

April 2023

The Hammock Happenings

**Spring
Craft Fair**

Pg. 3

**Movie
Night!**

Pg. 14

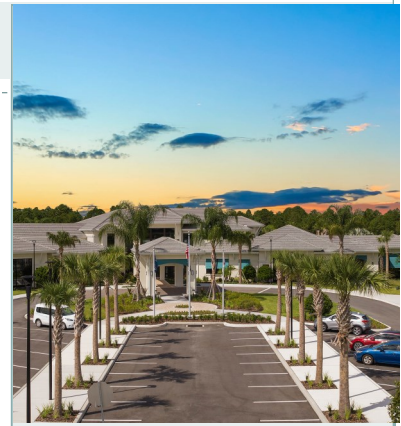
**Fitness
Classes**

Pg. 18

Hammock Club 2600 Del Webb Blvd 407-915-3410

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CONTACT INFORMATION

Homeowner's Association
407-915-3410

Gate House
407-915-3409

General Manager
Stacey Peach
speach@castlegroup.com

Assistant Property Manager
Walter Beltran
wabeltran@castlegroup.com

Landscape Relationship Coordinator
Karina Gonzalez
kgonzalez@castlegroup.com

Lifestyle Director
Amy Pollock
apollock@castlegroup.com

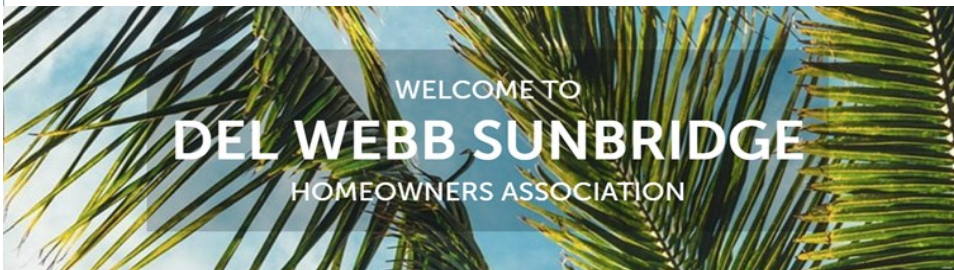
Castle Group
800-337-5850

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





HAMMOCK — CLUB —

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 during all hours.

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.

All hours are subject to change

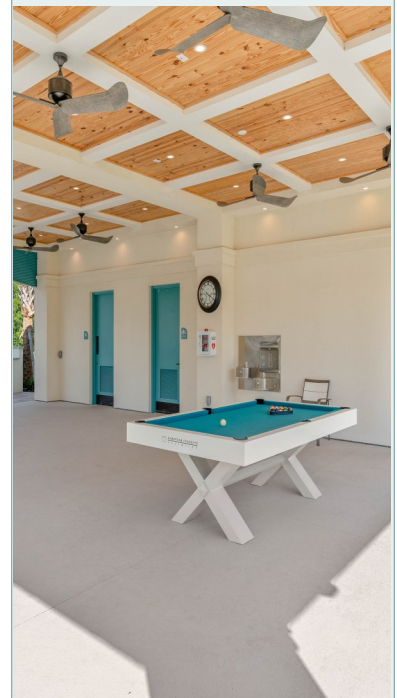
RULES & REGULATIONS HIGHLIGHT

NO GLASS ON PROPERTY

There is no glass allowed on property. You are welcome to bring drinks to the clubhouse however we ask that you change them out of any glass containers.

No beverages or food are allowed in the pool.

No outside food or beverages are allowed in the Sabal Tavern areas while the tavern is open.



HOA MANAGEMENT UPDATE

STACEY PEACH
GENERAL MANAGER



I want to thank all who attended the Town Hall meeting on March 30th. There were several questions submitted in advance of and during our meeting, and we hope that everyone found the information beneficial. I also want to thank the Sunbridge Team for their dedication and contributions in seeking opportunities to improve our services and communications with the residents.

