

September 2023

THE HAMMOCK HAPPENINGS

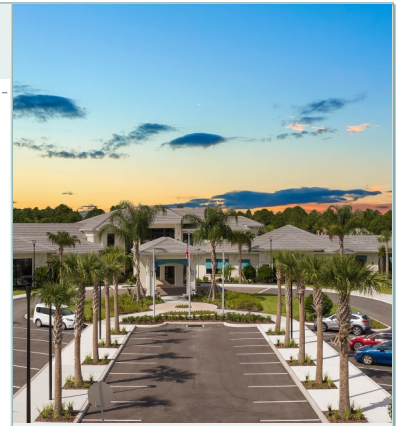


**Landscape
Calendar**

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**Events
Calendar**

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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

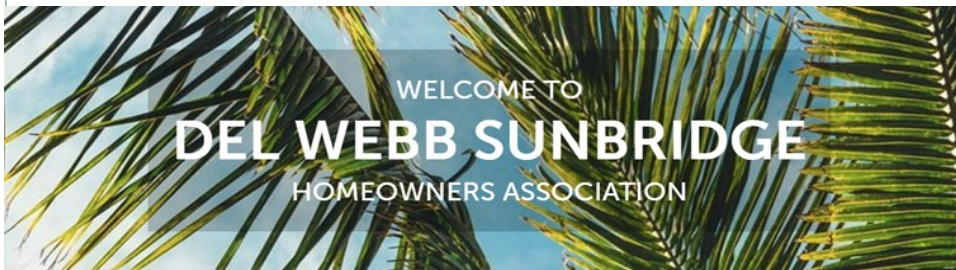
Castle Group—Resident Services
800-337-5850

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



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.

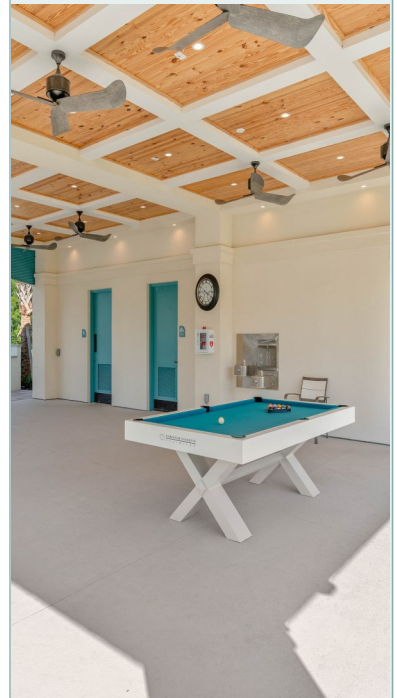
All hours are subject to change

RULES & REGULATIONS HIGHLIGHT

PARKING ENFORCEMENT

Residents who have overnight Guests can speak with management to allow overnight parking at the Clubhouse Parking Lot. If allowed, Guests will receive a parking permit to be placed on the dashboard of the vehicle. This parking permit will have an expiration date. If the vehicle is found to still be parking past the expiration date allowed, the vehicle will be towed at the owner's expense.

Rules and Regulations B. Parking and Vehicles. Pg. 22



HOA UPDATE



STACEY PEACH
GENERAL MANAGER

Hello Sunbridge Residents,

Where did the summer go? It doesn't seem possible that fall is almost upon us.

While we are not past the tropical weather season, I consider us very fortunate to have not been affected by any serious storms this summer. The recent threat from Hurricane Idalia caused us to redirect our attention to preparations and then returning everything to its proper place. A minor inconvenience but we learn each time how to be more efficient. We appreciated everyone's cooperation and understanding.

I am looking forward to spending time with you on September 17th for our Sunday Social Hour. I so enjoy hearing suggestions and feedback or just getting to know you a bit better. Please join us this month if you haven't already. We have a great attendance and you may meet someone new.

This month's Manager Meeting will be held on September 21st

at 6 pm. Last month's meeting was extremely informative with our guest speakers from Tavistock. We plan on inviting other guest speakers every few months so our residents hear information from others in our development and county.

As a reminder, our board president, Eric Baker will be hosting small group meetings on September 22nd. You can register to attend one of the three time slots on our website or through the app. He is looking forward to meeting with anyone who has questions for him.

On that note, if you missed the last update from the developer, the dog park is expected to be completed by the second quarter of 2024 and the cover for the mailbox will be installed by the first quarter of next year.

