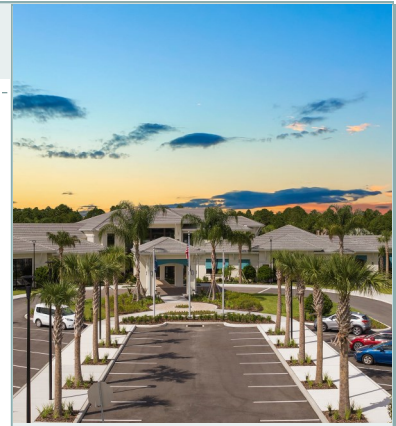


December 2023

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

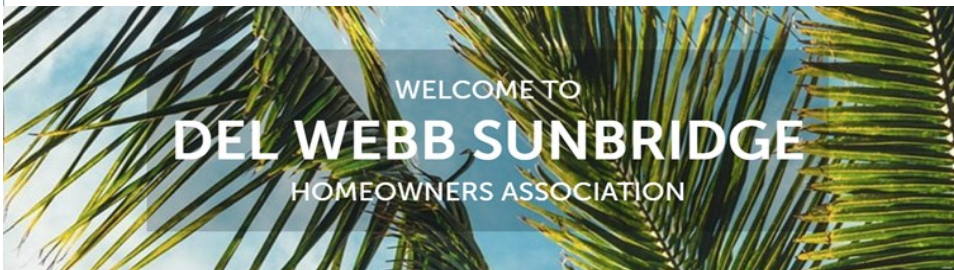
Castle Group—Resident Services
800-337-5850

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



HAMMOCK — CLUB —

HOURS OF OPERATION

Building Hours:

Sunday: 9:00 am - 7:00 pm

Monday-Tuesday: 5:00 am—8:00 pm

Wednesday-Friday: 5:00 am—9:00 pm

Saturday: 8:00 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 attached to your ID badge.

All hours are subject to change

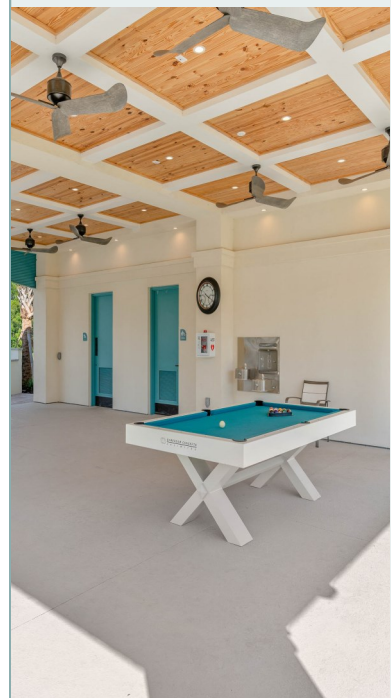
RULES & REGULATIONS HIGHLIGHT

PARKING RULES

12.4.1 Parking ... No parking of vehicles of any kind, including vehicles of visitors, Guests, or invitees, shall be permitted in streets or private roads within Del Webb Sunbridge.

Should you be hosting a gathering for the holiday weekend, please visit the front desk to obtain a clubhouse parking pass for vehicles that will not fit in your driveway.

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



HOA MANAGEMENT UPDATE

STACEY PEACH

GENERAL MANAGER



Happy Holidays Del Webb Sunbridge Residents,

It is hard to believe that it has been a full year since I arrived at Del Webb Sunbridge and what a wonderful and busy year it has been. As I reflect on the many things we have accomplished and the many more initiatives that we are working on, I feel the year has flown by.

We have made great strides in improving landscape processes and resolutions. We still have a bit more work but with the help of Exclusive's expansion in their leadership team and additional staffing on the property, we are seeing more notable progress. We are also very thankful for our resident volunteers who have been appointed to serve on the Landscape Committee for 2024. In early December, we will be meeting with new committee members and providing them with a wealth of information to help them get organized and hit the ground running in January.

We are wishing a fond farewell to our front desk associate,

Nathalie. She has taken a position in the medical field and her smiling face will be missed.

Our Sabal Tavern team has reorganized a bit. You may have seen some new faces and the return of a familiar face. Ernie will be leading the team with Mel overseeing the back of the house and Bianca managing the servers.

