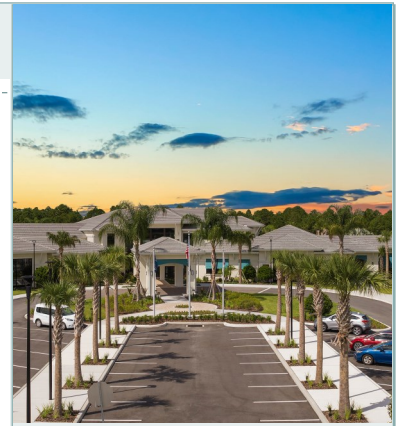


October 2023

THE HAMMOCK HAPPENINGS





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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

Lifestyle Director
Katie Tamanini
ktamanini@castlegroup.com

Landscape Relationship Coordinator
Karina Gonzalez
kgonzalez@castlegroup.com

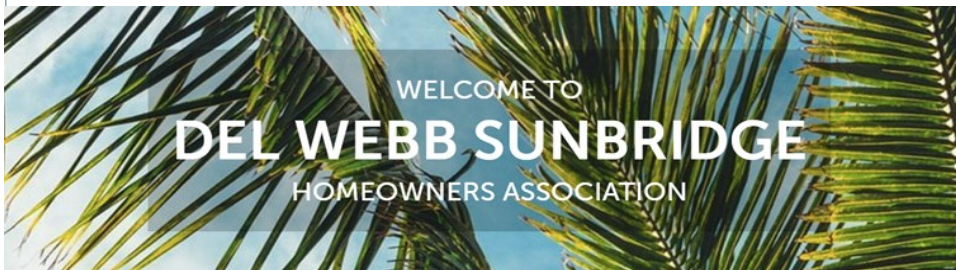
Castle Group—Resident Services
800-337-5850

Pulte Homes 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



Sunbridge Snapshots





HAMMOCK — CLUB —

HOURS OF OPERATION

Building Hours:

Sunday: 10:00 am - 7:00 pm

Monday-Tuesday: 5:00 am—8:00 pm

Wednesday-Friday: 5:00 am—9:00 pm

Saturday: 9:00 am—9:00 pm

Pool Hours:

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

Children Hours (those under 19):

Sunday-Saturday: 2:00 pm—6:00 pm

Reminder, those under 19 are not allowed in the Spa or Resistance Pool during Children Hours.

Sabal Tavern Hours:

Sunday: 12:00 pm—7:00 pm

Monday: Closed

Tuesday: Closed

Wednesday-Thursday: 12:00 pm—7:00 pm

Friday-Saturday: 12:00 pm—9:00 pm

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.

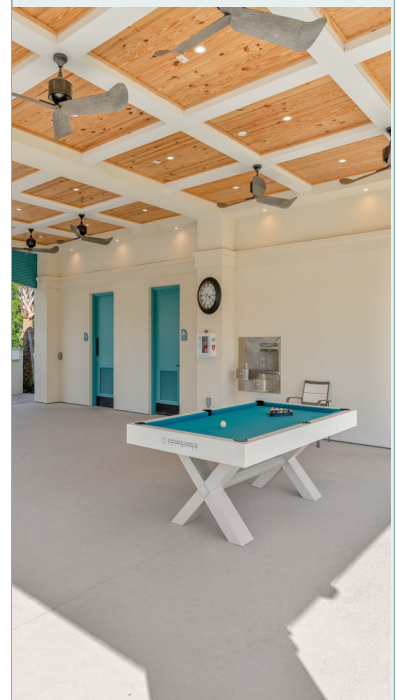
All hours are subject to change

RULES & REGULATIONS HIGHLIGHT

NO SOLICITING RULE:

No soliciting, for-profit or non-profit purposes, will be permitted at any time within the Property, which shall include distribution of marketing materials or newsletters without prior written approval by the Board.

Visit [our website](#) to view to full Association documents.



STACEY PEACH

GENERAL MANAGER



HOA MANAGEMENT UPDATE

Hello and Happy October
Sunbridge Residents,

The days are getting shorter and not as blistering hot. Soon landscaping services be moving to their fall/winter schedule which means they will be mowing less frequently because plant material growth slows.