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?



MANAGER MEETING

Thursday, September 21
at 6 pm in the
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

Thursday, September 14
at 6 pm in the 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!

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. Checks can be made payable to Del Webb Sunbridge HOA.



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

SMALL GROUP MEETINGS WITH ERIC BAKER

SEPTEMBER 22
9 AM | 11 AM | 1:30 PM
LIMITED AVAILABILITY

DISCUSS GENERAL QUESTIONS, CONCERNS, AND SUGGESTIONS REGARDING DEL WEBB SUNBRIDGE



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 implementing a Landscape Advisory Committee this year. We are in the process of creating a Committee Charter. Once this is accomplished, we will notify the community and request resident volunteers to complete a Candidate Interest Form. The Board will review all forms and select suitable candidates to serve on the committee.

Sod Replacement:

The Exclusive Landscape leadership team members walked the community the week of August 8 to inspect lots damaged due to chinch bugs or sod webworms. The lots they determined were affected were treated to prevent further spreading.

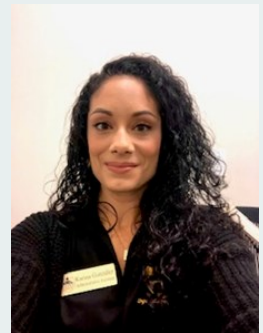
Exclusive Landscape also walked the lots that have started to burn due to severe heat levels. Homeowners with burnt sod will receive an email with two options for sod replacement.

1. Homeowners can have their affected sod replaced in September. Due to high temperatures, homeowners who choose to have their sod replaced in September will need to water the grass up to three times a day for approximately 30 days; this could vary depending on weather. Please keep in mind this will increase your water bill.
2. Homeowners can have their affected sod replaced in October. This option may have to increase the water less due to cooler weather.

Initial emails were sent to homeowners on the list provided by Exclusive Landscape Management after the walk on August 18, 2023, regarding this matter. Once the Association is provided a schedule from Exclusive Landscaping, it will be communicated to the homeowners.



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.



September's Landscaping FAQ:

Why are the weeds growing so fast?

Extreme temperatures, whether hot or cold, can impact the growth and spread of weeds. Extreme heat can cause some weed seeds to germinate early, while extreme cold can slow or stop weed growth altogether. Drought: Weather conditions such as drought can cause damage to a lawn, which can help weeds grow. Insect infestations: If insects feed on your lawn and deteriorate the grass, weeds will likely appear.

Over-watering: While proper watering prevents weed growth, over-watering can promote weed growth in some lawns.



Who determines my watering days?

Toho Water Authority determines the water days. More information can be found on [their website](#).

Remember: Never water between 10 am and 4 pm

Odd house numbers (ending in 1, 3, 5, 7, or 9):
Wednesday and Saturday

Even house numbers (ending in 0, 2, 4, 6, or 8):
Thursday and Sunday



Does Exclusive Landscape treat pests?

There are specific pests that Exclusive Landscape does treat for. Below you can find the complete list.

Treats For:

- Aphids
- Cinch Bugs
- Grubs
- Sod web worm
- Mites



Does Not Treat For:

- Fleas
- Ticks
- Ants
- Roaches
- Spiders



Your assessments include the following costs for Landscape Maintenance:

Villas

Maintenance - \$48

Replacement - \$10

Irrigation Maintenance & Repairs - \$10

Total - \$68 Monthly

40' Yards

Maintenance - \$58

Replacement - \$10

Irrigation Maintenance & Repairs - \$10

Total - \$78 Monthly



50' Yards

Maintenance - \$67

Replacement - \$10

Irrigation Maintenance & Repairs - \$10

Total - \$87 Monthly

65' Yards

Maintenance - \$80

Replacement - \$10

Irrigation Maintenance & Repairs - \$10

Total - \$100 Monthly

Chinch Bugs:

Chinch bugs seek out dry grass growing in dense soil, with thick layers of dead leaves, twigs, and other organic material on top to breed and feed. They are also attracted to woodlands, fields, and residential yards. Adults live an average of 50 days.

How can I prevent chinch bugs from invading?

Maintain lawn, watering weekly, Avoid over-fertilizing the lawn, Don't cut grass too short.



Quality Assurance Check

The Landscape Relationship Coordinator will be completing once a week quality assurance checks. These walks will be completed on streets being provided detail service for the week. This is to ensure the quality of work being provided by Exclusive Landscape meets expectations.

