

# August 2023

## THE HAMMOCK HAPPENINGS

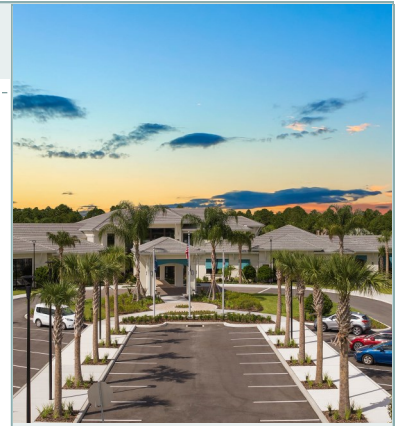


**Landscape  
Calendar**

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**Lifestyle  
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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

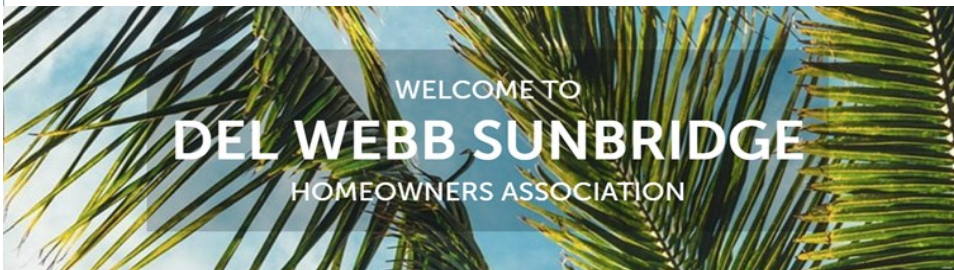
Castle Group—Resident Services  
800-337-5850

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

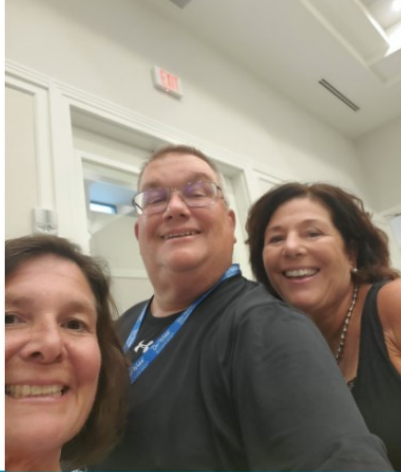


**Del Webb Sunbridge HOA Website**  
**[www.DelWebbSunbridgeHOA.com](http://www.DelWebbSunbridgeHOA.com)**

Log in for more information



# Sunbridge Snapshots





## 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**

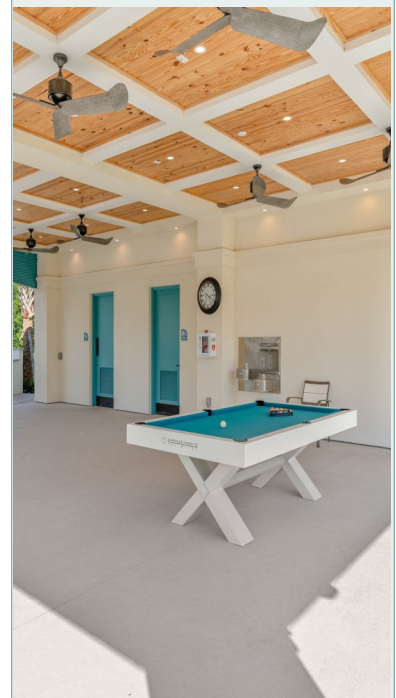
## **RULES & REGULATIONS HIGHLIGHT**

### EXTERIOR MODIFICATIONS TO YOUR HOME OR LANDSCAPING

The Board has exclusive jurisdiction over modifications, additions, and alterations proposed on or to existing residential home exteriors, therefore, all exterior modifications must be approved before work begins.

Please submit an ARC Application for all work that you are planning for the exterior of your home, this includes landscaping.