The holidays are just around the corner and many have asked “When can we decorate?” According to our documents , here is a summary of the timeframes:

- Halloween—10/15-11/5
- Fall—11/15-12/1
- Winter Holiday—Thanksgiving Day—1/5

If you have started to decorate, we appreciate your enthusiasm and creativity and we will not be pursuing enforcement if you have simply started a few days early.

We will be refocusing our efforts again on parking enforcement. As a reminder, parking across the sidewalks

and on the streets is prohibited. You may find details regarding these rules and regulations on our [website](#).

Please join us this Thursday, October 5th at 6 pm where the Budget/Finance Committee will be conducting an educational presentation called HOA 101 and Budget Review. This will provide helpful information that will serve as a precursor to the Proposed Budget Preview Presentation that is scheduled for October 19th at 6 pm.

Our 2023 Annual Meeting and 2024 Budget Approval Meeting will be held on October 26th at 6 pm.

On October 8th, we will be hosting our monthly Sunday Social hour. We also have a full calendar of events for October.

We look forward to seeing you at the many happenings this month.

Sincerely,

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

MANAGER MEETING

Thursday, October 19 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](#).

NEW HOMEOWNER ORIENTATION

October 12 at 6 pm and
October 19 at 4 pm
Tech Room

We ask that all homeowners attend at least one of these meetings. Rules and Regulations and the Architectural Review Criteria will be reviewed in detail, along with additional information about Del Webb Sunbridge!

LIFESTYLE MEETING

October 26 at 5:30 pm
Multipurpose Room

Find out what events and activities are happening throughout the community.

NAME TAGS AVAILABLE FOR PURCHASE

Name tags are available for \$10.00 each. Requests must be submitted in writing via email at delwebbsunbridge.com. Orders will be placed once per month. Checks can be made payable to Del Webb Sunbridge HOA.



Holiday Bazaar

NOVEMBER 4TH | 10 AM - 2 PM

RSVP IF YOU PLAN TO ATTEND THIS EVENT FEATURING CRAFTS AND MORE FROM YOUR FELLOW RESIDENTS

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

Landscape Monthly Update

Exclusive Landscape is working hard to get through pending work orders. They process work orders in the order they were received. Thank you for your patience.

Landscaping Advisory Committee:



The Association is creating a Landscape Advisory Committee. We are in the process of creating a Committee Charter.

We have met with a few residents who have expressed interest in joining the Committee. Once the Charter is completed, we will send out a call for candidates so that residents can complete the Candidate

Interest Form. The Board of Directors will review the forms and select the candidates to serve on the Committee.

Sod Replacement:

Exclusive Landscape has started sod replacement throughout the community. This work will take place during the entire month of October. Updates with more details will be sent directly to homeowners receiving sod replacement.



Landscaping FAQ: Submitting an ARC Application?

When submitting a Landscape ARC application, it is imperative to submit a full, complete application to avoid delay. A checklist is provided with the application to ensure all documents needed are attached at the time of submission. You must have a completed application, a marked plot survey, and a proposal from Exclusive Landscape for landscape applications. Once a full, complete application is received by the Association and submitted to the Board for approval, that is when your 45-day clock begins.

Please return completed application to:
ARCHITECTURAL REVIEW COMMITTEE
DEL WEBB SUNBRIDGE HOMEOWNERS
ASSOCIATION, INC. 12330 SW 34th Street, Suite
200, Fort Lauderdale, FL 33322

Please email completed application to:
wabeltran@castlegroup.com

This is a request form to be completed by the homeowner and submitted to the Architectural Review Committee for approval. **NEVER** any work commences. Please refer to the Governing Documents and Design Guidelines for additional information and requirements.
For the Governing Documents, referenced decisions may take up to 15 days for processing from the date completed application is received in our office.

Name of Owner (s): _____
Address: _____
Date: _____
Project Submittal Name: _____

Approved & hereby requested _____
prints (check applicable box)
Fence _____
Wall Art/Screen _____
Misc./Other _____

IS THIS A RESUBMITTAL _____
ADDITIONAL COMMENTS: _____

Must include in your application:
- Homeowner photo
- Photos of site
- Signed Attach copy

You are responsible for:
- Access to the site
- Neighboring property

Owner's Signature: _____

First page of application

Architectural Committee Sign Off Form

Name: _____ Date: _____
Address: _____ Lot: _____ Phase: _____
Project Submittal Name: _____

1. HOA Contracted Landscaper Vendor Sign Off

Name: _____
Address: _____
Date: _____
Project Submittal Name: _____

Comments: _____

Second page of application

Showing LOT FIFTEEN (15), BLOCK FIVE (5), of CANYON CREEK, PHASE IX in the City of Temple, Bell County, Texas, according to the plat of record Cabinet C, Slide 21-D, Plat Records of Bell County, Texas.