During QA check, they will also be looking at the blue tags on the irrigation box to ensure it coincides with the wet check reports completed on the home.

Adjusting Irrigation

Exclusive Landscape and the Association is recommending you consider increasing the irrigation times. We need your confirmation to make these adjustments to the timers as it will impact your irrigation costs. The severe weather conditions are having an impact on the sod and plants and additional irrigation and rainfall will help reduce stress on our plant material and decrease the expense and inconvenience for replacements in the fall. To schedule this service, please email us at delwebbsunbridgehoa@gmail.com.

September 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 <i>Crew 1: Cherry Blossom Loop</i> <i>Crew 2: Shimmering Shores / Cliff Way Lane</i></p>	<p>4 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard</p>	<p>5 Mowing Residential Homes, Common areas and Del Webb Boulevard</p>	<p>6 Mowing Residential Homes, Common areas and Del Webb Boulevard</p>	<p>7 Mowing Residential Homes, Common areas Del Webb Boulevard</p>	<p>8 Mowing Residential Homes, Common Areas and Pond Banks</p>
<p><u>Week 2 Detail Services</u> Monday - Friday <i>Crew 1: Mossy Oak / Nature View</i> <i>Crew 2: Citrus Grove / Blue Pond</i></p>	<p>11 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Citrus Grove</p>	<p>12 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Citrus Grove</p>	<p>13 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Blue Pond</p>	<p>14 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Blue Pond</p>	<p>15 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: Blue Pond</p>
<p><u>Week 3 Detail Services</u> Monday - Friday <i>Crew 1: Ruby Rose</i> <i>Crew 2: River Creek / Sandy Springs</i></p>	<p>18 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: River Creek</p>	<p>19 Mowing Residential Homes, and Del Webb Boulevard Wet Check: River Creek</p>	<p>20 Mowing Residential Homes, and Del Webb Boulevard Wet Check: River creek</p>	<p>21 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Sandy Springs</p>	<p>22 Mowing Residential Homes, Common Areas and Pond Banks Mossy Oak</p>
<p><u>Week 4 Detail Services</u> Monday - Friday <i>Crew 1: Cliff Way</i> <i>Crew 2: Shimmering Shores</i></p>	<p>25 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Nature View</p>	<p>26 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Nature View</p>	<p>27 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Ruby Rose</p>	<p>28 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Ruby Rose</p>	<p>29 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: Cherry Blossom</p>
	<p>2 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Cherry Blossom</p>	<p>3 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Cherry Blossom</p>	<p>4 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Cherry Blossom</p>	<p>5 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Cherry Blossom</p>	<p>26 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: Cherry Blossom</p>

Del Webb Sunbridge

SUNDAY	MONDAY	TUESDAY
<p>Event costs and descriptions can be found in the newsletter or online.</p>		
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p>  <p>3</p>	<p>(#) Requires payment to an outside vendor. Order tickets ahead of time.</p> <p>9:00am Beginner Chair Yoga* 9:00am Morning Get Together 10:00am Art Meet Up 1:00pm Mahjong 3:00pm Scrabble 5:30pm Beginner Spanish 1 6:30pm Bunco</p> <p>LABOR DAY 4</p>	<p>(*) Available for registration online. Events may have a deadline and/or fee.</p> <p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 1:30pm Surge Strength 5:30pm Art Series Soft Pastels 6:00pm Zumba* 6:00pm Pinochle 6:15pm Spanish Class</p> <p>5</p>
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p> <p>GRANDPARENTS DAY</p> <p>10</p>	<p>9:00am Beginner Chair Yoga* 10:00am Fitness Orientation 10:30am Fitness Orientation 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 5:30pm Beginner Spanish 1 6:00pm Yoga Sculpt* 6:00pm Beginner Pickleball* 6:45pm Advanced Pickleball*</p> <p>11</p>	<p>9:30am Virtual Fulfillment Center Tour 11:00am Mexican Train 2:00pm Canasta/Hand & Foot 1:30pm Surge Strength 4:00pm Backgammon 6:00pm Zumba* 6:00pm Pinochle 6:15pm Spanish Class</p> <p>12</p>
<p>9:00am Leisurely Bike Ride 1:00pm Sunday Social Hour 2:00pm Mahjong 2:00pm Bowling Group</p>  <p>17</p>	<p>9:00am Beginner Chair Yoga* 9:00am Shooting Range 10:00am Art Meet Up 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 5:30pm Beginner Spanish 1 6:00pm Beginner Pickleball* 6:30pm Bunco 6:45pm Advanced Pickleball*</p> <p>18</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 1:30pm Surge Strength 6:00pm Zumba* 6:00pm Pinochle 6:00pm Take Control of Your Retirement 6:15pm Spanish Class</p>  <p>19</p>
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p> <p>24</p>	<p>9:00am Beginner Chair Yoga* 10:00am Fitness Orientation 10:30am Fitness Orientation 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 5:30pm Beginner Spanish 1 5:30pm Lifestyle Meeting* 6:00pm Yoga Sculpt* 6:00pm Tech Advisory Group</p> <p>25</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand & Foot 1:30pm Surge Strength 4:00pm Backgammon 6:00pm Floral Arrangement Class* 6:00pm Zumba* 6:00pm Pinochle 6:15pm Spanish Class</p> <p>26</p>

