

May 2023

The Hammock Happenings

**Events
Calendar**

Pg. 12

**Sabal
Tavern
News**

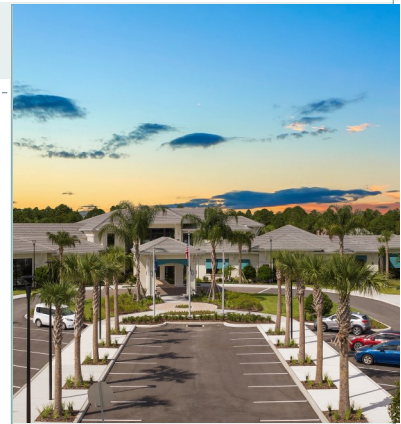
Pg. 25

**Meet Our
Fitness
Instructors**

Pg. 18

Inside this Issue

HAMMOCK CLUB OPERATING HOURS.....4
HOA MANAGEMENT UPDATE5
LANDSCAPING UPDATE.....8
CALENDAR.....12
FITNESS.....14
SPECIAL INTEREST GROUPS.....18
LIFESTYLE PROGRAMMING.....23
THE SABAL TAVERN.....24
WEBSITE INFORMATION.....26



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

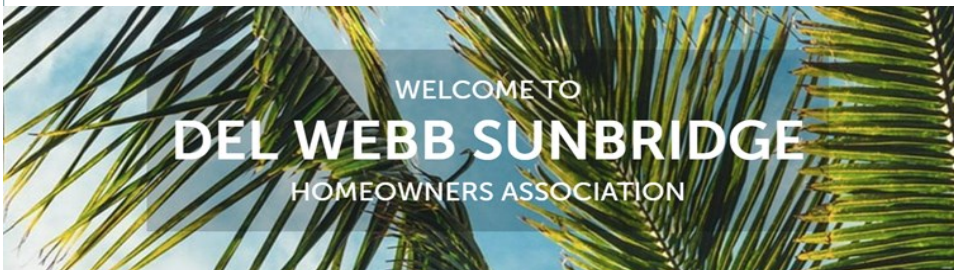
Castle Group
800-337-5850

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

MOTOWN

with Tim Bluntson

SATURDAY, MAY 20TH

AT 7:00 PM

\$10



Del Webb®
SUNBRIDGE

Summer KICKOFF PARTY

\$15

Monday, May 29, 2023

Enjoy good food and music by the pool

12 pm to 2pm

3

3





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.

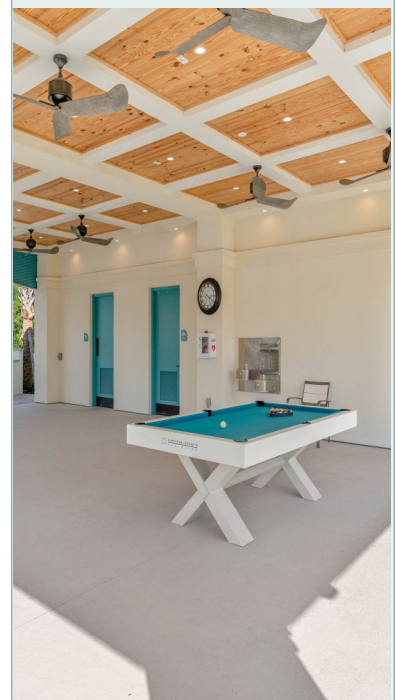
All hours are subject to change

RULES & REGULATIONS HIGHLIGHT

PARKING

Parking across the sidewalk is not only prohibited in our documents but may cause a safety hazard for pedestrians if they have to walk around a vehicle and into the roadway.

For more details, refer to “12.4.1 Parking” in our Governing Documents.



HOA MANAGEMENT UPDATE

STACEY PEACH

GENERAL MANAGER



It is a great time to live in a beautiful community like Sunbridge.

I would like to apologize for the delay in getting this month's newsletter out to you all. I would also like to apologize if we overlooked any particular group. We did our best to reach out to the organizers to obtain the content for May. If we missed you, please let me know so I can include it in my weekly emails on Friday.

The RFID exchange project is nearly complete. The Sunbridge Team and a large majority of residents are using their decals with ease.