My monthly manager meeting is scheduled for Thursday, December 7th at 6 pm. There will be a guest speaker from the Transportation Department in Osceola County joining us to provide an update on plans and statuses of roadway projects in our area. We are holding it a bit earlier in the month so you all can enjoy all of the wonderful holiday events and activities this time of year. I hope to see you all there!

Sincerely,

Stacey Peach, LCAM
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



TENNIS GROUP

A new Tennis group forming now!
Check the Lifestyle Email blast for more information.



Hammock Club Holiday Hours

December 24
9 AM TO 2 PM

December 25
CLOSED

December 31
CLOSING AT 7 PM
REOPENING AT 8:45 PM FOR PARTY

January 1
CLOSED



Happy Holidays!

Wishing you nothing but the best this holiday season!

Del Webb[®]
SUNBRIDGE[®]

MANAGER MEETING

Thursday, December 7 | 6pm
Multipurpose Room

A rep from the Osceola County, Transportation and Transit department will be in attendance to speak to the community. Past presentations and communications are on the website under Board of Directors Communications after logging in or by [clicking here](#).

NEW HOMEOWNER ORIENTATION

November 9 | 6 pm and
November 16 | 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

December | 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 at the beginning of each month.

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

Landscaping Monthly Update

Exclusive Landscape is working diligently on pending work orders in the order they were received. Thank you for your patience.

Coming Soon:

2024 Initiatives

- Alternate nursery options for homeowner enhancements
- Cap/Cut and Retrofits can be completed by 3rd party vendors outside of Exclusive with prior HOA approval.
- Mulch Refresh February 2024
- HOA Bulk Plant Replacement March 2024
- HOA Bulk Sod Replacement April 2024



Landscaping Monthly Update



Winter Plant Protection Methods

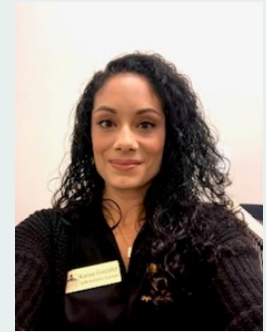
Move plants in containers into protected areas where heat can be supplied or trapped. If you have to leave containers outdoors, push them together and protect with mulch to reduce heat loss from the container walls. (Note: Leaves of large canopy plants may be damaged if crowded together for extended periods.)

Heat radiates from soil surfaces during the night and is mainly lost to the atmosphere unless it is trapped. Reduce radiant heat loss and protect plant roots by placing mulch around the plants. For perennials, the root system is all that needs to be protected.

Coverings protect more from frost than from extreme cold. Covers that extend to the ground and do not touch plant foliage can lessen cold injury trapping heat. However, be careful when putting using plastic as a cover because foliage that touches plastic coverings is often injured since the cover actually takes heat away from the plant.

Examples of coverings include cloth sheets, quilts, plastic, or commercial frost cloths. Remove plastic covers during a sunny day or provide ventilation to keep the air under the cover from heating up too much. Putting a light bulb under a cover is a simple method of providing heat to ornamental plants in the landscape. Don't use plastic tablecloths or shower curtains. Plastic could freeze resulting in killing or causing freeze burn to the plants.

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.






December 2023 Landscape Schedule

The calendar is subject to change.

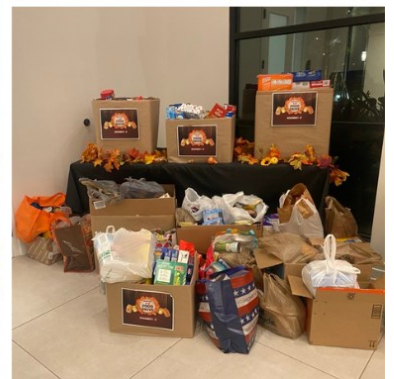
Detail Services: Pruning & Trimming of Bushes/Trees, Weed spraying