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WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>10:15am Chair Strength & Balance 11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes</p> <p style="text-align: right;">①</p>	<p>9:00am Hiking Group 9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 7:00pm Broadway & More</p> <p style="text-align: right;">②</p>
<p>10:00am Stitchin' Sisters 10:30am Bridge 11:30am HIIT Fitness* 12:30pm Body Sculpt* 1:00pm Cribbage 1:30pm AARP Member Benefits 2:00pm Guide 3:00pm Mustard Seeds 4:00pm 12 Stones Group 5:00pm Canasta/Hand & Foot</p> <p style="text-align: right;">⑥</p>	<p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Men's Lunch 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness 7:15pm Thirsty Thursday</p> <p style="text-align: right;">⑦</p>	<p>10:15am Chair Strength & Balance 11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music Dennis Gallo</p> <p style="text-align: right;">⑧</p>	<p>9:00am Hiking Group 9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness*</p>  <p style="text-align: right;">⑨</p>
<p>10:00am Stitchin' Sisters 10:30am Bridge 11:30am HIIT Fitness* 12:30pm Body Sculpt* 1:00pm Euchre 2:00pm Music Trivia 3:00pm Wine Group 4:00pm 12 Stones Group</p> <p style="text-align: right;">⑬</p>	<p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 12:00pm Nurses Luncheon 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness 6:00pm New Owner Orientation* 7:00pm Book Club 7:15pm Thirsty Thursday 8:00pm Goal Setting/Women</p> <p style="text-align: right;">⑭</p>	<p>10:15am Chair Strength & Balance 11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes</p>  <p style="text-align: right;">⑮</p>	<p>9:00am Hiking Group 9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness*</p> <p style="text-align: right;">⑯</p>
<p>10:00am Sunbridge Stitchin' 10:30am Bridge 11:30am HIIT Fitness* 12:30pm Body Sculpt* 1:00pm Cribbage 1:30pm Bingo 2:00pm 12 Stones Group</p> <p style="text-align: right;">⑳</p>	<p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness 6:00pm Meeting with the Manager 7:15pm Thirsty Thursday</p> <p style="text-align: right;">㉑</p>	<p>10:15am Chair Strength & Balance 11:15am Aqua Fitness* 1:00pm Watercolor Class 1:30pm Barre Before Bar* 2:00pm Dominoes</p>  <p style="text-align: right;">㉒</p>	<p>9:00am Hiking Group 9:15am Chair Strength & Balance 10:00am Power Yoga* 11:30am Aqua Fitness* 12:30pm Singles Get Together</p>  <p style="text-align: right;">㉓</p>
<p>10:00am Stitchin' Sisters 10:15am Barbara Lee River Cruise# 10:30am Bridge 11:30am HIIT Fitness* 12:30pm Body Sculpt* 1:00pm Euchre 2:00pm Canasta/Hand & Foot 3:00pm 12 Stones Group</p> <p style="text-align: right;">㉗</p>	<p>8:00am Yoga* 9:00am Beginner Chair 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 style="text-align: right;">㉘</p>	<p>10:15am Chair Strength & Balance 11:15am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 6:00pm A&E - Pirates Cocktail 6:00pm Tavern Music Brandon Kozak</p> <p style="text-align: right;">㉙</p>	<p>9:00am Hiking Group 9:15am Chair Strength & Balance 10:00am Power Yoga* 11:15am Aqua Fitness* 12:00pm Hispanic Heritage Celebration</p> <p style="text-align: right;">㉚</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

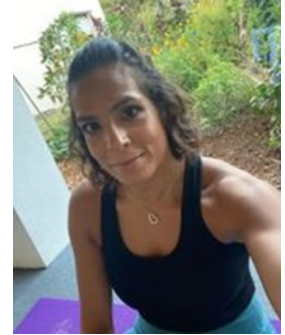
LISA

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.