Our RFID exchange program is well underway. We have only had approximately 50% of the residents make an exchange who were scheduled for these days. We will have reminders on when the alternate date will be for those who did not have an opportunity to come in on their designated day. We would like to remind residents that we are offering the exchange at no charge at this time. If the equipment for the remotes is damaged or fails, the HOA will not be incurring the expense to make repairs to the remote readers and phasing out this redundant equipment. We will be allowing plenty of time for this transition and exchange, and we will keep you all notified in our weekly updates.

We have several other projects pending. Some may be completed this quarter while others will need to wait for next quarter in consideration of budget funding. Some of those projects include the replacement of windscreens for the sports courts, resurfacing of the resistance pool, additional benches at the pickleball courts, additional bike parking at the sports courts, screening for the opening of the patio at the Tavern, doggie station at the pond across from the Clubhouse, and a filter for the bottle filler water fountain by the fitness center.

I can't say enough how much I enjoy working in such a lovely community with wonderful residents such as yourselves!

Stacey Peach,
General Manager

[Sunbridge Info](#)

[Sunbridge SD](#)



BASECAMP AT SUNBRIDGE

The Sunbridge master planned community around us is growing just as quickly as we are! Be sure to visit Basecamp to get all the updates on the surrounding community and to check out all the fun events they are hosting. [Stay in the Know](#) by checking out their website.

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



SUNBRIDGE™



TAVISTOCK
DEVELOPMENT COMPANY

TOWN HALL MEETING

The next Town Hall will be held May 25, 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



HAMMOCK CLUB UPDATES

The resistance pool will be closed starting April 24. It will be getting resurfaced. We will keep everyone updated through the process and on a reopening date



NEW CLUBS ARE FORMING EVERY DAY! INTERESTED IN LEADING A GROUP? HAVE A THOUGHT FOR OUR FUTURE SURVEY? REACH OUT TO AMY! AND CHECK OUT OUR NEWEST GROUP IN THE DESCRIPTIONS THE PAR-TEE SISTERS

A NOTE FROM YOUR LIFESTYLE DIRECTOR

Happy April!

With the weather improving everyday we have added another Aqua Fitness class on Monday nights at 5:00pm. This change shifts a few other classes so be sure to check the calendar. We have also moved our Thursday morning 7:00am Yoga to 8:00am.

Be sure to join us at our Lifestyle Meeting Monday, April 3rd at 6:00pm to hear about some exciting upcoming events and to offer suggestions for future events.

Stay tuned for more!

Thank you,
Amy Pollock

Del Webb
SUNBRIDGE



Postponed



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

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

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 or borrow from your fellow residents, please feel free to reach out to Kathy.

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

Landscape Update

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

General Maintenance

Attached you will find April 2023 Landscape Calendar for detailing, wet check inspection and fertilization.

High Water Bill

Did you receive a high-water bill? If so, reach out to Toho/US Water at 1-888-228-2134 to request a second reading. It was brought to HOA's attention that some meter readings may be inaccurate. Also, submit a work order through the association page to have a full wet check performed on your lot. We can assist in confirming that the overage was not caused by a leak.

Steps for Homeowner Paid Landscape Enhancements

Step 1. Receive a proposal from Exclusive Landscape

Step 2. Submit ARC Application for review by Association Board (Application, lot survey and proposal)

Step 3. Make 50% Deposit directly with Exclusive Landscape after receiving board approval

Step 4. Notify Karina so she can assist in coordinating installation

HOA Plant and Tree Replacement

Plant replacements will be completed by street. Exclusive Landscape is working diligently on replacements around the community. Weekly updates will be sent out informing homeowners where Exclusive Landscape is on the replacement project.

Sod

Sod replacements will be completed by street. Exclusive Landscape is working diligently on replacements around the community. Weekly updates will be sent out informing homeowners where Exclusive Landscape is on the sod project.

