a Magic / Comedy Show. The background is a red curtain. A large black top hat with a silver band is in the foreground. In the center, there is a collage of images: a man with a mustache and glasses (Doc Dixon), a man with a mustache (Penn & Teller), a man in a suit (James Corden), and a white house (The White House). The text is in a white, cursive font. At the bottom left, it says '26 MARCH'. At the bottom right, it says 'SHOW'. In the center, it says 'DOORS OPEN 3:45PM | SHOW 4:00PM | TICKET \$10'. In the top left corner, it says 'Del Webb SUNBRIDGE'.

Del Webb
SUNBRIDGE

Magic / Comedy

26
MARCH

DOORS OPEN 3:45PM | SHOW 4:00PM | TICKET \$10

SHOW



HOURS OF OPERATION

Building Hours:

Sunday: 10:00am-7:00pm

Monday-Tuesday: 5:00am-8:00pm

Wednesday-Friday: 5:00am-9:00pm

Saturday: 9:00am-9:00pm

Pool Hours:

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

Children Hours (those under 19):

Sunday-Saturday: 2:00pm-6:00pm

**Reminder, those under 19 are not allowed in the spa or resistance pool.

Sabal Tavern Hours:

Sunday: 12:00pm-7:00pm

Monday: Closed

Tuesday: Closed

Wednesday-Thursday: 12:00pm-7:00pm

Friday-Saturday: 12:00pm-9:00pm

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

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

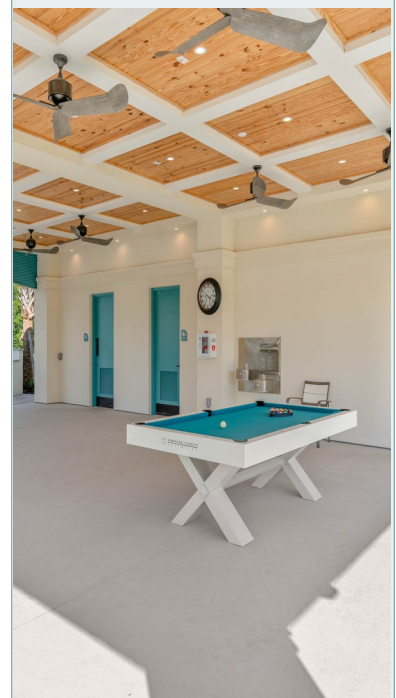
RULES & REGULATIONS HIGHLIGHT

ARCHITECTURAL APPLICATION INFORMATION

Please keep in mind Architectural modifications can take up to 45 days for review and approval.

The HOA will send out approval paperwork as soon as they receive it.

Please [CLICK HERE](#) for an architectural modification application.



HOA MANAGEMENT UPDATE

STACEY PEACH
GENERAL MANAGER



I am excited to share a few promotions and staff changes. Veronica Ortiz was promoted to Administrative Assistant. Veronica has a cheerful disposition and is excited about growth opportunities here at Sunbridge. Walter Beltran is our new Assistant Property Manager. Walter has worked with Castle previously and he brings knowledge of our systems and a great appreciation for Castle's values and Royal Service.

The new lighted armbars and cameras at the gatehouse have been in operation since February 24th. The vendor check-in process during the first of the month can cause some unexpected delays and we appreciate your patience.

The RFID devices will be shipping soon. We will be making the exchange with old clickers with the new RFIDs at no charge. The process will be organized so that we have

residents scheduled for a particular day to avoid long wait times. No worries if you are not able to make it the day we publish, we will save yours aside and make arrangements to meet with you at another time.

In March, we will also be updating our records for compliance with the 55+ regulations during this time. We will be asking each home to complete an age affidavit and our staff will verify the birthdates on the identifications that you present.

The weather is getting warmer and we are pleased to see many people enjoying our lovely outdoor facilities like the pool and courts.

Stacey Peach,
General Manager

[Sunbridge Info](#)

[Sunbridge SD](#)



BASECAMP AT SUNBRIDGE

The 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 putting on. [Stay in the Know](#) by checking out their website.

[What's Happening at Basecamp?](#)



SUNBRIDGE™



TAVISTOCK
DEVELOPMENT COMPANY

BOARD PRESIDENT TOWN HALL MEETING

The next Board President Town Hall will be held March 30, 2023 at 6:00pm.

You can find past presentations and communications on the website under Board of Directors Communications after logging in or by [Clicking Here](#).

NAME TAGS AVAILABLE FOR PURCHASE

Name tags like the one pictured are available for \$10.00 each. Please contact the front desk to order. Orders will be placed once per month. Please remit payment by check payable to Del Webb Sunbridge HOA.

Del Webb[®]
SUNBRIDGE
Amy Pollock

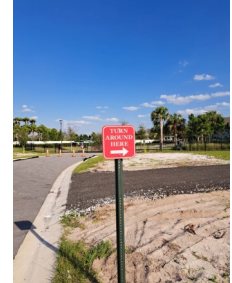


COMMUNITY PROJECTS

Our staff has been busy with projects around the community and clubhouse. Here are just a few noteworthy ones.

- Speed limit signs on the boulevard
- Turn around for delivery trucks on Citrus Grove Court
- Turbo Chef in Tavern
- Multiple major plumbing blockages

The HOA and Developer are working to complete other items such as repairs for the tennis court lights, installation of the mailbox kiosk at the clubhouse, construction of the dog park, and electrical enhancements at the entry fountain features.



A NOTE FROM YOUR LIFESTYLE DIRECTOR

Happy March!

We had some fantastic events in the month of February and it sounds like you want more! Those who came out to the Silent Disco have been pushing to have another before it gets too hot so we have planned one for April 8th. Cross your finger for good weather!