We are still in need of the Age Affidavit form from each and every household. This is required so that we can determine our compliance with 55+ regulations. The front desk staff is reaching out by phone if we do not have your form on file. Our next step is to send formal letters

insisting on compliance and we would very much like to avoid that step. If you are out of town, please reach out to us and we will provide suggestions on how we can assist.

We are making some headway on filling vacancies. Rich Furno was announced as our F&B Manager and we have been diligently sourcing and interviewing. I hope to have more great news soon.

Thank you again to all of our wonderful residents who have volunteered their time to serve on a committee, host a game night, instruct a class, and so much more! It is a pleasure to be a part of this amazing community.

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?](#)



MANAGER MEETING

Thursday, May 18th at 6 pm
Multipurpose Room

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

NEW HOMEOWNER ORIENTATION

Thursday, May 11th at 6 pm
Tech Room

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

HAMMOCK CLUB UPDATES

The resistance pool will be closed through May 8th for resurfacing. We will keep everyone updated through the process. Classes will be moved to our main pool.



*NEW CLUBS ARE FORMING EVERY DAY! INTERESTED
IN LEADING A GROUP? PLEASE SHARE YOUR IDEAS
WITH SOMEONE AT OUR FRONT DESK.*

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



ESTATE PLANNING SEMINAR

R.S.V.P. to Henderson Sachs, P.A.
(407) 850-2500

Please join us to discuss Wills, Trusts, Probate, and much else!
Or call to schedule your complimentary estate planning consultation.

Wills ~ Trusts ~ Probate

Long Term Care Planning ~ Medicaid Planning
VA Benefits ~ Contracts ~ Real Estate ~ Business

Daniel S. Henderson, Esq. ~ Joshua M. Sachs, Esq. ~ Andrew M. Berland, Esq.

8240 Exchange Drive, Suite C6, Orlando, FL 32809 ~ (407) 850-2500

The hiring of a lawyer is an important decision that should not be based solely upon advertisements.
Before you decide, ask us to send you free written information about our qualifications and experience.

Landscape Update

We are working diligently on pending work orders and want to thank you for your patience.

General Maintenance

Attached you will find the May 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. Reach out to Exclusive Landscape for a proposal.

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

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

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

Steps for Retrofits

Step 1. Submit work order for retrofit through the association website after receiving ARC approval from the HOA

Step 2. Technician will be scheduled to come out to cap the area. Cost is \$190.

Step 3. Submit a second work order notifying the HOA that the project has been completed and ready for the irrigation retrofit.

Step 4. Technician will come back out to walk the property and provide a proposal for the retrofit.

Step 5. Homeowner makes 50% deposit directly with Exclusive Landscape.

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.

Projects to be completed in May

- Sod will be installed for homes that have an open work order. The list of homes were sent in the community email on April 28th.
- Plant replacements covered by the HOA for Ruby Rose, Mossy Oak, Nature View and Cherry Blossom will be installed by the end of May.
- The erosion on the pond banks will be repaired.
- Fertilization of common areas and homes will be completed.



May 2023

The calendar is subject to change



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



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.

HAMMOCK
CLUB

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



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

Upcoming Guest Speakers

5/11 at 6:00 pm in the Multipurpose Room
Henderson Sachs-Estate Planning 101

5/12 at 10:30 am in the Tech Room
Dulce Devilla-SDTek Class

5/17 at 6:00 pm in the Multipurpose Room
Robin Hinson, Emergency Mangement Planner,
Osceola County-Hurricane Preparedness

5/24 at 6:00 pm in the Multipurpose Room
Home Instead-Family Members and Aging

Have a topic you are interested in learning about?