Need Assistance?

When communicating with Karina, Landscape Relationship Coordinator, via email, include your name, address, pictures, and work order number. Work order requests are not accepted via email. All requests must go through the HOA website.

Thank you
Karina Gonzalez

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.

Fun Fact



Fifteen Square meters of turfgrass produces enough oxygen every day to support a family of four. Grass absorbs carbon dioxide and releases oxygen as it photosynthesizes sunlight into chemical energy that will be used for growth and reproduction. Grass and phytoplankton, one-celled plants that populate the ocean, work together to provide more than half of all the oxygen that the world needs.



Calendar is subject to
change due to weather.

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Lawn Mowing Model Park Homes, Sales Center, Residential Homes	28 Lawn Mowing Residential Homes Wet Check: Cherry Blossom	29 Lawn Mowing Residential Homes Wet Check: Cherry Blossom	30 Lawn Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: Cherry Blossom	31 Lawn Mowing Overflow day Wet Check: Cherry Blossom	1
2	3 Lawn Mowing Model Park Homes, Sales Center, Residential Homes Wet Check: Citrus Grove	4 Lawn Mowing Residential Homes Wet Check: Citrus Grove	5 Lawn Mowing Residential Homes	6 Lawn Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: Blue Pond	7 Lawn Mowing Overflow day Wet Check: Blue Pond	8
Week 1- Detail Crew: Cherry Blossom Loop						
9	10 Lawn Mowing Model Park Homes, Sales Center, Residential Homes Wet Check: Sandy Springs & Mossy Oak	11 Lawn Mowing Residential Homes Wet Check: River Creek	12 Lawn Mowing Residential Homes	13 Lawn Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: River Creek	14 Lawn Mowing Overflow day Wet Check: River Creek	15
Week 2- Detail Crew: Blue Pond, Citrus Grove, River Creek, Sandy Spring						
16	17 Lawn Mowing Model Park Homes, Sales Center, Residential Homes Wet Check: Nature View	18 Lawn Mowing Residential Homes Wet Check: Nature View	19 Lawn Mowing Residential Homes	20 Lawn Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: Ruby Rose	21 Lawn Mowing Overflow day Wet Check: Ruby Rose	22
Week 3- Detail Crew: Ruby Rose, Nature View, Mossy Oak						
23	24 Lawn Mowing Model Park Homes, Sales Center, Residential Homes Wet Check: Cherry Blossom Fertilization	25 Lawn Mowing Residential Homes Wet Check: Cherry Blossom Fertilization	26 Lawn Mowing Residential Homes Fertilization	27 Lawn Mowing Residential Homes, Ponds, Cyrils, and Del Webb Boulevard Wet Check: Cherry Blossom Fertilization	28 Lawn Mowing Overflow day Wet Check: Cherry Blossom Fertilization	29
Week 4- Detail Crew: Del Webb Blvd, Sales office, Hammock Club						



Postponed

SILENT DISCO

FEATURING: DJ Amy

SATURDAY APRIL 8TH AT 6:30 PM

EVENT TICKET: \$ 9.00

TAKE₂

MOTOWN

with Tim Bluntson

SATURDAY, MAY 20TH

AT 7:00 PM

\$10





Stay up to date with an AARP Smart DriverTEK workshop.

GET SMART ABOUT NEW VEHICLE TECHNOLOGY



Forward Collision Warnings & AEB



Adaptive Cruise Control



Reverse Safety Technologies



Blind Spot Warnings



Lane Departure Warnings



Drowsy Driver Alerts



Featured Technologies



Additional Technologies



Future of Transportation

Smart DriverTEK is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about new technologies available, how they work, and how they can improve your peace of mind on the road. Register today and tell a friend—it's FREE!