CANYON CREEK VII
CAB. E. 51, 21-D-1

60°24'59" E 55.00'

101B WA

EXCLUSIVE LANDSCAPING
The Professionals are here to help!

Invoice
Del Webb Sunbridge - HO

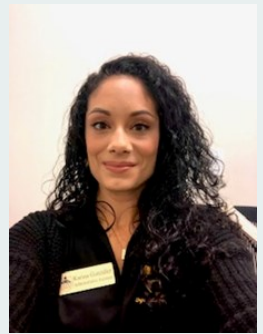
Invoice # 3437
Date: 4/24/2023

P.O. No.	Terms	Due Date	Account #	Project
		4/24/2023		
Item	Description	Qty	Rate	Amount
	6108 Sunny Springs Linda Wells - lwells@quasny.com			
Plants, Tree O.	Bogovilla (purple) 3 gal	0.5	17.00	8.50
Plants, Tree O.	Dwarf lemon (pink) 3 gal	14	13.00	182.00
Labor Installat...	Labor	3.5	45.00	157.50
Plants, Tree O.	Traps Trunk Foxtail B&B Tray	0.5	700.00	350.00
Plants, Tree O.	Christmas Palm	0.5	250.00	125.00
Plants, Tree O.	Blue Daze	100	7.00	700.00
Plants, Tree O.	Irrigation Install	0.5	900.00	450.00

Marked Plot Survey

Exclusive Landscape proposal

LANDSCAPE INFORMATION



KARINA GONZALEZ:

Landscape Relationship Coordinator

kgonzalez@castlegroup.com

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

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.



Landscaping FAQ:

Q. What kind of chemicals are applied to the lots?

Monthly—12 months a year



- 1. 15-0-0 Liquid Fertilizer:** Weed deterrent/grass fertilizer.
- 2. Boardlum Herbicide:** Weed control applied with a backpack sprayer.
- 3. Celsuis Herbicide:** Utilized for weed control. Mix of 15-0-0 and Broadlum Herbicide to treat weeds. Used in temperatures lower than 90 degrees.

Specialty Treatments



- 1. Arena Insecticide:** Treats, prevents, and kills Chinch Bugs*.

*Chinch Bugs (*Blissus Leucopterus*)

- Summer 2023 has been a dynamic season for Chinch Bug infestation.
- Record heat with low amounts of rain has put stress on all natural and imported grass species.
- Stressed grass is at high risk for Chinch Bug infestation.

Q. Will the Association replace my mulch, plants, or sod if the rain from my roof or down spout washes out the mulch or plants or drowns my sod?

The Association does not cover this expense. It is the homeowner's responsibility to install gutters on their home and/or extend their downspouts away from their landscape beds via drains. If rain from your roof is washing out the beds or mulch around your home, or it is saturating your turf to the point where it can no longer survive, the homeowner is responsible for the cost of the replacement mulch, plants, or sod.



Quality Control Checks:

The Landscape Relationship Coordinator is completing Quality Control Checks once a week. These walks take place on streets that have detail service during that week. We do this to ensure the quality of work being provided by Exclusive Landscape meets expectations. During Quality Control Checks, our team will also be looking at the blue tags on the irrigation box to ensure the information coincides with the wet check reports completed on the home.

October 2023 Landscape Schedule

The calendar is subject to change.