Email us at
delwebbsunbridgehoa@gmail.com



Del Webb Sunbridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>10:00am Art Meet 1:00pm Mahjong 3:00pm Scrabble 4:30pm Aqua Fitness* 5:45pm Yoga Sculpt* 6:45pm Yoga*</p>	<p>2</p> <p>11:00am Mexican Train 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>3</p> <p>9:00am Sunbridge Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:00pm Quilters Corner 1:30pm Body Sculpt* 3:00pm Cribbage 7:00pm Canasta/Hand & Foot 7:00pm Mustard Seeds 7:00pm 12 Stones Group</p>	<p>4</p> <p>8:00am Yoga* 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness 7:15pm Thirsty Thursday</p>	<p>5</p> <p>11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p>	<p>6</p> <p>9:00am Hiking Group 10:00am Power Yoga* 11:15am Aqua Fitness*</p>
<p>7</p> <p>9:00am Leisurely Bike Ride Group 2:00pm Mahjong</p>	<p>8</p> <p>9:00am Morning Get Together 9:30am Outdoor Activies Group 10:00am Fitness Center Orientation* 10:30am Fitness Center Orientation* 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 5:45pm Yoga Sculpt* 6:00pm Beginner Pickleball Class* 6:30pm Bunco 6:45pm Yoga* 6:45pm Advanced Pickleball Class*</p>	<p>9</p> <p>11:00am Mexican Train 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>10</p> <p>9:00am Sunbridge Stitchin' Sisters 10:30am Bridge 12:00pm Ladies Lunch* 12:30pm HIIT Fitness* 1:00pm SCH Crafts 1:30pm Body Sculpt* 3:00pm Euchre 6:00pm Bingo Night 7:00pm Wine Group 7:00pm 12 Stones Group</p>	<p>11</p> <p>8:00am Yoga* 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness 6:00pm New Owner Orientation 6:00pm Estate Planning with Henderson Sachs 7:15pm Thirsty Thursday</p>	<p>12</p> <p>10:30am SDTek Class 11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p>	<p>13</p> <p>10:00am Power Yoga* 11:15am Aqua Fitness* 6:00pm Gallery Night</p>
<p>14</p> <p>9:00am Leisurely Bike Ride Group 2:00pm Mahjong</p>	<p>15</p> <p>9:00am Shooting Range 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 5:45pm Yoga Sculpt* 6:00pm Music Trivia 6:00pm Beginner Pickleball Class* 6:45pm Yoga* 6:45pm Advanced Pickleball Class*</p>	<p>16</p> <p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 5:30pm Beginners Spanish Level 1 6:00pm Zumba* 6:30pm Pinochle</p>	<p>17</p> <p>9:00am Sunbridge Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:00pm Quilters Corner 1:30pm Body Sculpt* 3:00pm Cribbage 6:00pm Hurricane Preparedness 7:00pm Mustard Seeds 7:00pm 12 Stones Group</p>	<p>18</p> <p>8:00am 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 STRONG Nation Fitness* 6:00pm Manager Meeting 7:15pm Thirsty Thursday</p>	<p>19</p> <p>11:15am Aqua Fitness* 1:00pm Ink & watercolor 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Karaoke</p>	<p>20</p> <p>9:00am Hiking Group 10:00am Power Yoga* 11:15am Aqua Fitness* 7:00pm Motown*</p>
<p>21</p> <p>9:00am Leisurely Bike Ride Group 2:00pm Mahjong 2:00pm Bowling Group</p>	<p>22</p> <p>9:00am Morning Get Together 10:00am Fitness Center Orientation* 10:30am Fitness Center Orientation* 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 5:45pm Yoga Sculpt* 6:00pm Technology Advisory Group* 6:30pm Bunco 6:45pm Yoga*</p>	<p>23</p> <p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 4:00pm Backgammon 5:30pm Beginners Spanish Level 1 6:00pm Zumba* 6:30pm Pinochle</p>	<p>24</p> <p>9:00am Sunbridge Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:00pm SCH Crafts 1:30pm Body Sculpt* 3:00pm Euchre 6:00pm HomeInstead Family Members and Aging* 7:00pm Canasta/Hand & Foot 7:00pm 12 Stones Group</p>	<p>25</p> <p>8:00am Yoga* 9:00am Beginner Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness* 6:00pm A&E- Gin & Chicken</p>	<p>26</p> <p>11:15am Aqua Fitness* 1:00pm Art Series Watercolors 1:30pm Barre Before Bar* 2:00pm Dominoes 2:00pm Theatre Group Desperate Measures 5:30pm Tavern Music</p>	<p>27</p> <p>10:00am Power Yoga* 11:15am Aqua Fitness*</p>
<p>28</p> <p>9:00am Leisurely Bike Ride Group 2:00pm Mahjong</p>	<p>29</p> <p>Memorial Day 12:00pm Summer Kick Off Event* 1:00pm Mahjong 3:00pm Scrabble</p>	<p>30</p> <p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 5:30pm Beginners Spanish Level 1 6:00pm Zumba* 6:30pm Pinochle</p>	<p>31</p> <p>9:00am Sunbridge Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:00pm Quilters Corner 1:30pm Body Sculpt* 3:00pm Cribbage 6:00pm Trivia Night 7:00pm 12 Stones Group</p>	<p>(*) Available for registration online. Event may have a deadline and/or fee.</p>	<p>(#) Requires payment to an outside vendor. Order tickets ahead of time.</p>	<p>Event costs and descriptions can be found in the newsletter or online. delwebbsunbridgehoa.com</p>