LOCATION: Tech Room

Date/Time: Friday, May 12, 10:30am-12:00pm

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
	<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 Leisurely Bike Ride Group² 11:00am SpringFest Brunch* 2:00pm Mahjong</p>	<p>9:30am Outdoor Activities– Biking the East Central Regional Rail Trail³ 10:00am Art Meet 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 6:00pm Lifestyle Meeting* 6:00pm Yoga Sculpt* 7:00pm Yoga*</p>	<p>11:00am Mexican Train⁴ 1:00pm Quilters Corner 2:00pm Canasta/Hand & Foot 5:30pm Beginners Spanish Level 1 5:30pm Beginners Spanish Level 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish Class</p>
<p>9:00am Leisurely Bike Ride Group⁹ 2:00pm Mahjong</p>	<p>9:00am Morning Get Together¹⁰ 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 6:00pm Beginner Pickleball Class* 6:30pm Bunco 7:00pm Yoga* 6:45pm Advanced Pickleball Class*</p>	<p>11:00am Mexican Train¹¹ 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* 6:30pm Pinochle 6:45pm Intermediate Spanish Class 7:00pm Book Group</p>
<p>9:00am Leisurely Bike Ride Group¹⁶ 2:00pm Mahjong 4:00pm Progressive Dinner*</p>	<p>9:00am Shooting Range¹⁷ 10:00am Art Meet 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 6:00pm Beginner Pickleball Class* 7:00pm Yoga* 6:45pm Advanced Pickleball Class*</p>	<p>11:00am Mexican Train¹⁸ 1:00pm Quilters Corner 2:00pm Canasta/Hand & Foot 4:00pm Group Dance Instruction* 5:30pm Beginners Spanish Level 1 6:00pm Zumba* 6:00pm Music Trivia* 6:30pm Pinochle</p>
<p>9:00am Leisurely Bike Ride Group²³ 2:00pm Mahjong 2:00pm Bowling Group</p>	<p>9:00am Morning Get Together²⁴ 1:00pm Mahjong 3:00pm Scrabble 6:00pm Yoga Sculpt* 6:00pm Technology Advisory Group* 6:30pm Bunco 7:00pm Yoga*</p>	<p>11:00am Mexican Train²⁵ 11:00am Zumba* 12:00pm Zumba* 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* 6:30pm Pinochle 6:45pm Intermediate Spanish Class</p>
<p>9:00am Leisurely Bike Ride Group³⁰ 2:00pm Mahjong</p>		