Detail Services:
Pruning & Trimming of Bushes/Trees



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Week 1 Detail Services</u> Monday - Friday Crew 1: Cherry Blossom Loop Crew 2: Shimmering Shores / Cliff Way Lane</p>	<p>2 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard</p>	<p>3 Mowing Residential Homes, Common areas and Del Webb Boulevard</p>	<p>4 Mowing Residential Homes, Common areas and Del Webb Boulevard</p>	<p>5 Mowing Residential Homes, Common areas Del Webb Boulevard</p>	<p>6 Mowing Residential Homes, Common Areas and Pond Banks</p>
<p><u>Week 2 Detail Services</u> Monday - Friday Crew 1: Mossy Oak / Nature View Crew 2: Citrus Grove / Blue Pond</p>	<p>9 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard</p>	<p>10 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>11 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>12 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>13 Mowing Residential Homes, Common Areas and Pond Banks</p>
<p><u>Week 3 Detail Services</u> Monday - Friday Crew 1: Ruby Rose Crew 2: River Creek / Sandy Springs</p>	<p>16 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard</p>	<p>17 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>18 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>19 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>20 Mowing Residential Homes, Common Areas and Pond Banks</p>
<p><u>Week 4 Detail Services</u> Monday - Friday Crew 1: Cliff Way Crew 2: Shimmering Shores</p>	<p>23 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard</p>	<p>24 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>25 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>26 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>27 Mowing Residential Homes, Common Areas and Pond Banks</p>
	<p>30 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard</p>	<p>31 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>1 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>2 Mowing Residential Homes, and Del Webb Boulevard</p>	<p>3 Mowing Residential Homes, Common Areas and Pond Banks</p>




CALENDAR OF EVENTS

Del Webb Sunbridge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
9:00am Leisurely Bike Ride 11:00am Outdoor Activities Group 2:00pm Mahjong <div style="text-align: right;">1</div>	9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 10:00am Art Meet Up 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 6:30pm Bunco <div style="text-align: right;">2</div>	11:00am Mexican Train 1:30pm Surge Strength 1:30pm Canasta/Hand & Foot 6:00pm Pinochle 6:00pm Zumba* 6:15pm Spanish Class <div style="text-align: right;">3</div>	9:00am Stitching 10:30am Bridge 12:30pm HIIT Fitness 1:30pm Body Sculpt 3:00pm Euchre 6:00pm Halloween 7:00pm 12 Stories 7:00pm Canasta
9:00am Leisurely Bike Ride 1:00pm Sunday Social Hour 2:00pm Mahjong <div style="text-align: right;">8</div>	9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 10:00am Fitness Orientation 10:30am Fitness Orientation 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:00pm Aqua Fitness* 6:00pm Beginner Pickleball* 6:00pm Yoga Sculpt* 6:45pm Advanced Pickleball* <div style="text-align: right;">9</div>	11:00am Mexican Train 1:30pm Surge Strength 1:30pm Canasta/Hand & Foot 4:00pm Backgammon 6:00pm Music Trivia 6:00pm Pinochle 6:00pm Zumba* 6:15pm Spanish Class 7:00pm Wine Group <div style="text-align: right;">10</div>	9:00am Stitching 10:30am Bridge 12:30pm HIIT Fitness 1:00pm Art Service watercolor 1:30pm Body Sculpt 3:00pm Euchre 5:00pm Oktoberfest 7:00pm Canasta 7:00pm Mustard
9:00am Leisurely Bike Ride 2:00pm Bowling Group 2:00pm Mahjong 5:00pm Diwali Event <div style="text-align: right;">15</div>	9:00am Shooting & Archery 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 10:00am Art Meet Up 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 6:00pm Beginner Pickleball* 6:30pm Bunco 6:45pm Advanced Pickleball* <div style="text-align: right;">16</div>	11:00am Mexican Train 1:30pm Surge Strength 1:30pm Canasta/Hand & Foot 6:00pm Estate Planning Seminar 6:00pm Pinochle 6:00pm Zumba* 6:15pm Spanish Class <div style="text-align: right;">17</div>	9:00am Stitching 10:30am Bridge 12:30pm HIIT Fitness 1:30pm Body Sculpt 3:00pm Cribbage 3:00pm Euchre 6:00pm Bingo
9:00am Leisurely Bike Ride 2:00pm Mahjong <div style="text-align: right;">22</div>	9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 10:00am Fitness Orientation 10:30am Fitness Orientation 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:00pm Aqua Fitness* 6:00 Technology Advisory Group 6:00pm Yoga Sculpt* <div style="text-align: right;">23</div>	11:00am Mexican Train 1:30pm Surge Strength 1:30pm Canasta/Hand & Foot 6:00pm Pinochle 6:00pm Zumba* 6:15pm Spanish Class 4:00pm Backgammon <div style="text-align: right;">24</div>	9:00am Stitching 10:00am United Nations Seminar 10:30am Bridge 12:30pm HIIT Fitness 1:30pm Body Sculpt 3:00pm Euchre 6:30pm UV Resistant 7:00pm Canasta 7:00pm Mustard
9:00am Leisurely Bike Ride 2:00pm Mahjong <div style="text-align: right;">29</div>	9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 10:00am Art Meet Up 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 6:30pm Bunco <div style="text-align: right;">30</div>	11:00am Mexican Train 1:30pm Surge Strength 1:30pm Canasta/Hand & Foot 6:00pm A&E - Halloween Cocktails 6:00pm Pinochle 6:00pm Zumba* <div style="text-align: right;">31</div> <div style="text-align: center;">HALLOWEEN</div>	<div style="background-color: #00a0c0; color: white; padding: 10px; text-align: center;"> Event descriptions found in our newsletter </div>