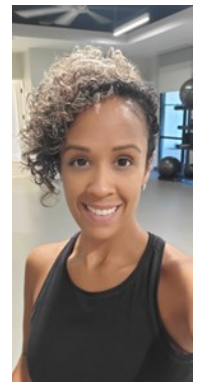
SABRINA

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

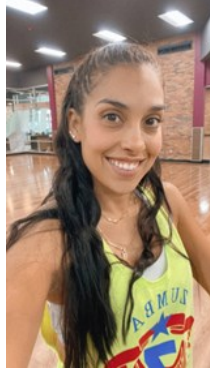
Marlene Gonzalez is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences are as follows: Aquatic personal training, Strength and balance training, Pilates and balance training, Prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide,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

AQUA FITNESS

Mondays
Fridays & Saturdays – 11:15am
Resistance Pool – 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 – 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 – Jerry
Learn the basic skills of pickleball.

BEGINNER CHAIR YOGA

Thursdays – 9:00 am
Group Fitness Room – Marlene
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.

BODY SCULPT

Wednesdays – 1:30 pm
Group Fitness Room – 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 – 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 – 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, water, towel, mat and weights if you would

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

FITNESS CLASSES

HIKING GROUP

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

LEISURLY BIKE RIDE GROUP

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

POWER YOGA

Saturdays – 10:00 am
Group Fitness Room – 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 – 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 – 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 – Marlene
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 – 5:45 pm
Group Fitness Room – 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.



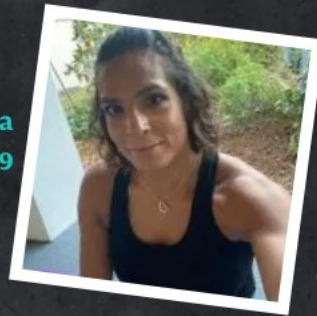
Please call to make an appointment.



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)

September 29 - 6:00pm
Multipurpose Room

This month's theme is Pirates. Bring a Rum based cocktail (or just some great Rum) and a Caribbean inspired 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, chinks, and collage. This group is open to artists of any level.

ART SERIES

Soft Pastels Class—September 5

Taught by Michelle Henley

Watercolors Level 1—September 22

Taught by Khris Butt

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 | 5:30 pm with Julia Vazquez

Tuesdays | 5:30 pm with Dulce Devilla

Tech Room

Learn Spanish or sharpen your skills. Beginners Level 1 is taught by Julia on Mondays and is slower paced. Beginners Level 2 is taught by Dulce on Tuesdays and is taught at a faster pace. All skill levels are welcome.

SPECIAL INTEREST GROUPS

BOOK GROUP

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

Read and discuss a new book every month.
The Last Train to London by: Meg Waite Clayton

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

**September 24 | 1pm
Brewlando**
Met your neighbors at one of Orlando's largest brewery, specializing in the finest craft beers in a spacious, relaxed atmosphere.

Brewlando Drink Menu can be found here:
<http://www.brewlando.com/>

Contact Larry with any questions at
lsteigrod@gmail.com.

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

INTERMEDIATE SPANISH

**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.
This group will meet on September 6, then
take a break until sometime in October.

OUTDOOR ACTIVITIES GROUP

August 21 | 9 am
Wild Florida

Airboat Ride- \$35.00
Gator Park- \$34.00
Safari Park- \$8.00
info@wildfl.com

PHONE: 407-957-3135

PINOCHLE

Tuesdays – 6:00pm
Multipurpose Room
Trick taking card game

QUILTER'S CORNER

Every other Tuesday – 1:00pm
Dry Craft Room

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

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 & 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 Seven:
Cloud Storage and Backups.

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
Starting September 14**

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 will have homework as we expect you to build upon your goals, regardless of timeline





THE SABAL TAVERN

SEPTEMBER 2023

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



MESSAGE FROM THE TAVERN ADVISORY COMMITTEE

We wanted to take a moment to express our heartfelt gratitude for your continued support of the Sabal Tavern. Your loyalty and patronage mean the world to us. It's customers like you who make our tavern a special place.