Wednesday	Thursday	Friday	Saturday
<p>Please see event descriptions in the Newsletter or online for Cost & Description of all Lifestyle Events.</p>			<p>10:00am Spring Fling Craft Fair¹ 10:00am Power Yoga* 11:15am Aqua Fitness*</p>
<p>9:00am Sunbridge Stitchin' Sisters⁵ 10:30am Bridge 12:30pm HIIT Fitness* 1:00pm Art Series– Intro to Water Colors* 1:30pm Body Sculpt* 3:00pm Cribbage 7:00pm Canasta/Hand & Foot 7:00pm Mustard Seeds 7:00pm 12 Stones Group</p>	<p>8:00am Yoga*⁶ 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm Cardio Kickboxing* 7:15pm Thirsty Thursday Cherry Blossom North / Ruby Rose</p>	<p>11:15am Aqua Fitness*⁷ 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p>	<p>9:00am Hiking Group⁸ 10:00am Power Yoga* 11:15am Aqua Fitness*</p>
<p>9:00am Sunbridge Stitchin' Sisters¹² 10:30am Bridge 12:00pm Ladies Lunch* 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 3:00pm Euchre 6:00pm AED & First Aid Training* 7:00pm Wine Group 7:00pm 12 Stones Group</p>	<p>8:00am Yoga*¹³ 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm Cardio Kickboxing* 6:00pm New Homeowner Orientation* 7:15pm Thirsty Thursday Cherry Blossom South / River Creek & Sandy Springs / Cliff Way</p>	<p>11:15am Aqua Fitness*¹⁴ 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Karaoke</p>	<p>9:15am Volunteer Group¹⁵ 9:30am Art Series- Intermediate Pastels* 10:00am Power Yoga* 11:15am Aqua Fitness* 2:00pm UCF LIFE Presentation– Anyone Who Keeps Learning Stays Young*</p>
<p>9:00am Sunbridge Stitchin' Sisters¹⁹ 10:30am Bridge 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 3:00pm Cribbage 6:00pm Resident Spotlight– Mary Lu Williams Women's Nutrition and Aging* 7:00pm Mustard Seeds 7:00pm 12 Stones Group</p>	<p>8:00am Yoga*²⁰ 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Men's Lunch* 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm Cardio Kickboxing* 6:00pm Meeting with the Manager* 7:15pm Thirsty Thursday Blue Pond & Citrus Grove / Nature View & Mossy Oak</p>	<p>11:15am Aqua Fitness*²¹ 1:30pm Barre Before Bar* 2:00pm Dominoes 2:30pm Art Series– Painting Freely* 5:30pm Tavern Music</p>	<p>9:00am Hiking Group²² 10:00am Power Yoga* 11:15am Aqua Fitness* 1:00pm Brew Crew 6:30pm Interactive Movie Night– Grease*</p>
<p>9:00am Sunbridge Stitchin' Sisters²⁶ 10:30am Bridge 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 3:00pm Euchre 6:00pm Women and Investing* 7:00pm Canasta/Hand & Foot 7:00pm 12 Stones Group</p>	<p>8:00am Yoga*²⁷ 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 5:00pm Art Series– Intro to Acrylics* 6:00pm Cardio Kickboxing* 6:00pm A&E– Vodka with Disguised Appetizers</p>	<p>1:30pm Barre Before Bar*²⁸ 2:00pm Dominoes 5:30pm Tavern Music</p>	<p>9:30am Artistic Furniture Refinishing Class*²⁹ 10:00am Power Yoga*</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.



Del Webb
SUNBRIDGE

MOVIE ★ NIGHT ★

22 APRIL - 6:30PM

DOORS OPEN 6PM - DRESS TO IMPRESS- GREASE

Sing and dance along with the classic movie Grease

GREASE

01234

01234

VENUE

Director: _____
Cameraman: _____
Sound: _____
Date: _____
Prod. Co: _____

PRODUCTION
SCENE

WOODEN FLOOR



1



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



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

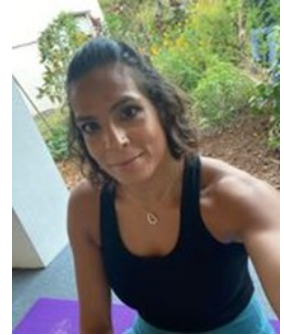
LISA

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.



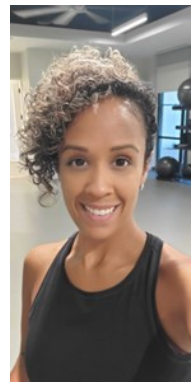
SABRINA

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

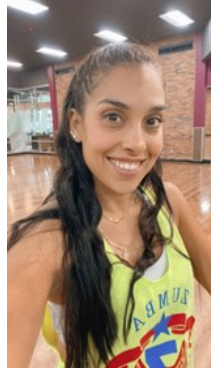
Marlene Gonzalez is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences are as follows: Aquatic personal training, Strength and balance training, Pilates and balance training, Prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide, 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- MEET YOUR INSTRUCTORS

ALEX

Alexaida is originally from Venezuela. She has two children and studied economics until she started in the world of dance. She loves to dance and since has dedicated herself to the world of dance. In her country, she had a Salsa Academy for more than 10 years and had the opportunity throughout those years 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 that helps to have a balance between cardio and toning.