The Vioelectric concert got a standing ovation and I have heard so many would like to see them return. We will be in contact with them to plan a date in the future to have them back.

Our Truck Event was very successful. Hornbelly Seafood has offered to create an order ahead and pick up here process. This means no more having to travel miles to get fresh seafood. When this process is set, we will let everyone know how to order and dates for pick up from the Hammock Club.

Stay tuned for more!

Thank you,
Amy Pollock

Upcoming Guest Speakers

3/6, 6:00pm- HOA Website How To
3/8, 6:00pm- Turtle Talk 101
3/11, 3:30pm- Resident Spotlight- Bob Smart
3/29, 6:00pm- Alzheimer's and Dementia with VITAS
4/19, 6:00pm- Resident Spotlight, Mary Lu Williams-Link-
Women's Nutrition
4/20, 6:00pm- HomeInstead In-Home Healthcare Presentation
4/26, 6:00pm- Walter Russel- Women and Investing
5/11, 6:00pm- Henderson Sachs- Estate Planning 101
TBD- Gastroenterology with Dr. Paul Panzarella
TBD- Medicare Informational Presentation



ARE YOU A PHOTOGRAPHER? DO YOU HAVE A FANTASTIC PHOTO OF DEL WEBB SUNBRIDGE? HAVE YOUR PHOTO FEATURED ON OUR COVER! SEND YOUR PHOTO TO DELWEBBSUNBRIDGE@GMAIL.COM

SPRING FLING CRAFT SHOW

Hello, Artists, Crafters, and Small Business Owners!

Do you have a passion for arts or crafts? Do you run a small business that sells items you are passionate about?

Our **Spring Fling Craft Show and Vendor Event** is just around the corner – reserve your space now while there are still available tables.

Important Dates for the Spring Fling Craft Show and Vendor Event:

Today – Notify us that you wish to participate as an artist/crafter/vendor

March 23, 2023 – Final date to submit your application form to DWS front desk (forms are available for pick from the front desk as well)

April 1, 2023 – The Event! 10:00am-2:00pm in the Multipurpose Room

If you wish to sign up as an artist/crafter/vendor or have specific questions, please contact the Craft Show and Vendor Event committee members at DWSCraftShows@mail.com.



Landscape Update

We are working hard to get through pending work orders and want to thank you for your patience.

The yearly mulch refresh project has been completed. The next yearly mulch refresh will be scheduled for early 2024.

Wet checks will be completed on a bi-monthly basis. All timers will be set to the recommended time frames mandated by the Water Management District. Timers will be programmed to run two days a week. Each zone will run for 30 minutes starting as early as 12:00 am. New locks will be placed on all irrigation boxes. We ask that you do not tamper with the irrigation boxes.

Mowing will be completed on a weekly basis from March 2023 through November 2023. Your standard mow schedule consists of mowing, edging, and blowing off your hardscapes. We will not enter screen enclosures.

Upcoming Projects for March 2023:

- HOA plant replacement
- Sod replacement to continue
- Fertilizer for sod/plant beds

Thank you
Karina Gonzalez

Fun Fact

Plants communicate with microorganisms in the soil by releasing metabolites through their roots.



Every handful of soil is home to millions of microorganisms, including soil algae, bacteria and fungi, protozoa and innumerable nematodes. These microorganisms and plants form a symbiotic relationship where they help each other absorb nutrients and keep pathogens at bay.

LANDSCAPE INFORMATION

**Landscape
Relationship
Coordinator**



Karina Gonzalez

**kgonzalez
@castlegroup.com**

For any landscaping inquiries, please use the Member Service Request system on our website or app.

Exclusive Landscaping is the ONLY vendor permitted to modify and perform work on landscaping in the community.

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



The calendar is subject to change due to weather.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Lawn Mowing Model Park Homes, Sales Center, Residential Homes	28 Lawn Mowing Residential Homes	1 Lawn Mowing Residential Homes Wet Check: Nature View	2 Lawn Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: Ruby Rose	3 Lawn Mowing Overflow day Wet Check: Ruby Rose	4
Week 1- Detail Crew: Cherry Blossom Loop						
5	6 Lawn Mowing Model Park Homes, Sales Center, Residential Homes Wet Check: Mossy Oak	7 Lawn Mowing Residential Homes Wet Check: Mossy Oak	8 Lawn Mowing Residential Homes	9 Lawn Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: Cherry Blossom	10 Lawn Mowing Overflow day Wet Check: Cherry Blossom	11
Week 2- Detail Crew: Blue Pond, Citrus Grove, River Creek, Sandy Spring						
12	13 Lawn Mowing Model Park Homes, Sales Center, Residential Homes Wet Check: Cherry Blossom	14 Lawn Mowing Residential Homes Wet Check: Cherry Blossom	15 Lawn Mowing Residential Homes Wet Check: Cherry Blossom	16 Lawn Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard	17 Lawn Mowing Overflow day Wet Check: Cherry Blossom	18
Week 3- Detail Crew: Ruby Rose, Nature View, Mossy Oak						
19	20 Lawn Mowing Model Park Homes, Sales Center, Residential Homes	21 Lawn Mowing Residential Homes	22 Lawn Mowing Residential Homes	23 Lawn Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard	24 Lawn Mowing Overflow day	25
Week 4- Detail Crew: Del Webb Blvd, Sales office, Hammock Club						
26	27 Lawn Mowing Model Park Homes, Sales Center, Residential Homes Fertilization	28 Lawn Mowing Residential Homes Fertilization	29 Lawn Mowing Residential Homes Fertilization	30 Lawn Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard Fertilization	1 Lawn Mowing Overflow day Fertilization	2



Celebrate

π

PI DAY

PIE BAKING
CONTEST
6:00PM
MULTIPURPOSE
ROOM

MARCH 14

*Come Celebrate
with us!*

Pi Day is an annual celebration of the mathematical constant π (pi). Pi Day is observed on March 14 (3/14 in the month/day format) since 3, 1, and 4 are the first three significant digits of π .