Applications can be found on [our website](#).



STACEY PEACH

GENERAL MANAGER



## HOA MANAGEMENT UPDATE

### Hello Del Webb Sunbridge Residents,

It has been a busy summer so far. We have coordinated with Pulte to resurface Del Webb Boulevard and make repairs to the pavers at the entry by the gate. There is a small section of pavers that they were unable to replace and need to order. Once the new pavers arrive that area will be completed.

I know everyone is anxiously awaiting an update on the dog park and the cover for the mailbox kiosks. We have been informed that the proposal has been approved and Pulte is waiting to hear what the projected start date and anticipated completion date will be. Once they have been given this information, we will be passing it along to all of you.

Our Lifestyle programming is ramping up. Katie is doing a fantastic job of getting an understanding of all our “Happenings” and booking events and entertainment to fill up our calendar. She has been attentive to everyone’s

suggestions. She has assisted so many of our special interest groups as they start to plan for their exciting fall events. I had the pleasure of attending the “trial run” pottery class, and the attendees were having an awesome time. We are looking forward to adding this class to our schedule.

I have been hearing great feedback from guests at the Tavern. Ladies’ Lunch had not only great food, but the atmosphere was lively and fun! The new menu seems to be pleasing to many. Thank you to the Tavern Team and Committee for their efforts.

In the next few months, we will be diligently working with the Budget/Finance Committee to prepare our draft budget for 2024. We are anticipating our Annual and Budget Meetings to take place in late October.

All the best to you all!

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, August 17 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

Thursday, August 10 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 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.



# Holiday Bazaar

NOVEMBER 4TH  
10 AM - 2 PM

VENDOR APPLICATIONS ACCEPTED THROUGH OCTOBER 1ST  
FOR MORE INFORMATION CONTACT  
DWSCRAFTSHOWS@MAIL.COM

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

## Volunteer Spotlight



**Nikki Buccieri**

Many of you know Nikki Buccieri whether it be from the many Trivia Nights she has stepped to host, the game nights she puts on, or for her love of music, especially The Cure.

Nikki stepped when the Association and her neighbors needed a volunteer to run Trivia Night and Music Trivia and took those events on as if they were always her own. As the months went on, Nikki was able to find other residents who share her same interests in trivia and in music and she found others to help her host these events.

These are not easy events to run and we appreciate all the time Nikki has given to the Del Webb Sunbridge each month to continue activities our residents love!

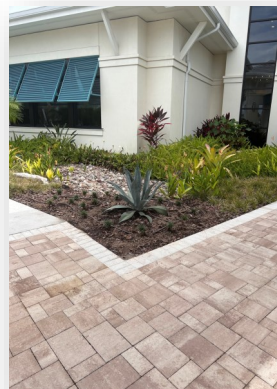
Thank you, Nikki, for all you do for Del Webb Sunbridge!

# Landscape Monthly Update

Exclusive Landscape is working hard to get through pending work orders in the order they were received. Thank you for your patience as they diligently complete the Work Orders.

HOA plant replacements will continue throughout the month of August this includes palm trees. Exclusive Landscape is putting together their schedule for sod replacements for the month of September. This project will start on Ruby Rose. The remaining schedule is coming soon. A reminder that sod that is damaged by water erosion or animal waste will not be replaced under HOA, this also includes grading.