EVENTS | OCTOBER 2023

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Women's Sisters Fitness* Culpt*</p> <p>Green Trivia Night Games Group Canasta/Hand&Foot</p> <p>4</p>	<p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Ladies Lunch Buffet 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 4:00pm TapTV Trivia Competition 6:00pm HOA Budget 101 Meeting 6:00pm STRONG Nation Fitness</p> <p>5</p>	<p>10:15am Chair Strength & Balance 11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 6:00pm Tavern Music - Closer to the End</p> <p>6</p>	<p>9:00am Chair Strength & Balance 9:00am Hiking Group 10:00am Power Yoga* 11:15am Aqua Fitness* 5:30pm Paint & Sip</p> <p>7</p>
<p>Women's Sisters Fitness* Games-Beginner Culpt*</p> <p>Perfect Canasta/Hand & Foot and Seeds</p> <p>11</p>	<p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 4:00pm TapTV Trivia Competition 6:00pm New Owner Orientation* 6:00pm STRONG Nation Fitness 7:00pm Book Club 8:00pm Women's Goal Setting</p> <p>12</p>	<p>10:15am Chair Strength & Balance 11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 6:30pm Comedy Night</p> <p>13</p>	<p>9:00am Chair Strength & Balance 9:00am Hiking Group 10:00am Power Yoga* 11:15am Aqua Fitness* 6:00pm Gallery Night</p> <p>14</p>
<p>Women's Sisters Fitness* Culpt*</p> <p>Trivia Night</p> <p>18</p>	<p>8:00am Outdoor Yoga 9:00am Beginner Chair Yoga 9:30am AARP Safe Driving Course 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 4:00pm TapTV Trivia Competition 6:00pm Manager Meeting 6:00pm STRONG Nation Fitness</p> <p>19</p>	<p>10:15am Chair Strength & Balance 11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Art Series- Pencil Drawing 5:30pm Tavern Music - Fred Ramos</p> <p>20</p>	<p>9:00am Chair Strength & Balance 9:00am Hiking Group 10:00am Power Yoga* 11:15am Aqua Fitness* 6:00pm Outdoor Adventure Group 6:00pm Silent Disco</p> <p>21</p>
<p>Women's Sisters Healthcare Medicare Fitness* Culpt*</p> <p>Jewelry Class Canasta/Hand & Foot and Seeds</p> <p>25</p>	<p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 4:00pm TapTV Trivia Competition 5:00pm Art Series-Acrylics 5:30pm Lifestyle Meeting* 6:00pm STRONG Nation Fitness</p> <p>26</p>	<p>10:15am Chair Strength & Balance 11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 7:00pm Halloween Golf Cart Parade</p> <p>27</p>	<p>9:00am Chair Strength & Balance 9:00am Hiking Group 10:00am Power Yoga* 11:15am Aqua Fitness* 6:00pm Halloween Party</p> <p>28</p>
<p>Registration costs and ticket prices can be found in the calendar or online.</p>	<p>(*) Available for registration online. Events may have a deadline and/or fee.</p>	<p>(#) Requires payment to an outside vendor. Order tickets ahead of time.</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

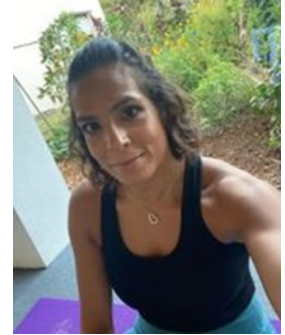
LISA

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.