Sign up if you plan to bake pie for our Pi Day Bake Off Challenge. Everyone is welcome to join us to taste the many pies the residents make. Vote for your favorite!



Del Webb
SUNBRIDGE



APR
22

5:30
PM



CASINO NIGHT

• CARD TABLES • MUSIC • RAFFLES •

JOIN US IN THE MULTIPURPOSE ROOM FOR AN EVENING OF FUN. EXPERIENCE THE REAL FEEL OF THE CASINO AT HOME. NO MONEY EXCHANGED. FAKE MONEY VOUCHERS WILL BE DISTRIBUTED. PRIZES RAFFLED AT THE END OF THE NIGHT. EVENT TICKET \$30

Made with PosterMyWall.com



SILENT DISCO

FEATURING: DJ Amy

SATURDAY APRIL 8TH AT 6:30 PM

EVENT TICKET: \$ 9.00

TAKE₂

Del Webb[®]
SUNBRIDGE


Summer KICKOFF PARTY

Monday, May 29, 2023

Enjoy good food and music by the pool

MORE DETAILS TO COME

Del Webb Sunbridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Any events that have this symbol (*) attached to it, is available to register online and either has a deadline or requires payment in order to attend event.</p>	<p>Any events that have this symbol (#) attached to it, requires payment to an outside vendor in order to attend event. Order tickets ahead of time.</p>	<p>9:00am Sunbridge Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 3:00pm Euchre 7:00pm Canasta/Hand & Foot 7:00pm Mustard Seeds 7:00pm 12 Stones Group</p>	<p>7:00am Yoga* 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm Lifestyle Meeting* 7:15pm Thirsty Thursday Cherry Blossom North / Ruby Rose</p>	<p>11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p>	<p>10:00am Power Yoga* 11:15am Aqua Fitness*</p>
<p>9:00am Leisurely Bike Ride Group 2:00pm Mahjong 4:00pm Progressive Dinner*</p>	<p>10:00am Fitness Center Orientation* 10:30am Fitness Center Orientation* 11:00am Art Meet 1:00pm Mahjong 3:00pm Scrabble 5:45pm Yogalates* 6:00pm HOA Website How To 6:40pm Yoga*</p>	<p>11:00am Mexican Train 1:00pm Quilters Corner 2:00pm Canasta/Hand & Foot 5:30pm Beginners Spanish Level 1 5:30pm Beginners Spanish Level 2 6:00pm Zumba Gold* 6:30pm Pinochle 6:45pm Intermediate Spanish Class</p>	<p>9:00am Sunbridge Stitchin' Sisters 10:30am Bridge 12:00pm Ladies Lunch* 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 3:00pm Cribbage 6:00pm Turtle Talk 101 7:00pm Wine Group 7:00pm 12 Stones Group</p>	<p>7:00am Yoga* 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm Kickbox Cardio* 7:15pm Thirsty Thursday Cherry Blossom South / River Creek & Sandy Springs</p>	<p>11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Group Line Dance 5:30pm Tavern Music</p>	<p>9:00am Hiking Group 9:15am Volunteer group 10:00am Power Yoga* 11:15am Aqua Fitness 3:30pm Resident Spotlight Bob Smart- Smart Barbecuing 101</p>
<p>Daylight Savings Time 9:00am Leisurely Bike Ride Group <u>10:00am Outdoor Activities Group - Manatee & Dolphin Encounter#</u> 2:00pm Mahjong</p>	<p>9:00am Morning Get Together 1:00pm Mahjong 3:00pm Scrabble 5:45pm Yogalates* 6:00pm Beginner Pickleball Class* 6:30pm Bunco 6:45pm Yoga 6:45pm Advanced Pickleball Class*</p>	<p>11:00am Mexican Train 1:00pm SCH Crafts 2:00pm Canasta/Hand & Foot 4:00pm Backgammon 5:30pm Beginners Spanish Level 1 5:30pm Beginners Spanish Level 2 6:00pm Pi Day Bake Off* 6:00pm Zumba Gold* 6:30pm Pinochle 6:45pm Intermediate Spanish Class 7:00pm Book Group</p>	<p>9:00am Sunbridge Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 3:00pm Euchre 6:00pm Music Trivia* 7:00pm Mustard Seeds 7:00pm 12 Stones Group</p>	<p>7:00am Yoga* 9:00am Beginner Yoga* 11:00am Rummikub 12:00 Men's Lunch * 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm Kickbox Cardio* 7:15pm Thirsty Thursday Blue Pond & Citrus Grove / Nature View & Mossy Oak</p>	<p>St. Patrick's Day 11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music 6:00pm A&E- Irish Whiskey / Potatoes</p>	<p>10:00am Power Yoga* 11:15am Aqua Zumba*</p>
<p>9:00am Leisurely Bike Ride Group 2:00pm Mahjong 4:00pm St. Patrick's Day Celebration with the Byrne Bros.</p>	<p>9:00am Shooting Range 10:00am Fitness Center Orientation* 10:30am Fitness Center Orientation* 11:00am Art Meet 1:00pm Mahjong 3:00pm Scrabble 5:45pm Yogalates* 6:00pm Beginner Pickleball Class* 6:40pm Yoga* 6:45pm Advanced Pickleball Class*</p>	<p>11:00am Mexican Train 1:00pm Quilters Corner 2:00pm Canasta/Hand & Foot 5:30pm Beginners Spanish Level 1 5:30pm Beginners Spanish Level 2 6:00pm Zumba Gold* 6:30pm Pinochle 6:45pm Intermediate Spanish Class</p>	<p>9:00am Sunbridge Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 3:00pm Cribbage <u>6:00pm Brew Crew#</u> 7:00pm Canasta/Hand & Foot 7:00pm 12 Stones Group</p>	<p>7:00am Yoga* 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 6:00pm Kickbox Cardio* 2:00pm Canasta/Hand & Foot 6:00pm New Homeowner Orientation*</p>	<p>11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music 6:00pm ABC Tasting- Blind Wine Taste Test</p>	<p>9:00am Hiking Group 10:00am Power Yoga* 11:15am Aqua Fitness* <u>1:30pm Glass Fusing Class#</u></p>
<p>9:00am Leisurely Bike Ride Group 2:00pm Mahjong 4:00pm Bowling Group 4:00pm Doc Dixon- Magic and Comedy</p>	<p>9:00am Morning Get Together 1:00pm Mahjong 3:00pm Scrabble 5:45pm Yogalates* 6:00pm Technology Advisory Group* 6:30pm Bunco 6:40pm Yoga*</p>	<p>11:00am Mexican Train 1:00pm SCH Crafts 2:00pm Canasta/Hand & Foot 4:00pm Backgammon 5:30pm Beginners Spanish Level 1 5:30pm Beginners Spanish Level 2 6:00pm Zumba Gold* 6:30pm Pinochle 6:45pm Intermediate Spanish Class</p>	<p>9:00am Sunbridge Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 3:00pm Euchre 5:30pm VITAS- Alzheimer's & Dementia Presentation 7:00pm 12 Stones Group</p>	<p>7:00am Yoga* 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm Kickbox Cardio* 6:00pm Board President Town Hall Meeting</p>	<p>11:15am Aqua Fitness* 1:00pm Art Series- Watercolors Level 1 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p>	<p>Please see event descriptions in the Newsletter or online for Cost & Description of all Lifestyle Events.</p>