ERICK

Erick is a certified Personal Trainer working towards becoming a Specialized Personal Trainer through the International Sport Science Association. Before relocating to Central Florida, Erick had previous experience as a swimming instructor for children, adults and the Master Team in Venezuela. Erick is an experienced instructor that teaches Kickbox Cardio, Boot Camp, Aqua, Cycle and Circuit style fitness classes. Erick's passion for fitness is contagious!



DELISA

Delisa is fifty three years old and was born and raised in Honolulu, Hawaii. She has a Bachelors degree in Communications. She 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 recent 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.



FITNESS CLASSES

ADVANCED PICKLEBALL

Second & Third Mondays– 6:45pm

\$3.00

Sport Courts

Sharpen your pickleball skills.

AQUA FITNESS

Mondays– 4:30pm

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.

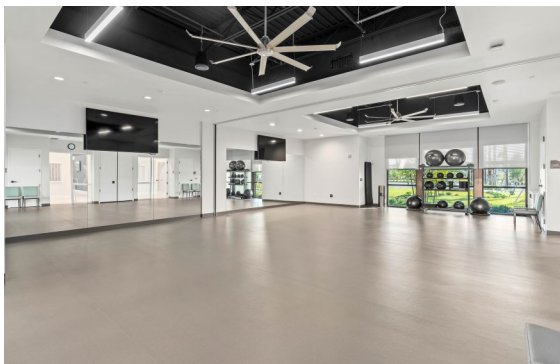
BEGINNER PICKLEBALL

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.

CARDIO KICKBOXING

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. Bring a mat.

FITNESS CLASSES

GROUP LINE DANCE REVIEW

4/18– 4:00pm

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 the basics to all your favorite Grease dances.

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

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.

YOGA

Mondays– 6:45pm

Thursdays– 8:00am

\$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.

YOGA SCULPT

Mondays– 5:45pm

\$3.00

Group Fitness Room

Yoga sculpt is a combination of yoga and strength training. Boost your metabolism and build lean muscle mass combining free weights with core exercises in this power Yoga flow. Incorporating strength training moves like squats, lunges and bicep curls. Weights are optional, recommended weights range from 2lbs-5lb dumbbells. Please bring a mat and water.

ZUMBA

Tuesdays– 6:00pm

Thursdays– 12:00pm & 1:00pm

\$3.00

Group Fitness Room

Zumba Gold 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. Sneakers and water bottle are recommended.



Del Webb[®]
SUNBRIDGE

June 24th

\$5 ONLY

6:00 PM

Multipurpose
Room

Join fellow
resident Dave
Twarog and his
band Off the
Charts
Sing & Dance the
night away!

**OFF THE
CHARTS!!**

SPECIAL INTEREST GROUPS

12 STONES GROUP

Wednesdays– 7:00pm

Tech Room

Men's faith group, all faiths welcome

A&E (APPETIZERS & ELIXIRS)

Thursday 4/27- 6:00pm

Multipurpose Room

This month's theme is based on April fool's and will be Vodka and disguised 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.

ARTISTIC FURNITURE REFINISHING CLASS

Saturday 4/29– 9:30am

Wet Craft Room

Join Michelle Henley and learn how to refinish a piece of furniture provided by you with chalk paints.

SPECIAL INTEREST GROUPS

ART SERIES

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

Learn the basics of watercolors.

Saturday 4/15– 9:30am –
Intermediate Pastels with Michelle Henley

Painting with pastels using hard, soft and pencil pastels, provide constructive information and feedback, continue to teach color management, & construction of the painting. Must have taken Intro to Pastels or have a background in pastels to take this class.

Friday 4/21– 2:30pm
Painting Freely with Michael Maccarone

A study of different techniques used to create abstract art. The class will explore and make abstract art.

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

Learn the basics of acrylics.

Wet Craft Room

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.