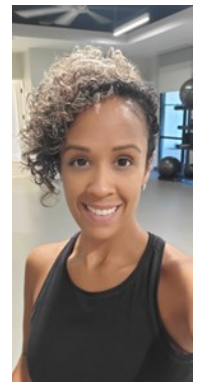
SABRINA

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

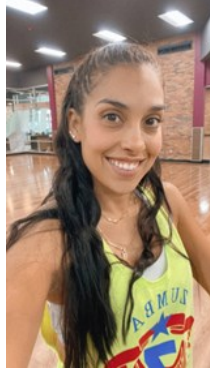
Marlene Gonzalez is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences are as follows: Aquatic personal training, Strength and balance training, Pilates and balance training, Prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide, 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 – 6:45 pm
Sport Courts – With Jerry
Sharpen your pickleball skills.

AQUA FITNESS

Mondays

Fridays & Saturdays – 11:15am
Resistance Pool – With Marlene

Please wear a swimsuit. You may bring your own props (props are available on a first come 1st serve basis). This is an all-levels aqua fitness class with cardio, strength and balance exercises. You can burn up to 400 calories in this aqua aerobics class!

BARRE BEFORE BAR

Fridays – 1:30 pm

Group Fitness Room – With Lisa

A rigorous workout blending elements from ballet, Pilates, and yoga. Focuses on the core muscles that balance the body, awareness of breath and alignment of the spine. Bring water.

BEGINNER PICKLEBALL

Second & Third Mondays – 6:00 pm
Sport Courts – With Jerry
Learn the basic skills of pickleball.

BEGINNER CHAIR YOGA

Thursdays – 9:00 am

Group Fitness Room – With Marlene
3rd Thursday—Outdoor Stage

This beginner chair yoga class will offer you mobility and stretching from a seated position with some standing postures and balancing using the chair. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental

well-being. You don't have to be a beginner to join this class. Chairs will be provided. You may bring a water and your own mat or use the ones on site. Please bring own mat for outdoor classes.

BODY SCULPT

Wednesdays – 1:30 pm

Group Fitness Room – With Lisa

Tone muscles and increase strength by using a combination of weights and floor exercises. Core exercises and gentle stretching included to maximize your workout. Please bring comfortable shoes, water, a towel, a mat and weights if you would like.

CHAIR STRENGTH & BALANCE

Fridays – 10:15 am

Saturdays – 9:15 am

Group Fitness Room – With Marlene

Standing and seated chair exercises for seniors using light weights. Incorporating cardio and strength to increase your cardiovascular levels and challenge your coordination. This class is also great for those with limited mobility. You may bring a water. No mat needed for this class. Chairs will be provided.

HIIT FITNESS

Wednesdays – 12:30 pm

Group Fitness Room – With Lisa

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,

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

FITNESS CLASSES

LEISURLY BIKE RIDE GROUP

Sundays – 9:00 am
Hammock Club Parking Lot
Resident Run Group

POWER YOGA

Saturdays – 10:00 am
Group Fitness Room – 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.

STRONG NATION FITNESS

Thursdays – 6:00 pm
Group Fitness Room – With David
A HIIT-style class that combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every move is driven by the music, helping you make it to that last rep. A mat, sneakers, and a water bottle for this class.

SURGE STRENGTH

Tuesdays – 3:00 pm
Group Fitness Room – With Lisa
A high-rep, targeted, all-weight training workout set to music you know and love. Muscle focused, strength training tracks using dumbbells to strengthen, shape, and tone every muscle in your body for a fun and powerful full-body workout that will leave you feeling lean and strong.

YOGA

Thursdays – 8:00 am
Group Fitness Room – With Marlene
3rd Thursday—Outside by Tavern Patio
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. Please bring own mat for outdoor classes.

YOGA SCULPT

Mondays – 5:45 pm
Group Fitness Room – With Marlene
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 – 6:00 pm – Lisa
Thursdays – 12:00 pm & 1:00 pm – Alex
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.



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.

Lisa
(407) 340-6110



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

Fitness Center
Made with PosterMyWall.com

SPECIAL INTEREST GROUPS

12 STONES GROUP

Wednesdays– 7:00pm
Tech Room

Men's faith group, all faiths welcome

A&E (APPETIZERS & ELIXIRS)

October 31 - 6:00pm
Multipurpose Room

month's theme is Halloween. Bring a Halloween-inspired cocktail and a spooky appetizer. Please bring enough of your favorite cocktail and appetizer to share with the group. Costumes are always welcome!