**New plant enhancements have been added to the clubhouse!**



## 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

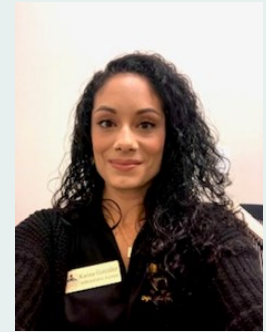
Maintenance - \$80

Replacement - \$10

Irrigation Maintenance & Repairs - \$10

**Total - \$100 Monthly**

## 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.



# August's Landscaping FAQ:

## Can I have irrigation lines/ heads raised/ lowered, moved, adjusted replaced, added or capped?

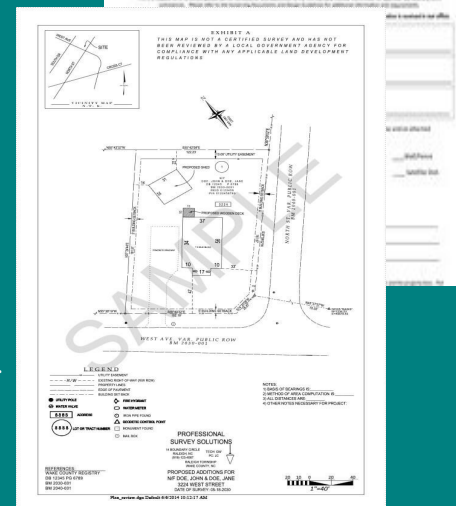
Yes. However, the moving, raising, lowering, adding, capping, replacing, or adjusting of irrigation heads or lines at a homeowner's request due to an approved landscape or hardscape modification, or for aesthetic reasons will be billed to the individual homeowner directly.



## What is needed when submitting my Landscape ARC application?

All applications shall include the following:

1. Completed Application – Containing the name of owner(s) and their contact information, lot number, phase number, and street address.
2. Site Plan – Recorded site plan showing owners' lot and all improvements.
3. Modification Activity Information – Appropriate information for the Modification Activity, as summarized below.
4. Contractor Information – Name, street address, and contact information of contractor doing the proposed work (if known).



## Does Exclusive Landscape treat pests?

Exclusive Landscape treats for pests that can harm trees, plants, and grass.

### **Included:**

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



### **Not Included:**

- Fleas
- Ticks
- Ants
- Roaches
- Spiders



# August 2023 Landscape Schedule

The calendar is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	31 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: River Creel	1 Mowing Residential Homes, Common areas and Del Webb Boulevard Wet Check: River Creek	2 Mowing Residential Homes, Common areas and Del Webb Boulevard	3 Mowing Residential Homes, Common areas Del Webb Boulevard Wet Check: Ruby Rose	4 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: Ruby Rose	5
<b>Week 1 detail services Blue Pond, Citrus Grove, River Creek, Sandy Springs</b>						
6	7 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Nature View	8 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Nature View	9 Mowing Residential Homes, and Del Webb Boulevard	10 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Mossy Oak	11 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: Mossy Oak	12
<b>Week 2 detail services Ruby Rose, Nature View &amp; Mossy Oak</b>						
13	14 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Cliff Way	15 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Cliff Way	16 Mowing Residential Homes, and Del Webb Boulevard	17 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Shimmering Shores Ln	18 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: Shimmering Shores Ln	19
<b>Week 3 detail services Cliff Way &amp; Shimmering Shore</b>						
20	21 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Wet Check: Cherry Blossom	22 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Cherry Blossom	23 Mowing Residential Homes, and Del Webb Boulevard	24 Mowing Residential Homes, and Del Webb Boulevard Wet Check: Cherry Blossom	25 Mowing Residential Homes, Common Areas and Pond Banks Wet Check: Cherry Blossom	26
<b>Week 4 detail services Cherry Blossom</b>						
27	28 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard	29 Mowing Residential Homes, and Del Webb Boulevard	30 Mowing Residential Homes, and Del Webb Boulevard	1 Mowing Residential Homes, and Del Webb Boulevard	2 Mowing Residential Homes, Common Areas and Pond Banks	3