We appreciate your visits and the positive energy you bring to our establishment. We look forward to serving you now and in the future and making your experiences at Sabal Tavern even more enjoyable.

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

SABAL TAVERN SPECIAL EVENTS

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.”*



SABAL TAVERN

SEPTEMBER DATES

SEPTEMBER 8 | 5:30 - 8:30 PM
DENNIS GALLO

SEPTEMBER 29 | 6 - 8 PM
BRANDON KOZAK

LIVE MUSIC



Nurses Luncheon
September 14 | 12 - 2 pm



GRAB & GO SERVICE
During Game Nights

Upcoming Game Nights
Music Trivia - September 13
Trivia Night - September 14
Bingo Night - September 27

Check the weekly emails for the Grab & Go menu for each event. Pick up your Grab & Go before or during the game and head to the Multipurpose Room to enjoy your meal.



Singles Get Together
Saturday, September 23
at 12:30 pm
Location: Sabal Tavern
RSVP: On the DWS App



TEMA ITALIANO
LADIES' LUNCH
OCTOBER 5 | 12 PM

Registration starts September 15

This Ladies' Lunch will transport you to Italy! Get ready for delicious food, games, and the best company.

TapTV Trivia Competitions

EVERY THURSDAY
4 - 7 PM

ARE YOU READY?

taptv

MUSIC TRIVIA

SEPTEMBER 13 | 6 PM
MULTIPURPOSE ROOM

back to the
80'S

Trivia
Night

THURSDAY, SEPTEMBER 14 | MULTIPURPOSE ROOM

TRIVIA STARTS AT 6 PM
RSVP ON THE APP

Bingo Night

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

Wednesday, September 27
6:00 pm in the Multipurpose Room

Register on the website or App as Space is limited.

Bingo!

Bingo!

SUNDAY SOCIAL HOUR

SEPTEMBER 17 | 1 - 2 PM

CELEBRATE HISPANIC HERITAGE
MONTH WITH THE
MANAGEMENT TEAM WITH
SPANISH DESSERTS!



BARBARA LEE

River Cruise

September 27 | 9:15 am to 3:30 pm

Cost: \$119.00 per person

Please make checks payable to
Small World Tours. Full payment due
to reserve your space on the cruise.

STAND UP

Comedy

WITH MICHAEL PARENTI

HAPPENING OCTOBER 13
REGISTRATION OPENS SEPTEMBER 15



A Tibetan Heart & Earring Workshop

October 25 | 6:30 - 8:30 pm
Cost: \$40.00

Space is limited, so sign up today!





HENDERSON SACHS, P.A.
ATTORNEYS AT LAW



ESTATE PLANNING SEMINAR

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

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Or call to schedule your complimentary estate planning consultation.


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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:



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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

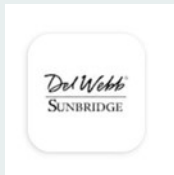
Phone: (407) 909-4774 | Text: (321) 420-4653

mark@insurancesource321.com

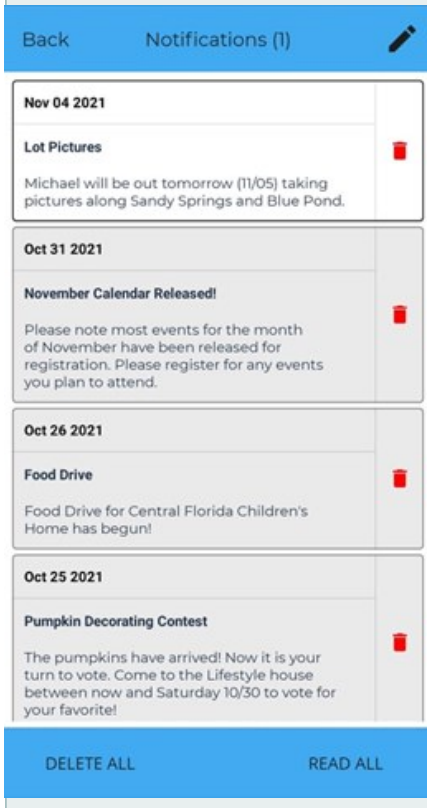
HOW TO ADD YOURSELF TO THE RESIDENT DIRECTORY ON THE WEBSITE

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.