Mowing: Bi-weekly services

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|--------|
| <u>Week 1 Detail Services</u> Monday - Friday Please see weekly update | | | | | 1 |
| <u>Week 2 Detail Services</u> Monday - Friday Please see weekly update | 4 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard | 5 Mowing Residential Homes, Common areas and Del Webb Boulevard | 6 Mowing Residential Homes, Common areas and Del Webb Boulevard | 7 Mowing Residential Homes, Common Areas and Pond Banks | 8 |
| <u>Week 3 Detail Services</u> Monday - Friday Please see weekly update | 11 | 12 | 13 | 14 | 15 |
| <u>Week 4 Detail Services</u> Monday - Friday Please see weekly update | 18 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard | 19 Mowing Residential Homes, and Del Webb Boulevard | 20 Mowing Residential Homes, and Del Webb Boulevard | 21 Mowing Residential Homes, Common Areas and Pond Banks | 22 |
|  | 25  No Services | 26  No Services | | | |



Sunbridge Snapshots



CALENDAR OF EVENTS

Del Webb Sunbridge

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|--|---|--|--|
| <p>Event costs and descriptions can be found in the newsletter 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> | |
| <p>9:00am Leisurely Bike Ride 2:00pm Mahjong 6:00pm Outdoor Activities Group- Sunset Cruise*</p> <p style="text-align: center;">3</p> | <p>9:15am Beginner Chair Yoga* 10:00am Fitness Center* 10:15am Beginner Chair Yoga* 10:30am Fitness Center* 1:00pm Mahjong 3:00pm Scrabble 6:00pm Yoga Sculpt*</p> <p style="text-align: center;">4</p> | <p>11:00am Mexican Train 1:30pm Canasta/Hand & Foot 3:00pm Beginner Tai Chi* 4:00pm Backgammon 6:00pm Zumba* 6:00pm Pinochle</p> <p style="text-align: center;">5</p> | <p>9:00am Stitch 10:30am Bridg 12:30pm HIIT 1:30pm Body 2:00pm Euch 4:30pm Cana 7:00pm 12 St 6:00pm Must</p> |
| <p>9:00am Leisurely Bike Ride 2:00pm Mahjong 6:00pm Sunday Social</p> <p style="text-align: center;">10</p> | <p>9:00am Beginner Chair Yoga* 10:00am Art Meet Up 10:00am Fitness Center* 10:15am Beginner Chair Yoga* 10:30am Fitness Center* 1:00pm Mahjong 1:00pm Volunteer Group 3:00pm Scrabble 4:30pm Beginner Spanish 6:00pm Yoga Sculpt* 6:30pm Bunco 6:30pm Paint & Sip*</p> <p style="text-align: center;">11</p> | <p>11:00am Mexican Train 1:30pm Canasta/Hand & Foot 3:00pm Beginner Tai Chi* 6:00pm Zumba* 6:00pm Pinochle 6:00pm Music Trivia 6:15pm Spanish Class</p> <p style="text-align: center;">12</p> | <p>9:00am Stitch 10:30am Bridg 12:30pm HIIT 1:00pm Art Se Water 1:30pm Body 2:00pm Euch 6:00pm Trivia</p> |
| <p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p> <p style="text-align: center;">17</p> | <p>9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 6:00pm Yoga Sculpt*</p> <p style="text-align: center;">18</p> | <p>11:00am Mexican Train 1:30pm Canasta/Hand & Foot 3:00pm Beginner Tai Chi* 4:00pm Backgammon 6:00pm Zumba* 6:00pm Pinochle 6:15pm Spanish Class</p> <p style="text-align: center;">19</p> | <p>9:00am Stitch 9:30am Art Se 10:30am Bridg 12:30pm HIIT 1:30pm Body 2:00pm Euch 6:00pm Must 7:00pm 12 St Group</p> |
| <p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p> <p style="text-align: center;">24</p> | <p>Hammock Club Closed CHRISTMAS</p> <p style="text-align: center;">25</p> | <p>11:00am Mexican Train 1:30pm Canasta/Hand & Foot 3:00pm Beginner Tai Chi* 6:00pm Zumba* 6:00pm Pinochle</p> <p style="text-align: center;">26</p> | <p>9:00am Stitch 10:30am Bridg 12:30pm HIIT 1:30pm Body 2:00pm Euch</p> |
| <p>9:00am Leisurely Bike Ride 9:00pm New Years Eve Party</p> <p style="text-align: center;">31</p> | | | |