Detail Services:  
Pruning & Trimming of Bushes/Trees



SUNDAY	MONDAY	TUESDAY	
 <p><i>Ladies Luau Lunch</i> AUGUST 3, 2023 COST: \$13.95 EACH</p>	<p>Event costs and descriptions can be found in the newsletter or online.</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand &amp; Foot 3:00pm Surge Strength 4:00pm Backgammon 5:30pm Beginner Spanish 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish</p>	1
<p>9:00am Leisurely Bike Ride 1:00pm Mahjong 12:30pm Singles Get Together 1:00pm Sundae Social Hour</p> 	<p>9:00am Beginner Chair Yoga* 9:00am Morning Get Together 10:00am Art Meet Up 1:00pm Mahjong 3:00pm Scrabble 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt* 5:30pm Beginner Spanish 1 6:30pm Bunco</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand &amp; Foot 3:00pm Surge Strength 5:30pm Beginner Spanish 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish</p>	8
<p>9:00am Leisurely Bike Ride 1:00pm Mahjong</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* 6:00pm Yoga Sculpt* 5:30pm Beginner Spanish 1 6:00pm Beginner Pickleball* 6:45pm Advanced Pickleball*</p>	<p>11:00am Mexican Train 1:30pm Canasta Tournament 3:00pm Surge Strength 4:00pm Backgammon 5:30pm Beginner Spanish 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish</p> 	15
<p>9:00am Leisurely Bike Ride 1:00pm Mahjong 2:00pm Bowling Group</p> 	<p>9:00am Beginner Chair Yoga* 9:00am Morning Get Together 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* 8:30pm Outdoor Activity Group</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand &amp; Foot 3:00pm Surge Strength 5:30pm Beginner Spanish 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish</p>	22
<p>9:00am Leisurely Bike Ride 1:00pm Mahjong</p> 	<p>9:00am Beginner Chair Yoga* 9:00am Shooting &amp; Archery 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 Tech Advisory Group</p>	<p>11:00am Mexican Train 2:00pm Canasta/Hand &amp; Foot 3:00pm Surge Strength 4:00pm Backgammon 5:30pm Beginner Spanish 2 6:00pm Zumba* 6:30pm Pinochle 6:45pm Intermediate Spanish</p>	29

# EVENTS AUGUST 2023

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>10am Stitchin' Sisters 10:30am Bridge 11:30pm HIIT Fitness* 12:00pm SCH Crafts 1:00pm Body Sculpt* 1:30pm Euchre 2:00pm Mustard Seeds 2:30pm 12 Stones Group 3:00pm Canasta/Hand &amp; Foot</p>	<p>3</p> <p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Ladies Lunch 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand &amp; Foot 6:00pm STRONG Nation Fitness 7:15pm Thirsty Thursday</p>	<p>4</p> <p>11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music</p> 	<p>5</p> <p>9:00am Hiking Group 9:15am Chair Strength &amp; Balance 10:15am Power Yoga* 11:30am Aqua Fitness*</p>
<p>9</p> <p>10am Stitchin' Sisters 10:30am Bridge 11:30pm HIIT Fitness* 12:00pm Quilters Corner 1:00pm SCH Crafts 1:30pm Body Sculpt* 2:00pm Cribbage 2:30pm Music Trivia 3:00pm 12 Stones Group</p> 	<p>10</p> <p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand &amp; Foot 6:00pm STRONG Nation Fitness 6:00pm New Owner Orientation* 7:00pm Book Club 7:15pm Thirsty Thursday</p>	<p>11</p> <p>11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes</p>	<p>12</p> <p>9:00am Hiking Group 9:15am Chair Strength &amp; Balance 9:30am Art Class- Acrylic 10:15am Power Yoga* 11:30am Aqua Fitness*</p> 
<p>16</p> <p>10am Stitchin' Sisters 10:30am Bridge 11:30pm HIIT Fitness* 12:00pm Body Sculpt* 1:00pm Euchre 1:30pm Trivia Night 2:00pm Mustard Seeds 2:30pm Wine Group- Red Wine 3:00pm 12 Stones Group</p> 	<p>17</p> <p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand &amp; Foot 6:00pm STRONG Nation Fitness 6:00pm Meeting with the Manager* 7:15pm Thirsty Thursday</p>	<p>18</p> <p>11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes</p>	<p>19</p> <p>9:00am Hiking Group 9:15am Chair Strength &amp; Balance 10:00am Watercolor Class Level 1 10:15am Power Yoga* 11:30am Aqua Fitness* 1:00pm Brewery Crew</p>
<p>23</p> <p>10am Stitchin' Sisters 10:30am Bridge 11:30pm HIIT Fitness* 12:00pm Quilters Corner 1:00pm Body Sculpt* 1:30pm Cribbage 2:00pm Mustard Seeds 2:30pm 12 Stones Group 3:00pm Canasta/Hand &amp; Foot</p>	<p>24</p> <p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand &amp; Foot 5:30pm Lifestyle Meeting* 6:00pm STRONG Nation Fitness 7:00pm A&amp;E (1920 - 1933) cocktail 7:15pm Thirsty Thursday</p>	<p>25</p> <p>11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes</p> 	<p>26</p> <p>9:00am Hiking Group 9:15am Chair Strength &amp; Balance 10:15am Power Yoga* 11:30am Aqua Fitness*</p>
<p>30</p> <p>10am Stitchin' Sisters 10:30am Bridge 11:30pm HIIT Fitness* 12:00pm SCH Crafts 1:00pm Body Sculpt* 1:30pm Euchre 2:00pm Bingo Night 2:30pm 12 Stones Group</p> 	<p>31</p> <p>8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 2:00pm Canasta/Hand &amp; Foot 6:00pm STRONG Nation Fitness 6:00pm Tax-Efficient Retirement 7:15pm Thirsty Thursday</p>	<p>(#) Requires payment to an outside vendor. Order tickets ahead of time.</p> <p>(*) Available for registration online. Events may have a deadline and/or fee.</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