ART MEET UP

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 SERIES

Beginner Watercolors —October 11

Pencil Drawing — October 20

Acrylics Still Life with Glass Piece—
October 26

Classes will be held in the Wet Craft Room

Check the website for more information the classes and to register.

BACKGAMMON

Every other Tuesday– 4:00pm
Multipurpose Room

2 player board game with counters and dice

BEGINNER SPANISH

Mondays | 4:30 pm with Julia Vazquez

Learn Spanish or sharpen your skills. Beginners Level 1 is taught by Julia on Mondays and is slower paced.

SPECIAL INTEREST GROUPS

BOOK GROUP

**Every second
Thursday – 7:00pm
Wet Craft Room**

Read and discuss a new book every month.
This month's book is: The Seven Husbands of
Evelyn Hugo written by Taylor Jenkins Reid

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.

BREWERY CREW

No October trip at this time.

**Tactical Brewery
November 11 | 12–3 pm**

One free drink for any Vet provided by
resident, Larry Steigrod. Brewery is dog
friendly. Food can be purchased for nearby
restaurants.

CANASTA/HAND & FOOT

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

DOMINOES

**Fridays – 2:00pm
Multipurpose Room**
Tile based game

EUCHRE

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

SPANISH CLASS

**Tuesdays – 6:45 pm
Tech Room**
Join resident Dulce Devilla to sharpen your
Spanish skills. All skill levels are welcome.

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.

SPECIAL INTEREST GROUPS

MUSTARD SEEDS

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

Women's faith group, all faiths welcome.

Upcoming Themes:

October 18—Hope

November 1—Peace

November 15—Joy

December 1—Love

OUTDOOR ACTIVITIES GROUP

November 13

Kings Landing Nature Theme Park

When booking, tell Kings Landing you are with Del Webb Sunbridge

PHONE: 407-957-3135

PINOCHLE

Tuesdays – 6:00pm

Multipurpose Room

Trick taking card game

QUILTER'S CORNER

On Hold until March

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)

On Hold until March

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 & ARCHERY

Triple N Ranch

595 Donovan Crews Rd

St. Cloud, FL 34773

Meet your neighbors down at Triple N Ranch for some Shooting or archery at a Florida FWC Management Area. Questions contact Steve Bierwirth at sbierwirth685@gmail.com or 951-818-9750.

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

TECHNOLOGY ADVISORY GROUP

Fourth Monday – 6:00pm
Tech Room

Information Technology Session Eight:
Cloud Storage and Backups. How Home
WiFi Works.

Instructor: Thomas

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.

WELCOME AT ALL GROUPS NO MATTER
WHERE YOU LIVE

THRIVING IN THIS NEW PHASE OF LIFE

Second Thursdays – 8:00 pm

Build a framework around what life looks like now and how to approach this time with meaningful goals. Either short, medium or long term, these goals are created by you with input from the facilitators and group participants, as you navigate this next chapter of your life.

All we ask of you is to bring an open mind



and a willingness to share with others. We



THE SABAL TAVERN

OCTOBER 2023

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

HAPPY HOUR
WEDNESDAY – THURSDAY
3 – 7 PM
FRIDAY – SUNDAY
4 – 7 PM
\$4.00 DRINKS INCLUDING
DRAFT WINE AND BEER,
SANGRIA, AND MARGARITAS

**WEEKLY
SPECIALS
ANNOUNCED
IN BIWEEKLY
EMAILS**

PLEASE VISIT THE
SABAL TAVERN PAGE ON
THE ASSOCIATION WEBSITE

SABAL TAVERN SPECIAL EVENTS

BEER & PRETZELS

OKTOBERFEST
10.11.2023 | 5 - 8 PM
MULTIPURPOSE ROOM
COST PER PERSON - \$30.00

**LIVE
MUSIC
& FOOD**

MESSAGE FROM THE TAVERN ADVISORY COMMITTEE

SABAL TAVERN HOURS:

Sunday: 12:00—7:00pm

Monday: Closed

Tuesday: Closed

Wednesday: 12:00—7:00pm

Thursday: 12:00—7:00pm

Friday: 12:00—9:00pm

Saturday: 12:00—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.”*

Welcome Home Snowbirds!