EVENTS | DECEMBER 2023

| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|
| | | 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Art Series-Beginner Line 5:30pm Tavern Music - Dennis Gallo 7:00pm Mustard Seeds Theme - Love | 9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 7:00pm Holiday Musical Review with Carol Stein and Friends* |
| min' Sisters ge Fitness* Sculpt* re asta Tournament ones Group ard Seeds | 8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 12:00 Women's Lunch* 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 4:00pm TapTv 5:30pm Menorah Lighting 6:00pm Managers Meeting 6:00pm STRONG Nation Fitness* 7:15pm Thirsty Thursday HANUKKAH BEGINS | 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes | 9:15am Chair Strength & Balance* 10:15am Power Yoga* 11:30am Aqua Fitness* 2:00pm Hanukkah Kibbitzers |
| 6 | 7 | 8 | 9 |
| min' Sisters ge Fitness* Series- Beginner Sculpt* re Night | 8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 3:00pm New Owner Orientation* 6:00pm STRONG Nation Fitness* 6:30pm Book Club 7:00pm Ugly Sweater Happy Hour 7:30pm Women's Group | 7:30 am OnSpot Dermatology 10:00am Del Webb Sunbridge Volunteers* 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 7:00pm White Elephant Gift Exchange | 9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 5:00pm Art Series- Acrylics Class* 6:30pm Holiday Golf Cart Parade |
| 13 | 14 | 15 | 16 |
| min' Sisters Series- Pastel Class ge Fitness* Sculpt* re ard Seeds ones | 8:00am Yoga on the Green * 9:00am Outdoor Chair Yoga * 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 6:00pm New Owner Orientation* 6:00pm STRONG Nation Fitness* | 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes | <u>9:15am Chair Strength & Balance</u> <u>10:15am Power Yoga*</u> <u>11:30am Aqua Fitness*</u> |
| 20 | 21 | 22 | 23 |
| min' Sisters ge Fitness* Sculpt* re | 8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 6:00pm STRONG Nation Fitness 7:15pm Thirsty Thursday | 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes | 9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* |
| 27 | 28 | 29 | 30 |
| | | | |

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

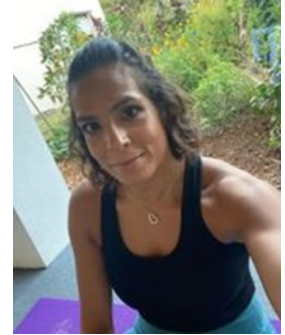
LISA

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.



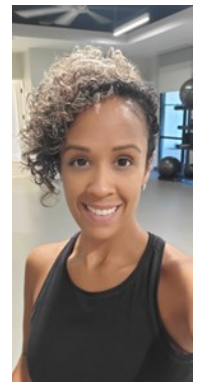
SABRINA

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

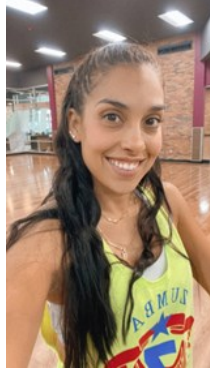
Marlene Gonzalez is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences are as follows: Aquatic personal training, Strength and balance training, Pilates and balance training, Prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide,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

AQUA FITNESS

Mondays—On Hold for the Season
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 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

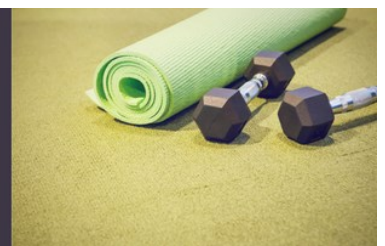
Wednesdays – 12:30 pm
Group Fitness Room – With Lisa

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, water, towel, mat and weights if you would like.

LEISURLY BIKE RIDE GROUP

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

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



FITNESS CLASSES

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.

TAI CHI

Tuesdays – 3:00 pm & 4:00 pm

Group Fitness Room – With Julio

This Evidence-based energy/movement art increases balance, awareness, and suppleness. Because of its emphasis on joint stability and flexibility, it is perfect for those suffering from arthritis, as well as helps prevent its onset. It helps improve posture, breathing capacity, and natural range of motion. This class teaches a short and easily learned form, as well as a set of joint exercises for strength, balance, and coordination.