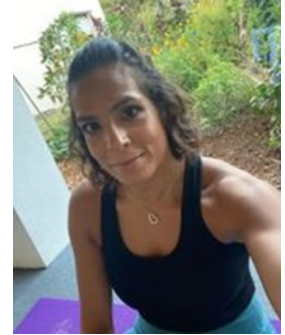
### LISA

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.



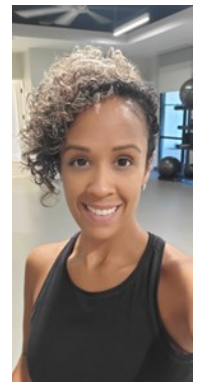
### SABRINA

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

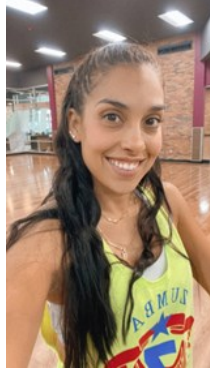
Marlene Gonzalez is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences are as follows: Aquatic personal training, Strength and balance training, Pilates and balance training, Prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide, 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– 4:30 pm**  
**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\***

**Saturdays– 9:00 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 like.

**\*All fitness classes, 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.



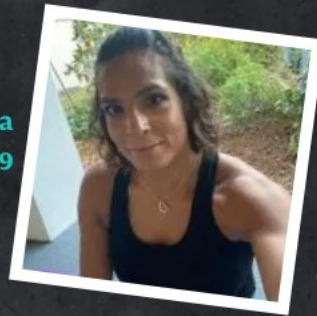
Please call to make an appointment.



**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)

**August 24 - 6:00pm**  
**Multipurpose Room**

This month's theme is Prohibition. Bring a prohibition era (1920 to 1933) cocktail (or just a good Gin cocktail) and cracker or crostini style appetizer. Please bring enough of your favorite cocktail and appetizer to share with the group.