TASTE
of the
WORLD

June 10th
2:00 pm

Learn about the vast diversity of this community by getting different ethnicities, cultures, and races together to learn, taste, and dance together.

MOTOWN

with Tim Bluntson

SATURDAY MAY 20TH

AT 7:00 PM

\$10





1



ANNIVERSARY

Sunday June 25th
Let there be cake!
Celebrate the Clubhouse turning 1
Cake will be available from
1:00pm-3:00pm or while supplies last

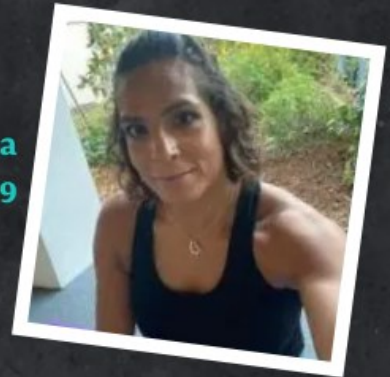
Please call to make an appointment.



Marlene
(321) 217-5311

Personal Training

Sabrina
(407) 808-1559



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

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

Lisa
(407) 340-6110



CHILI COOK-OFF WINNER

Congratulations to Emily Matos for winning our 2023 chili cook-off with her “Chili Chili Bang Bang” chili and receiving the coveted wooden spoon award!



GRANDMA'S CLOSET

Grandma's Closet is a list of items residents are willing to share with other residents. Items can include high chairs, car seats, crutches, walkers, children's pool items, etc.

Kathy Baskett has volunteered to keep track of these items. If you have any odd ball items you would like to share with or borrow from your fellow residents, please feel free to reach out to Kathy.

Kathy Baskett
406-544-9857
kathy327@live.com



PERSONAL TRAINING- MEET YOUR TRAINERS

PERSONAL TRAINING

Call for Times Fitness Center

Sabrina, Lisa, and Marlene are our onsite personal trainers. You will be able to book a private 30-minute personal training time slot with any of them. \$40 per 30 min session, \$60 per couple. Please reach out to the trainer of your preference to set up times:

Sabrina: (407) 808-1559

Lisa: (407) 340-6110

Marlene: (321) 217-5311

LISA

For over 18 years Lisa has worked as a certified group exercise instructor and currently teaches at Lake Nona Golf & Country Club, Nemours Children's Heath and is happy to now be a part of Del Webb Sunbridge. Her class specialties include indoor cycling, aqua aerobics, HIIT, bootcamp and body sculpt. Lisa is also the owner of Fitness 407, a specialized personal training business that focuses on toning, aerobic and stretching exercises. Her extensive background in the health and fitness industry enables her to create a personalized workout for each individual. As a certified group fitness instructor and results-oriented personal trainer, Lisa enjoys sharing her passion for inspiring others to reach their goals, improve their overall health and well-being, and develop a healthy lifestyle.



SABRINA

Sabrina loves getting to know people's strengths and weaknesses when it comes to finding the right program. She tailors your program based on what your needs are. She focuses on long term health and wellness where you can maintain motivation and consistency. She will focus a lot on core strength training and range of motion through functional training. Areas of specialty: Core Strength, Functional Mobility, Yoga, Power Yoga. Education & Certificates: Masters public administration - Keller Graduate School, NASM CPT, Les Mills Core & Body Pump, Barre, AFAA Yoga.