TENNIS LESSONS

Beginners—Select Tuesdays – 10 am
Intermediate—Select Thursdays 9 am
Tennis Courts – DWS Resident Joe Greco

Learn new skills and improve any current

skills with free lessons from Del Webb Sunbridge resident, Joe Greco. Get a great workout while improving your tennis game!

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.

Sign Up for
your favorite
class to to reserve
your spot!



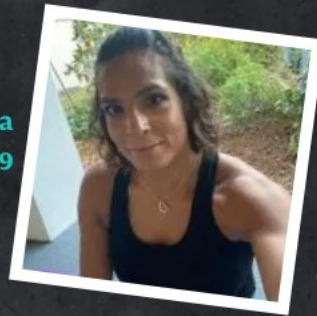
Please call to make an appointment.



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)

Resuming in January
Multipurpose Room

This month's theme is Blackout Wednesday. Bring your best cocktail and a Thanksgiving inspired 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, chinks, and collage. This group is open to artists of any level.

ART SERIES

Beginner Line and Wash — December 1
Beginner Water Colors — December 13

Classes will be held in the Wet Craft Room
Check the website for more information on 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 CLUB

**Every second
Thursday – 6:30pm
Wet Craft Room**

This month's book is The Grand Illusion written by our very own Del Webb Sunbridge resident, Carolyn Frooman Lipschutz.

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

**A La Cart Brewing
December 16 | 1–4 pm**

Enjoy street food and craft beer. Cider, wine, seltzers, cocktails, and coffee also available.

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 – 2:00pm
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 Theme:
December 6—Love

No Meeting December 20.

OUTDOOR ACTIVITIES GROUP

December 3 | 6 pm
Sunset Cruise—Lake Toho

DWS resident, Allyson Asher, has scheduled a trip for a sunset cruise with Toho Riverboat Adventures. It is not too late to get tickets by going online or calling. \$32 senior \$35 regular fee for 90 minutes on the water. Cash bar and you can bring your own food. You must purchase individual tickets through Toho Riverboat Adventures.

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 am—12pm.

SPECIAL INTEREST GROUPS

TECHNOLOGY ADVISORY GROUP

**Fourth Monday – 6:00 pm
Tech Room**

Topics vary each month.

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



VOLUNTEER GROUP

**Third Friday – 10:00 am
Wet Craft Room**

We are a group of Sunbridge residents who believe in helping others across the community and the greater St. Cloud and Orlando area.

We have a Facebook page called Del Webb Sunbridge Volunteers.

THRIVING IN THIS NEW PHASE OF LIFE

**Second Thursdays – 7:30 pm
Wet Craft Room**

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 – 7:00 pm
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.



THE SABAL TAVERN

NOVEMBER 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 LIVE MUSIC EVENTS

TAVERN
LIVE MUSIC



5:30 TO 8:30 PM

DECEMBER DATE

DECEMBER 1
PERFORMACE BY
DENNIS GALLO

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.”*

MESSAGE FROM THE
TAVERN ADVISORY COMMITTEE

I hope each one of you enjoyed the good spirits and cherished memories of our recent 2nd Annual Friendsgiving Event. It is with immense gratitude and warmth that we extend my heartfelt thanks to each resident for your overwhelming support and enthusiastic attendance.

The success of our gathering was truly a collective effort, and it wouldn't have been possible without the remarkable dedication of our Castle Group staff and the extraordinary team assigned to the Sabal Tavern. Their professionalism and unwavering commitment to ensuring your comfort and enjoyment were nothing short of exceptional.

Every detail, from the seamless coordination to the impeccable service, worked like clockwork, leaving a lasting impression on all who attended. This accomplishment is a testament to the positive attitude and genuine desire of our Castle Group staff to create an event that will be etched in our memories for years to come.

To the residents who shared their warmth, stories, and laughter – thank you for creating an atmosphere of joy and unity. Your presence illuminated the occasion, turning it into a true celebration of community spirit.

As we reflect on this wonderful Friendsgiving, let us carry forward the camaraderie and sense of togetherness that define our Sunbridge Community. Your support has made this event more than just a gathering; it has become a cherished tradition that binds us closer as neighbors and friends.

Once again, thank you for being an integral part of our community, and here's to many more shared moments of joy and connection in the days to come.