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

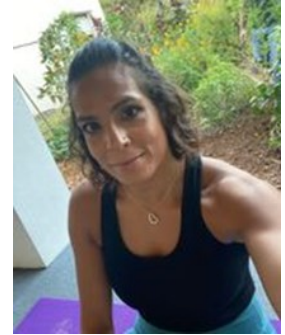
LISA

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 Health 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.



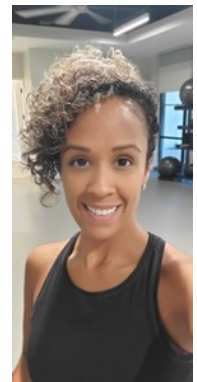
SABRINA

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

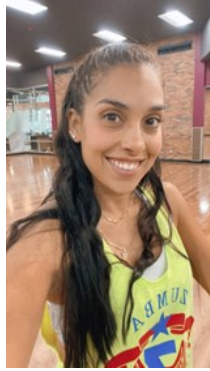
Marlene Gonzalez is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences are as follows: Aquatic personal training, Strength and balance training, Pilates and balance training, Prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide,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



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.



DAVID

David is from PR and has been living in Florida for 7 1/2 years. He has been a dancer all his life. He has been doing Zumba since 2007 and became an instructor over 7 years ago. In 2017, when Zumba released Strong Nation, he fell in love with the format, and decided to become an instructor. He enjoys teaching both classes and loves to challenge students to be a better, stronger, happier, healthier self.

Being 47 years young, his goal is to keep away from meds as much as possible and keep his body conditioned for the daily tasks we all do. It is also his interest to help others reach the same goal and go beyond in class, regardless of age or fitness level.



David's pastimes include trail hiking, swimming, cooking, and going to the beach, amongst others. He is very happy and honored to be here and help others get Stronger!



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

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, Jerusalem, 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 5/25- 6:00pm

Multipurpose Room

This month's theme is Cinco de Mayo. We will be featuring Tequila based cocktails (or just a good Tequila) and Cinco de Mayo inspired appetizers. Please bring your favorite cocktail and appetizer to share with the group.

ART MEET

Every other Monday– 10:00am-12:00pm
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 GALLERY NIGHT

Saturday, 5/13– 6:00pm–8:00pm
Multipurpose Room

Sunbridge's own artists will have paintings on display and providing bites to eat. Bring your drinks from home or the Tavern while you meander and appreciate their talent.

SPECIAL INTEREST GROUPS

ART SERIES

Friday 5/19– 1:00pm
Watercolors and Ink
with Jim Seeberger

Friday 5/26– 1:00pm
Intro to Watercolors with Khris Butt
Learn the basics of watercolors. Focusing on water, trees, skies, and leaves.

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.

ART HISTORY NIGHT

Sunday, 6/11– 6:00pm–9:00pm
Multipurpose Room
Bring a dish to share and enjoy these presentations.