The anticipation has been building, and the time is finally here! We are thrilled to welcome you back to the Sabal Tavern and the Del Webb Sunbridge Community. Your absence during the summer months left a void in our hearts and at our favorite gathering spot, but now that you're returning, our spirits are soaring.

The Sabal Tavern has been waiting with open arms to serve you your favorite drinks and delicious bites. Our bartenders have been perfecting their craft, and our chefs have created some exciting new menu items we can't wait for you to try. The familiar laughter and camaraderie you bring to the Tavern are what make it truly special, and we've missed it dearly.

We hope you settle back into your Sunbridge home effortlessly and pick up right where we left off, making cherished memories together. Welcome back, Snowbirds – your warmth and energy are the sunshine of our community!

Cheers to a fantastic season ahead!

Warm regards,
Alton Robinson, Maria Lomangino, and Jim McGonagle
The Sabal Tavern Advisory Committee

SABAL TAVERN SPECIAL EVENTS



GRAB & GO SERVICE
During Game Nights

- Trivia Night - October 4
- Music Trivia - October 11
- Bingo Night - October 18

Pick up your Grab & Go before or during the game and head to the Multipurpose Room to enjoy your meal.



**TAVERN
LIVE MUSIC**

OCTOBER DATES

**OCTOBER 6 -
CLOSER TO THE END**

OCTOBER 20 - FRED RAMOS

5:30 TO 8:30 PM

SABAL TAVERN SPECIAL EVENTS—SAVE THE DATE



DWS Men's Lunch

Save the Date: November 2, 2023

FRIENDSGIVING 2023 SAVE THE DATE

NOVEMBER 19



LIFESTYLE SPECIAL EVENTS

Trivia
Night

NOVEMBER 21 | MULTIPURPOSE ROOM

TRIVIA STARTS AT 6 PM
RSVP ON THE APP



LIFESTYLE SPECIAL EVENTS

STAND UP

Comedy

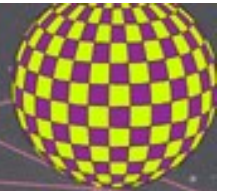
WITH MICHAEL PARENTI

HAPPENING OCTOBER 13 | 7 PM



SILENT DISCO

OCTOBER 21
6:30 - 9 PM



COST: \$10 PER PERSON

THREE GENRES OF MUSIC
TO DANCE TO

Estate Planning Seminar

October 17 | 6 pm

Presented by: Henderson Sachs, P.A.



LIFESTYLE SPECIAL EVENTS



OCTOBER 25 | 10 - 11:30 AM



HALLOWEEN GOLF CART PARADE

Friday, October 27 | 7 p.m.

Register to be in the parade today!

HALLOWEEN PARTY

JOIN US FOR A NIGHT OF FRIGHTFUL FUN!

COSTUME CONTEST | MUSIC | DANCING
DRINKS | PHOTO BOOTH | AND MORE

OCTOBER 28, 2023 | 6 PM

COST: \$15.00 PER PERSON

RESIDENT GROUP SPECIAL EVENTS

GALLERY NIGHT

October 14 | 6 pm



Art Displayed by DWS Residents. RSVP on the app.

MUSIC TRIVIA

NOVEMBER 8 | 6 PM
MULTIPURPOSE ROOM

Bingo Night

Join us for a night of fun, games, and prizes at the monthly Bingo Night!

Wednesday, October 18
6:00 pm in the Multipurpose Room

Register on the website or App as Space is limited.



HENDERSON SACHS, P.A.
ATTORNEYS AT LAW



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.

When it comes to Medicare, You have choices



Providing guidance and support on your Medicare journey

Whether you are new to Medicare and making these decisions for the first time or have current coverage and would like to make sure you are currently in the best plan for your situation, we would like to help.

We specialize in the following plans:



Medicare Supplement



Medicare Advantage



Prescription Drug Plans



Dental Plans

Additional Coverage Available:

- Cancer Insurance
- Short-Term Care
- Final Expense

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

Mark & Jan Goldberg

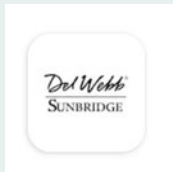
Phone: (407) 909-4774 | Text: (321) 420-4653

mark@insurancesource321.com

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, then click the red trash can next to the upcoming event you want to cancel.