With gratitude,

**Alton, Maria, and Jim - Sabal Tavern Advisory
Committee**

Tap TV Trivia Competitions



EVERY THURSDAY
4 - 7 PM
AT THE TAVERN

ARE YOU READY?



SATURDAY
BRUNCH
DECEMBER 23 | 10 AM - 4 PM

SPECIAL BRUNCH MENU
WILL BE SERVED AT
THE SABAL TAVERN



Holiday Card Exchange
NOVEMBER 27 THROUGH
DECEMBER 15

DROP OFF CARDS FOR YOUR
NEIGHBORS AT THE HAMMOCK
CLUB OR VOLUNTEER TO
DELIVER THE CARDS.



Paint & Sip
etc
December 11
6:30 pm
Cost: \$28pp

www.canvasbrushes.com

Space is limited

Trivia Night

WEDNESDAY, DECEMBER 13 | MULTIPURPOSE ROOM

THIS MONTH'S THEME:
HOLIDAY TRIVIA

TRIVIA STARTS AT 6 PM

RSVP ON THE APP

Happy Holidays!

Eat, Drink & BE UGLY

at our

Ugly Sweater Happy Hour

December 14 / 5 - 7 pm

WHITE ELEPHANT GIFT EXCHANGE

DECEMBER 15

6:30 PM

GIFTS \$20.00 & UNDER

RSVP TODAY

Holiday Golf Cart Parade

December 16 | 6 pm

Sign up to be apart of the parade or watch from your driveway!



ONSPOT DERMATOLOGY

Mobile Dermatology

**BOOK
NOW**

OnSpot Dermatology is a full-service dermatology practice that brings its full medical team directly to you, so you don't have to leave the community. OnSpot offers any procedure you would receive at your traditional dermatology office including skin cancer screenings, lesion removal, liquid nitrogen treatments, and much more.

WHEN: Friday, December 15
TIME: 7:30 am - 3:00 pm
WHERE: Hammock Club Parking Lot

Most major insurances accepted, including Medicare, and self-pay pricing also available.

Sign up at: www.onspotdermatology.com/sunbridge

2024

New Year's Eve
Party

December 31 | 9 pm to 1 am
Door Open At 8:45 pm

Ticket Price: \$39.00 per person

Ticket Includes:
DJ Dion
2 Drink Tickets
Appetizers
Desserts
Party Favors
Champange Toast at Midnight

Del Webb[®]
SUNBRIDGE[®]
NAME TAGS

To order, Please email us with the names needed.

Name tags are \$10.00 each.

Checks can be dropped off at the Hammock Club.

Email Address:
delwebbsunbridge@gmail.com

MUSIC TRIVIA

December 12
at 6 pm

Music Trivia
Hosted by
Donald



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

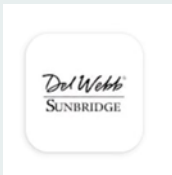
Phone: (407) 909-4774 | Text: (321) 420-4653

mark@insurancesource321.com

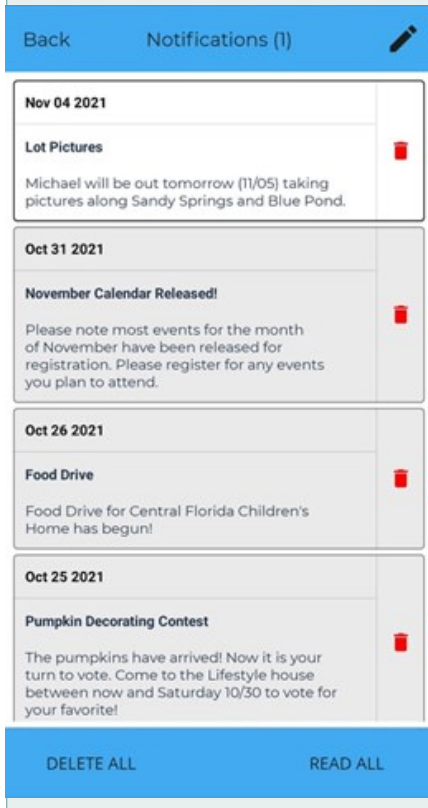
HOW TO ADD YOURSELF TO THE RESIDENT DIRECTORY ON THE WEBSITE

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.

If you need assistance, please contact us at the Hammock Club.