Khris Butt: Early Art including cave drawings

Michelle Henley: Romantics and Impressionism

Jim Seeberger: Asian Art

Dulce de Villa: Art Deco

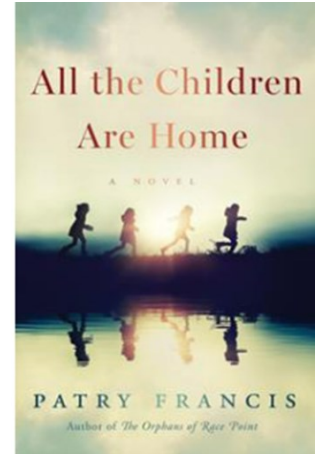
Mike Maccarone: Expressionism and Abstract Art

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.
May- All the Children are Home
by Patry Francis
June- The Second Mrs. Astor by Shana Abe



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 & 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

SPECIAL INTEREST GROUPS

DOMINOES

Fridays– 2:00pm
Multipurpose Room
Tile based game

EUCHRE

Every other Wednesday– 3:00pm
Multipurpose Room
Trick taking card game

GOLF

WOMEN'S "PAR-TEE" GOLF GROUP
Wednesdays & Thursdays
GOLF CLINICS

A series of golf clinics at Kissimmee Bay Golf Club.

For information, visit the Del Webb Sunbridge Ladies Golf Facebook page, call Pat Taylor at 407-310-0028 , or email pattaylor854@gmail.com

Card game to group cards in combinations to gain points

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. There will be no meeting on May 3.



OUTDOOR ACTIVITIES GROUP

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

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

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

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.

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.



PLEASE VISIT THE [EVENTS PAGE](#) AFTER LOGGING INTO THE HOA WEBSITE TO SIGN UP FOR EVENTS

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

Fitness Center
Made with PosterMyWall.com

MAY LIFESTYLE PROGRAMMING GUIDE

BINGO

Wednesday 5/10– 6:00pm
Multipurpose Room

Be the first person to fill five boxes across or down and yell "Bingo!"

MUSIC TRIVIA

Monday 5/15– 6:00pm
Multipurpose Room

With only a few notes, do your best to guess the song.

MOTOWN

Saturday 5/20– 7:00pm
Multipurpose Room

An evening with Motown music with Tim Bluntson.

SUMMER KICKOFF

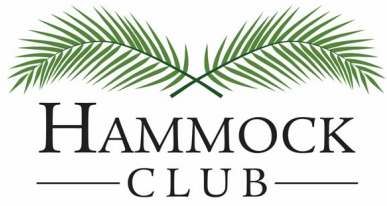
Monday 5/29– 12:00pm
Poolside

Hot Dog Bar and summer treats.
Entertainment by Tropical Impressions.

TRIVIA

Wednesday 5/31– 6:00pm
Multipurpose Room

Join your friends and neighbors for a quizzing game involving obscure facts.



THE SABAL TAVERN

MAY 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

5/5—Kevin Baker

5/12— Fred Ramos

5/19— Karaoke with DJ Lindsey Leigh

5/26— Willie Rast



Kevin Baker



Fred Ramos

Check your email for weekly specials!



Willie Rast

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

- Summer Kick Off
 - Monday, 5/29
 - Hot dog bar and other summertime favorites—12 pm to 2 pm
 - Live entertainment - 12 pm to 3 pm
 - \$15—Reservations required
- Ladies Lunch Buffet
 - Wednesday, 5/10 12pm-2pm
 - Tuscany Express Buffet Menu
 - Reservations required
- Men’s Lunch Buffet
 - Thursday, 5/18 12pm-2pm
 - Tuscany Express Buffet Menu
 - Reservations required

Tuscany Express Buffet Menu \$13.95

Caesar Salad
Caprese Salad
Penne Pasta with Roasted
Vegetables and Pesto
Grilled Chicken with Lemon
Rosemary Sauce
Garlic Herb Bread
Tiramisu Bites

TAVERN ADVISORY COMMITTEE UPDATE

We just wanted to take a moment to say a huge thank you to everyone who came out to our Karaoke Night! Your enthusiastic participation and support made the event a huge success and a lot of fun.

It was great to see so many of you singing your hearts out and cheering on your fellow residents. We hope you all had a fantastic time and made some great memories.

Thanks again for coming out and making Karaoke Night such a success. We couldn't have done it without you!

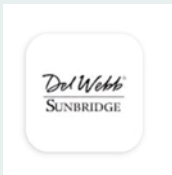
Alton, Maria, and Jim



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 a Front Desk Team or Walter at wabeltran@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.