MARLENE

Marlene Gonzalez is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences are as follows: Aquatic personal training, Strength and balance training, Pilates and balance training, Prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide, Athletic injuries and rehabilitation, Massage therapy, Weight loss management Marlene shares with us that her passion is to help strengthen peoples mind-body and spirit through physical and mental activity.



FITNESS CLASSES

ADVANCED PICKLEBALL

Second & Third Mondays– 6:45pm
\$3.00

Sport Courts

Sharpen your pickleball skills.

AQUA FITNESS

Fridays & Saturdays– 11:15am
\$3.00

Resistance Pool

Wear a swimsuit, bring a noodle if you have one. Noodles and dumbbells will be available on a first come first serve basis.

BARRE BEFORE BAR

Fridays– 1:30pm
\$3.00

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. Bring water.

BEGINNER PICKLEBALL

Second & Third Mondays– 6:00pm
\$3.00

Sport Courts

Learn the basic skills of pickleball.

BEGINNER YOGA

Thursdays– 9:00am
\$3.00

Group Fitness Room

This yoga class is at a slower pace than an all-levels class. It is focused on developing clear and safe alignment in foundational poses. You will learn modifications and how to use props in this class. There are minimal chairs available if getting up and down on the floor is a challenge for you. Bring a mat, water and towel with you.

BODY SCULPT

Wednesdays– 1:30pm
\$3.00

Group Fitness Room

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.

GROUP LINE DANCE REVIEW

3/10– 3:00pm

Group Fitness Room

Learn all the fun group dance steps that you see at parties and weddings. Review classes (Uptown Funk, Cotton Eyed Joe, Cupid Shuffle, The Git Up, Jerusalema, Electric Slide, The Wobble, Cha Cha Slide) will be held the day before an event. Learn a new dance this week– Fancy Like by Walker Hayes.

HIIT FITNESS

Wednesdays– 12:30pm
\$3.00

Group Fitness Room

High-intensity interval training in a fun and energetic setting, focusing on strength and cardio moves to keep you burning calories to the max! Please bring comfortable shoes, water, towel, mat and weights if you would like.

HIKING GROUP

Every other Saturday– 9:00am
Sunbridge Base Camp
Resident Run

FITNESS CLASSES

KICKBOX CARDIO

Thursdays– 6:00pm

\$3.00

Group Fitness Room

Kickbox Cardio is a great way to work up a sweat while putting together combinations that will have you blasting away calories, while having fun! This class combines a cardiovascular workout consisting of punches and kicks with athletic drills designed to improve strength, endurance, speed, coordination & balance. Sneakers and water bottle are recommended.

LEISURLY BIKE GROUP

Sundays– 9:00am

Hammock Club Parking Lot

Resident Run

POWER YOGA

Saturdays– 10:00am

\$3.00

Group Fitness Room

Power Yoga with Marlene. This Yoga class in an intermediate Vinyasa yoga flow. It is a fast-paced class where we link breath to movement. It is focused on building strength and heating up your core. You will also challenge your balance in this class. Bring a mat and water.



19

YOGA

Mondays– 6:40pm

Thursdays– 7:00am

\$3.00

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. Ending in a 5–7-minute Savasana/ Meditation. Please bring a mat and water.

YOGALATES

Mondays– 5:45pm

\$3.00

Group Fitness Room

Yogalates is a fusion of yoga and Pilates offering you flexibility and core strengthening exercises. This class helps you dive deeper into toning and building your endurance we end with a 5 min meditation to recover. Please bring a mat and water.

ZUMBA

Thursdays– 12:00pm & 1:00pm

\$3.00

Group Fitness Room

This is a high energy dance exercise class. Please wear comfortable shoes and bring water and a towel.

ZUMBA GOLD

Tuesdays– 6:00pm

\$3.00

Group Fitness Room

Zumba Gold is a Latin-dance inspired aerobic fitness class for everyone! No dance experience required, your instructor will show you all the moves and you will learn as you go! With dances like Salsa, Merengue, Bachata and Cumbia - Zumba Gold feels like more of a party than a workout. Sneakers and water bottle are recommended.

Sign up
required
on
external
website

Resin and Glass Art Class with

Christine Fitzgerald

Saturday, March 25th
at 1:30pm



\$65.00 Per
Person

SPECIAL INTEREST GROUPS

12 STONES GROUP

Wednesdays– 7:00pm

Tech Room

Men's faith group, all faiths welcome

A&E (APPETIZERS & ELIXIRS)

3/17- 6:00pm

Multipurpose Room

This month's theme will be Irish Whiskey and Irish themed appetizers. Please bring with you one or more of these to share with the group.

ART MEET

Every other Monday– 11:00am

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

Thursday 3/31– 1:00pm

Watercolors Level 1 with Khris Butt

Wet Craft Room

Level 1 Watercolors will be a continuing learning experience. You will learn new techniques and build on skills learned from the intros class.

The Art Series is a great way for you all to experience, learn, and possibly share your talent! The Art Series is always looking for residents to share their skills with the community. If you are interested in hosting a class, please reach out to Khris Butt at 215-208-2644.

**4/5– 1:00pm -Intro to Watercolors
with Khris Butt**

**4/27– 5:00pm -Intro to Acrylics
with Dulce Devilla**

SPECIAL INTEREST GROUPS

BACKGAMMON

Every other Tuesday– 4:00pm

Multipurpose Room

2 player board game with counters and dice

BOOK GROUP

Every second Tuesday– 7:00pm

Wet Craft Room

Read and discuss a new book every month.