BACKGAMMON

Every other Tuesday– 4:00pm
Multipurpose Room

2 player board game with counters and dice

BOOK GROUP

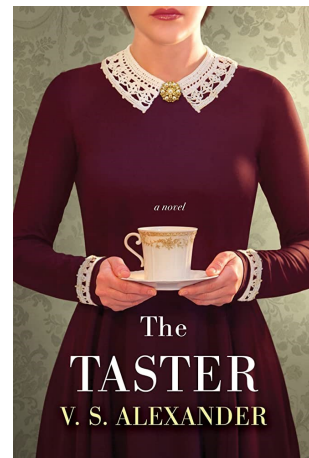
Every second
Tuesday– 7:00pm
Wet Craft Room

Read and discuss a new book every month.

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

Sunday 4/23– 2:00pm
Three Points Bowling

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

BREWERY CREW

4/22– 1:00pm
Brews at the Pavilion

Bring your favorite beers to enjoy at the Hammock Club Grill Pavilion and discuss future locations for Brew Crew.

NO GLASS ALLOWED

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.

SPECIAL INTEREST GROUPS

CANASTA/HAND & FOOT

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

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

Monday 4/3– 9:30am
Biking the East Central Regional Rail-Trail
Enjoy an afternoon of biking a beautiful paved trail. Start at Mims United Methodist Church at [3302 Green St, Mims, FL](#)
Monday 5/8– 9:30am–
Lake Louisa State Park
Monday 6/5– DeLeon Springs
Saturday 7/22– 8:30pm
Bioluminescence Clear Kayak Tour at Manatee Cove– AT MANATEE COVE.
Purchase tickets early!

PAR-TEE SISTERS

Eagle Creek Golf Club
Interested in brushing up on your golf game? We are organizing a series of golf clinics at Eagle Creek Golf course with Golf Channel Academy Coach, Adam Andrews. The cost is \$39 for each 1 1/2 hour clinic. Contact Pat Taylor for additional information.

PINOCHLE

Tuesdays– 6:30pm
Multipurpose Room
Trick taking card game

SPECIAL INTEREST GROUPS

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

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

Monday 4/17– 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

Wednesday 4/26– 7:30pm

Into The Woods- \$28.00

Annie Russell Theatre at Rollins College
1000 Holt Avenue, Winter Park, FL

Saturday, 5/13– 2:00pm

Desperate Measures (musical comedy)
\$41.00

Winter Park Playhouse

711 Orange Avenue, Winter Park, FL

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.

4/24– Basics– Technology for Health &
Family

VOLUNTEER GROUP

INFORMATIONAL MEETING

Saturday 4/15– 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 Argentina. Please bring something to
share with the group.

THIRSTY THURSDAYS

Thursdays– 7:15pm

Community Locations

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

**Cherry Blossom South: Grassy area at top of
pond**

Cherry Blossom North: North-East corner

Ruby Rose: Inlet street

**River Creek & Sandy Springs: Grassy area by
lift station**

Blue Pond & Citrus Grove: Cul-de-sac

**Nature View & Mossy Oak: Grassy Area on
Mossy Oak**

**Cliff Way– will meet along driveways on Cliff
Way until a cleaner safer spot is designated.**



We want to hear from you!

APRIL LIFESTYLE PROGRAMMING GUIDE

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.

LIFESTYLE MEETING

Monday 4/3–6:00pm

Multipurpose Room

Learn about upcoming events and make suggestions for future events. Learn more about the Outdoor Activities Group, Spanish Classes, AARP, SDTek classes, and Art Series classes from the lead residents.

AED & FIRST AID TRAINING

Wednesday 4/12– 6:00pm

Tech Room

Join resident Kelly Eberbach as she demonstrates how to use an AED and proper first aid techniques. This is not a certification course but will demonstrate proper use of technique.



APRIL LIFESTYLE PROGRAMMING GUIDE

NEW HOMEOWNER ORIENTATION

Thursday 4/13– 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.