### 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

**Acrylics Portrait Class—August 12**  
**Taught by Michelle Henley**  
**Watercolors Level 1—August 19**  
**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

**August 26 | 1pm  
Ten 10 Brewing**

The Brewery Crew is back! Whether you are a beer enthusiast or prefer hard seltzers and ciders, crafted moonshine and cocktails, or wine and vodka sodas, Ten 10 Brewing has something for you. Head to downtown Orlando for an afternoon with friends to experience another great local brewery.

Contact Larry with any questions at [lsteigrod@gmail.com](mailto: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 other 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– 1:00pm  
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.  
There will be no meeting on May 3.

### 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– 6:30pm  
Multipurpose Room**  
Trick taking card game

### QUILTER'S CORNER

**Every other Tuesday– 1:00pm  
Dry Craft Room**

Join if you are interested in quilting or sewing or would like to learn. If you have any questions, please contact Brenda Guiver at 916-801-8780 or [Brenda.guiver@gmail.com](mailto: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](mailto: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](mailto: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 Six: Video Calling Technologies. Instructor: Sheri

## 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 or size of accomplishment.

## WINE GROUP

**Second Wednesdays– 7:00pm**

**Multipurpose Room**

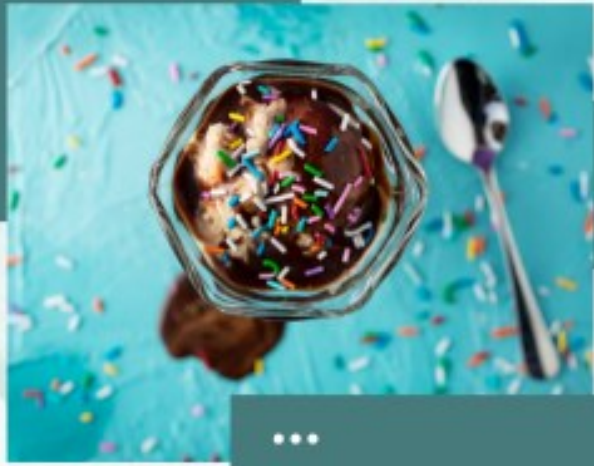
A group for wine enthusiasts. This month this group will explore wines and tasty treats from Argentina. Please bring something to share with the group.



# SUNDAY SOCIAL HOUR

OR SHOULD WE SAY "SUNDAE"  
SOCIAL HOUR? STOP BY THE  
HAMMOCK CLUB FOR AN  
ICE CREAM SUNDAE.

AUGUST 6 | 1 - 2 PM



## LIFESTYLE MEETING

📅 Aug 24, 2023

🕒 At 5:30 pm

📍 Multipurpose  
Room



## Tax-Efficient Retirement

August 31 | 6 pm  
RSVP Online

DON'T MISS THIS OPPORTUNITY TO  
ENHANCE YOUR FINANCIAL LITERACY  
AND DEVELOP A TAX-EFFICIENT  
RETIREMENT PLAN.



# FITNESS CENTER RULES

You may have noticed the Fitness Center Rules were placed in the cubbies in the Fitness Center. We ask that all who use the facility review and abide by the rules so that all who use the Fitness Center may have an enjoyable experience.



ARE YOU READY TO WORK IT?

## Fitness CLASSES

- ✓ Register up until classtime if there is space
- ✓ Class cancellations accepted up to SIX hours prior to class start time

✓ AQUA ✓ ZUMBA ✓ CARDIO ✓ STRENGTH



## FITNESS CENTER RULES

- Use gym wipes to clean the equipment both before and especially after use.
- Towels are helpful but not a substitute for gym wipes.
- Proper attire and hygiene is appreciated by all.  
Please wear:
  - Closed-toe shoes, sneakers
  - Clean exercise attire
  - Deodorant
- Step away from the equipment to use your phone.
  - Texting delays your workout, and others may also want to use the equipment.
  - Conversations on the phone, especially while on speakerphone, may disturb others.
- Be aware and share the equipment.
- Do not make loud or disruptive noises while training.
- Do not drop or bang weights.
- Return weights to the proper storage rack.
- Above all - Treat others with consideration and as you would want them to treat you.