March– Kindred by Octavia Butler

April- The Taster by V.S. Alexander

May- All the Children are Home by Patry Francis

June- The Second Mrs. Astor by Shana Abe

BOWLING GROUP

3/26– 2:00pm

Three Points Bowling

7470 Hoffner Ave. \$12.00 per person for 3 games, includes shoes

BREWERY CREW

3/22– 6:00pm

Winter Park Wine & Dine

A group for beer enthusiasts

[Wine & Dine purchase tickets now](#)

BRIDGE

Wednesdays– 10:30am

Multipurpose Room

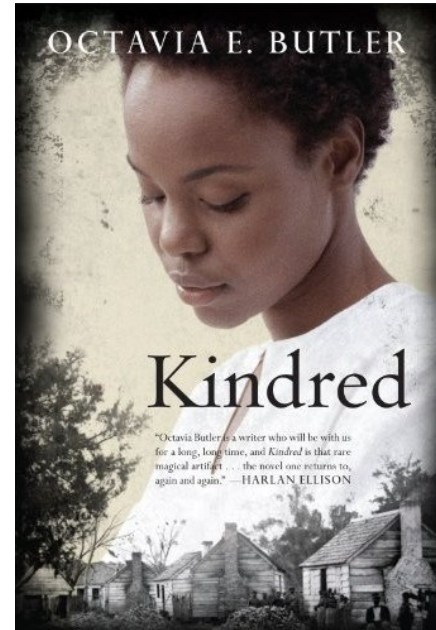
Trick taking card game

BUNCO

Every other Monday– 6:30pm

Multipurpose Room

Dice game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice.



CANASTA/HAND & FOOT

Tuesdays & Thursdays– 2:00pm

First and fourth Wednesdays– 7:00pm

Multipurpose Room

Card game in the rummy family

CRAFT FAIRS

Spring Fling– 4/1– 10:00am

Holiday Bazaar– 11/4

Multipurpose Room

Our first craft fair was such a success we are already planning our next events. A committee has been formed to work on the Spring Fling. If you would like to be a vendor, please send an email to: DWSCraftShows@mail.com.

SPECIAL INTEREST GROUPS

CRIBBAGE

Every other Wednesday– 3:00pm
Multipurpose Room

Card game to group cards in combinations to gain points

DOMINOES

Fridays– 2:00pm
Multipurpose Room

Tile based game

EUCHRE

Every other Wednesday– 3:00pm
Multipurpose Room

Trick taking card game

MAHJONG

Sundays– 2:00pm
Mondays– 1:00pm
Multipurpose Room

Tile based game developed in China

MEXICAN TRAIN DOMINOES

Tuesdays– 11:00am
Multipurpose Room

Dominoes based game

MORNING GET TOGETHER

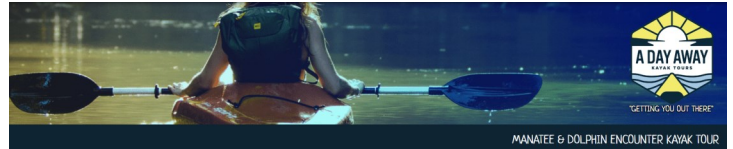
Every other Monday– 9:00am
Multipurpose Room

Bring your morning coffee, tea, or juice to the Hammock Club and get to know your neighbors.

MUSTARD SEEDS

First & third Wednesdays– 7:00pm
Wet Craft Room

Women's faith group, all faiths welcome



OUTDOOR ACTIVITIES GROUP MEETING

Tuesday 3/14– 10:00am– Planning Meeting

Multipurpose Room

Sunday 3/12– 10:00am

Outside of Community

Manatee & Dolphin Encounter Kayak Tour with A Day Away Kayak Tours. You must purchase your ticket from their website, [CLICK HERE](#). Be sure to book the Haulover Canal Location. You can also call to make a reservation and ask for the Sunbridge Group.

Monday 4/3– 9:30am– Biking Brevard County Coast to Coast Trail

PINOCHLE

Tuesdays– 6:30pm

Multipurpose Room

Trick taking card game

QUILTER'S CORNER

Every other Tuesday– 1:00pm
Dry Craft Room

Join if you are interested in quilting or sewing or would like to learn. If you have any questions, please contact Brenda Guiver at 916-801-8780 or Brenda.guiver@gmail.com.

SPECIAL INTEREST GROUPS

RUMMIKUB

Thursdays– 11:00am
Multipurpose Room

Tile based game similar to Rummy card game



SCRABBLE

Mondays– 3:00pm
Multipurpose Room

Board based word game

SCH (SOCIAL CRAFTING HOUR)

Every other Tuesday– 1:00pm
Dry Craft Room

Share your knowledge as well as obtain opinions or help with projects pertaining to crochet, knit, sew, quilt, bead work, scrapbooking, macrame, etc. If you have any questions, please contact Brenda Guiver at 916-801-8780 or Brenda.guiver@gmail.com.

SHOOTING RANGE

3/20– 9:00am
Triple N Ranch

595 Donovan Crews Road. Public shooting facility which features supervised rifle and handgun ranges as well as a 19-station sporting clay course [Learn more HERE](#)

SPANISH CLASS

Beginners Level 1– Tuesdays– 5:30pm
Beginners Level 2– Tuesdays– 5:30pm
Intermediate– Tuesdays– 6:45pm
Tech Room & Wet Craft Room

Join residents Dulce Devilla and Julia Vazquez to learn Spanish or sharpen your skills. Beginners Level 1 is taught by Julia and is slower paced. Beginners Level 2 is taught by Dulce and is taught at a faster pace. All skill levels are welcome.