UCF LIFE PRESENTATION

Saturday 4/15– 2:00pm

Multipurpose Room

Anyone who keeps learning stays young; the secret to LIFE is at UCF.

For over 30 years a lifelong learning program designed for senior adults, in partnership with the University of Central Florida, has provided a variety of educational experiences in a relaxed, social environment that enriches the lives of its members.



PROGRESSIVE DINNER

Sunday 4/16– 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.

MUSIC TRIVIA

Tuesday 4/18– 6:00pm

Multipurpose Room

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

RESIDENT SPOTLIGHT– MARY LU WILLIAMS-LINK

Women's Nutrition

Wednesday 4/19– 6:00pm

Multipurpose Room

Discuss how our nutritional needs change as we age and what we can do to stay strong and healthy.

APRIL LIFESTYLE PROGRAMMING GUIDE

MEETING WITH THE MANAGER

Thursday 4/20– 6:00pm
Multipurpose Room

Receive a general update of the community and HOA

INTERACTIVE MOVIE NIGHT– GREASE

Saturday 4/22– 6:00pm
Multipurpose Room

Join us in the multipurpose room for an evening of fun. Dress up, watch, sing, and dance along with the classic movie Grease. Feel free to bring snacks and drinks with you or order from the tavern ahead of time.

No Glass Allowed

WOMEN AND INVESTING

Wednesday 4/26– 6:00pm
Multipurpose Room

Take Control of Your Financial Future: Five Things Every Woman Should Know About Investing

How women can take control of their financial future as they make choices and face challenges about working, having a family, or responding to life's curveballs. Walter Russell is an award-winning financial advisor and entrepreneur. It's his passion to educate and empower women about money matters so they avoid common money pitfalls and understand their retirement, investing, and budgeting options. Securities are offered through Kestra Investment Services, LLC (Kestra IS), member FINRA/SIPC. Investment advisory services are offered through Kestra Advisory Services, LLC (Kestra AS), an affiliate of Kestra IS. Russell & Associates is not affiliated with Kestra IS or Kestra AS.

John
TRAVOLTA

Olivia
NEWTON-JOHN





THE SABAL TAVERN

APRIL 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

- 4/7– Adam Duss
- 4/14– Karaoke with DJ Lindsey Leigh
- 4/21– Dennis Gallo
- 4/28– Kevin Baker

Check your email for weekly specials!



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.”*

29

SABAL TAVERN SPECIAL EVENTS

- SpringFest Brunch
 - Sunday, 4/2 11pm-2pm
 - Special Brunch Buffet Menu
 - Reservations required
- Ladies Lunch Buffet
 - Wednesday, 4/12 12pm-2pm
 - Special “Grill Out” Buffet Menu
 - Reservations required
- Men’s Lunch Buffet
 - Thursday, 4/20 12pm-2pm
 - Special “Grill Out” Buffet Menu
 - Reservations required

“Grill Out” Buffet Menu \$13.95

Homestyle Potato Salad
Garden Salad
served with Ranch &
Balsamic Dressing
Grilled Chicken
with Garlic & Lime
Roasted Corn on the Cob
BBQ Pulled Pork
Assorted Cookies &
Brownies

TAVERN ADVISORY COMMITTEE UPDATE

We are excited to announce some of your suggestions are about to come to fruition! We are working diligently on getting the TAPTV (coming shortly) and Karaoke Programs (April 14 & May 19) up and running for your entertainment. We hope you enjoyed the March Madness and St. Patrick's Day special menus provided by the Tavern staff. The Tavern-sponsored SpringFest Brunch attendance figures show great promise for April 2 as we go to print. Expect some more exciting announcements in April. Thank you for your continued support of the Tavern.

Alton (Al) Robinson

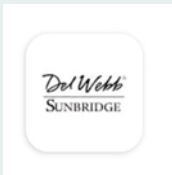
Sabal Tavern Advisory Committee - Chair



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.