Trivia Night

WEDNESDAY, AUGUST 26 | MULTIPURPOSE ROOM

TRIVIA STARTS AT 6 PM  
RSVP ONLINE



# THE SABAL TAVERN

## AUGUST 2023

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



## MESSAGE FROM THE TAVERN ADVISORY COMMITTEE

The memories we create at the Sabal Tavern are cherished. It is important to recognize that the contributions of our Tavern Management and Staff go beyond providing excellent service; they play a vital role in our community. The Sabal Tavern is a gathering place for friends, families, and outside guests to connect, celebrate, and create lasting memories. The warm smiles, friendly conversations, and attentive service provided by our Tavern Team contribute to the fabric of our community, and we are grateful for their unwavering commitment. Please let them know that their hard work and dedication are noticed and deeply appreciated.

The Sabal Tavern Advisory Committee  
Alton (Al) Robinson, Maria Lomangino, and Jim McGonagle

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 SPECIAL EVENTS



**TAVERN  
LIVE MUSIC**

**AUGUST  
DATE**

**AUGUST 4 -  
ERIC LAGI**

**5:30 TO 8:30 PM**



*Men's* **LUNCH**  
Thursday, September 7 | 12 pm  
**MENU**

Shrimp Po Boy	Meatball & Mozzarella Sub
Mahi Tacos	Quesadilla Explosion Salad
Buffalo Chicken Sandwich	

\*The Sabal Tavern menu is also available for this event.



**GRAB & GO SERVICE**  
During Game Nights

**Upcoming Game Nights**

- Music Trivia - August 9
- Trivia Night - August 16
- Bingo Night - August 30

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

CAROL STEIN & FRIENDS  
PRESENT

# "Broadway & More"



FEATURING  
HANNA LAIRD & BILLY FLANIGAN

September 2, 2023 | 7 pm

*Floral Arrangement Class*

*September 26 | 6 pm*

*Cost: \$55 per person*

*Registration Opens*

*August 7*



Do you have an Event or Activity Idea?  
Or something you want to share  
with the Lifestyle Team?

Email us at [DelWebbSunbridge@gmail.com](mailto:DelWebbSunbridge@gmail.com)

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

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

Mark & Jan Goldberg

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

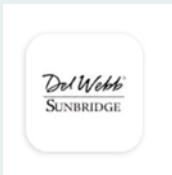
[mark@insurancesource321.com](mailto:mark@insurancesource321.com)

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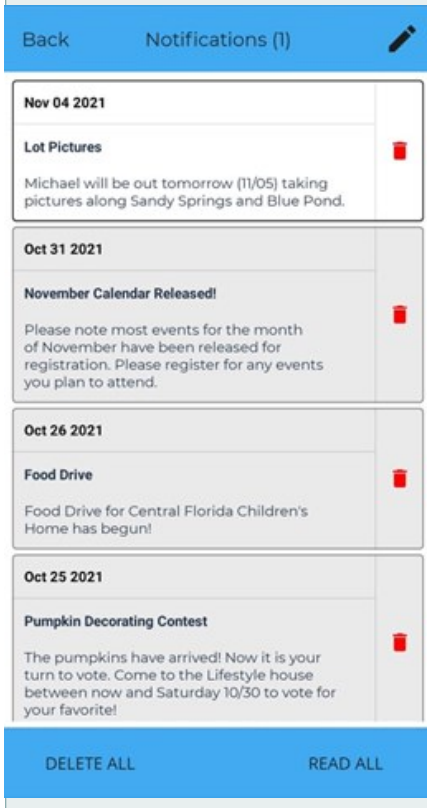
## HOW TO ADD YOURSELF TO THE RESIDENT DIRECTORY ON THE WEBSITE

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](mailto:wabeltran@castlegroup.com)

[www.delwebbsunbridgehoa.com](http://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.