SUNBRIDGE STITCHIN' SISTERS

Wednesdays– 9:00am
Dry Craft Room

The Sunbridge Stitchin' Sisters are evolving and expanding! We are now starting new projects for a number of different charities and we want you to join us. No sewing skills required! We're making things for the Lake Nona VA Hospital; Operation Smile (for children with cleft palates); nursing homes, and more. We are also needing and accepting fabric and sewing notions for these and future projects. We meet on Wednesday mornings in the Dry Craft Room from 9-12.



SPECIAL INTEREST GROUPS

THEATRE GROUP

April 2023– Into The Woods

Annie Russell Theatre at Rollins College

June 2023– Desperate Measures

Winter Park Playhouse

For more information or to purchase tickets for any or all plays, contact Pat Taylor at 407-310-0028 or pattaylor854@gmail.com

TECHNOLOGY ADVISORY GROUP

Every fourth Monday– 6:00pm

Tech Room

Want to learn more about your phone, computer, or IT security? Learn from fellow residents.

3/27– Advanced– Working with Zip Files & PDFs

4/24– Basics– Technology for Health & Family

THIRSTY THURSDAYS

Thursdays– 7:15pm

Community Locations

BYOB. Enjoy an evening with your fellow residents, meet new friends, and enjoy good conversation. Each group will have a different meeting location, residents are welcome at all groups no matter where they live. Click image to make larger.

Cherry Blossom South: Grassy area at top of pond

Cherry Blossom North: North-East corner

Ruby Rose: Inlet street

River Creek & Sandy Springs: Grassy area by lift station

Blue Pond & Citrus Grove: Cul-de-sac

Nature View & Mossy Oak: Grassy Area on Mossy Oak

VOLUNTEER GROUP INFORMATIONAL MEETING

Saturday 3/11– 9:15am

Multipurpose Room

Calling all community service volunteers. If you like to pay it forward, come to our first meeting. Our goal is to volunteer as a group once a month. We will discuss locations and dates. Some places we may consider are the Ronald McDonald House, Give Kids the World Village, etc. (additional suggestions greatly appreciated). We look forward to seeing all those who are interested.

For more information please contact Mayra Hung at 848-333-6913.

WINE GROUP

Second Wednesdays– 7:00pm

Multipurpose Room

A group for wine enthusiasts. This month this group will explore wines and tasty treats from Australia. Please bring something to share with the group.





MARCH LIFESTYLE PROGRAMMING GUIDE

LIFESTYLE MEETING

Thursday 3/2–6:00pm
Multipurpose Room

Learn about upcoming events and make suggestions for future events. Learn more about Brew Crew, Wine Group, and the Volunteer Group from the lead residents.

PROGRESSIVE DINNER

Sunday 3/5– 4:00pm
Random Community Households

Enjoy dinner with 2-3 other random households. Each group will be randomly chosen, and each household will be designated a course for the evening (appetizer, entrée, dessert, etc). Household groups will be informed by the week before to give them time to shop and plan their course.

HOA WEBSITE “HOW TO” SEMINAR

Monday 3/6– 6:00pm
Tech Room

Learn what is available on the HOA app. Ask questions on how things work or where to find certain items.

LADIES LUNCH BUFFET

Wednesday 3/8– 12:00pm
\$13.95
Multipurpose Room

Enjoy a special Luau buffet style lunch while getting to know your neighbors. After lunch plan to stay for some “getting to know you” type games. Ticket price can be applied towards your tavern credit.

The Luau Buffet:

Tropical Seasonal Fruit Salad, Island Cole Slaw, Hula Hula Grilled Chicken, Sliced Beef with Pineapple, glaze, Polynesian Fried Rice

MARCH LIFESTYLE PROGRAMMING GUIDE

TURTLE TALK 101

Wednesday 3/8– 6:00pm
Multipurpose Room

Turtle Talk 101 is an educational presentation offered by STPS Education Volunteers and covers sea turtles of Florida, a bit of their nesting biology, threats of sea turtles, and most importantly what EVERYBODY can do to help sea turtles survive.



RESIDENT SPOTLIGHT– BOB SMART

Smart Barbecuing 101

Saturday 3/11– 3:30pm

Multipurpose Room

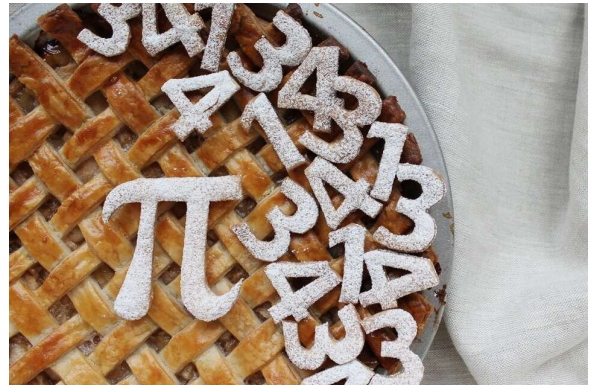
Smart Barbecuing 101- Learning the Basics to Great BBQ

PI DAY BAKE OFF

Tuesday 3/14– 6:00pm

Multipurpose Room

Bake a pie to share with everyone and enjoy on Pi day.



MUSIC TRIVIA

Wednesday 3/15– 6:00pm

Multipurpose Room

Guess the song name and artist from listening to about 15 seconds of a song.

MEN'S LUNCH BUFFET

Thursday 3/16– 12:00pm

\$13.95

Sabal Tavern

Enjoy a special Luau buffet style lunch while getting to know your neighbors. After lunch plan to stay for some “getting to know you” type games. Ticket price can be applied towards your tavern credit.

The Luau Buffet:

Tropical Seasonal Fruit Salad, Island Cole Slaw, Hula Hula Grilled Chicken, Sliced Beef with Pineapple, glaze, Polynesian Fried Rice

MARCH LIFESTYLE PROGRAMMING GUIDE

NEW HOMEOWNER ORIENTATION

Thursday 3/23– 6:00pm

Tech Room

We ask that all homeowners attend at least one of these meetings. Rules and Regulations and the Architectural Criteria will be reviewed in detail.

ABC TASTINGS– BLIND WINE TASTING

Friday 3/24– 6:00pm

\$15.00

Multipurpose Room

Blind taste test different type of wine and learn about them after you have enjoyed them.



GLASS FUSING CLASS

Saturday 3/25– 1:30pm

\$65.00

Wet Craft Room

Must sign up and pay for classing through external website.

[Sign up here](#)

DOC DIXON

Sunday 3/26– 4:00pm

\$10.00

Multipurpose Room

Doc Dixon has performed all across the USA. He has performed on the Late Late show with James Corden, at the White House, and has fooled Penn and Teller on their show Fooled Us! Now he is coming to make you laugh and amaze you! Watch videos and learn more about Doc Dixon [HERE](#)

VITAS– ALZHEIMER’S & DEMENTIA

Wednesday 3/29– 5:30pm

Multipurpose Room

Learn about Alzheimer’s and Dementia. Discuss cognitive and functional decline and the best ways to help friends or family members.

BOARD PRESIDENT TOWN HALL MEETING

Thursday 3/30– 6:00pm

Multipurpose Room

Get an update on the community and ask general questions.



THE SABAL TAVERN

MARCH 2023

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

HAPPY HOUR!

- Wednesday-Thursday 3:00pm-7:00pm
- Friday-Sunday 4:00pm-7:00pm
- Half Price Appetizers
- \$4.00 wine & beer drafts, Margaritas (flavors will vary), & Sangria

LIVE MUSIC– 5:30PM

3/3-John Harman

3/10-Dennis Gallo

3/17-Marc Osborn- playing some Irish tunes for St. Patty's day!

3/24-Eric Lagi

3/31-Fred Ramos



PLEASE VISIT THE
[SABAL TAVERN PAGE](#) AFTER
LOGGING INTO THE
HOA WEBSITE

SABAL TAVERN
HOURS:

Sunday: 12:00pm-7:00pm

Monday: Closed

Tuesday: Closed

Wednesday: 12:00pm-7:00pm

Thursday: 12:00pm-7:00pm

Friday: 12:00pm-9:00pm

Saturday: 12:00pm-9:00pm

The Sabal Tavern Advisory Committee Happenings

*“RESIDENTS
WORKING
TOGETHER TO
CREATE
ENJOYABLE
EXPERIENCES
AROUND
DELICIOUS
FOOD AND
DRINK TO
FOSTER YOUR
FONDEST
MEMORIES
WITH FRIENDS
AT THE
TAVERN.”*

SABAL TAVERN SPECIAL EVENTS

- Ladies Lunch Buffet
 - Wednesday, 3/8 12pm-2pm
 - Special Luau Buffet Menu
 - Reservations required
- Men’s Lunch Buffet
 - Thursday, 3/16 12pm-2pm
 - Special Luau Buffet Menu
 - Reservations required

The Luau \$13.95

- Tropical Seasonal Fruit Salad
- Island Cole Slaw
- Hula Hula Grilled Chicken
- Sliced Beef with Pineapple Glaze
- Polynesian Fried Rice

SPRING BRUNCH

The Sabal Tavern Advisory Committee has reviewed your remarks from the Comment Cards submitted by our residents. We heard you! You expressed your desire to begin having Sunday Brunch in the Tavern or Multi-Purpose Room. This one-time, initial offering will be held on **Sunday, April 2, 2023**, on a trial basis as **April Spring Feast 2023**, with a special breakfast brunch menu. It is planned to be served buffet-style similar to the Friendsgiving event held last November. More information will be forthcoming shortly (menu, price, etc). Attendance will be allowed using the reservations system. It is imperative that once the reservation window is opened, responses will be needed quickly to gauge attendance, food ordering, and server staff needed. Stay tuned!

Alton (Al) Robinson

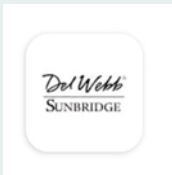
Sabal Tavern Advisory Committee - Chair



HOW TO ADD YOURSELF TO THE RESIDENT DIRECTORY ON THE WEBSITE

Go to Resident Services > My Profile > My Settings
Scroll to the bottom and unclick "hide profile." Then click any information you would like to share in the member directory.
Click SAVE.

Look for this logo when downloading the Del Webb Sunbridge app



Del Webb Sunbridge HOA
Northstar Technologies Inc • Lifestyle
☑ Installed



WEBSITE INFORMATION

The website and app are both sources with so much information. On the website you can find all your forms, documents, meeting minutes, newsletters, FAQs, and contact information.

If you are having any issues with your member log in, please reach out to Amy

apollock@castlegroup.com

www.delwebbsunbridgehoa.com

View Your Sabal Tavern Credit Book

App: Click Menu > Click Credit Book

Website: Resident Services > My Hammock Club Account > Credit Book

You can also view monthly statements and recent charges to your credit card from the Sabal Tavern in My Hammock Club Account.

Give others in your household permission to view statements and credit books on the website:
Resident Services > My Settings > Show My Statements, Show My Credit Books. Click SAVE.

Canceling Events

As a reminder, if you cannot make an event that you signed up for, please cancel your reservation so others can utilize that space. You can do this both on the website and the app.

Website: Click on the event > View Details > View Existing Reservation > Cancel Reservation.

App: Click Upcoming Reservations . click the red trash can next to the upcoming event you want to cancel.