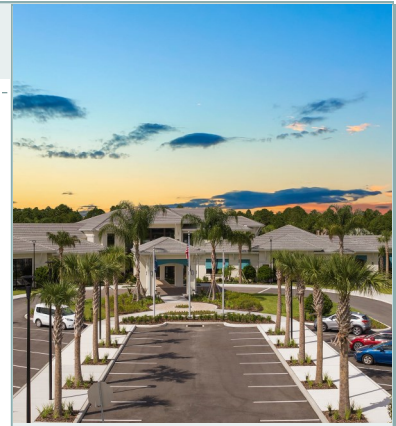


# November 2023

# THE HAMMOCK HAPPENINGS





**Inside this Issue**

HAMMOCK CLUB OPERATING HOURS.....4

HOA MANAGEMENT UPDATE .....5

LANDSCAPING UPDATE.....6

CALENDAR.....10

FITNESS.....12

SPECIAL INTEREST GROUPS.....16

THE SABAL TAVERN.....20

WEBSITE INFORMATION.....28

**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

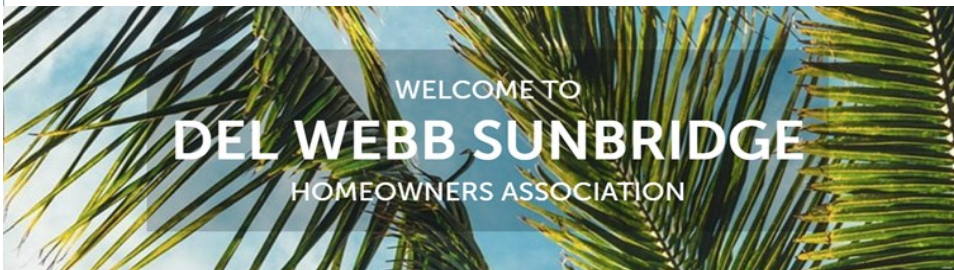
Castle Group—Resident Services  
800-337-5850

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





# 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.

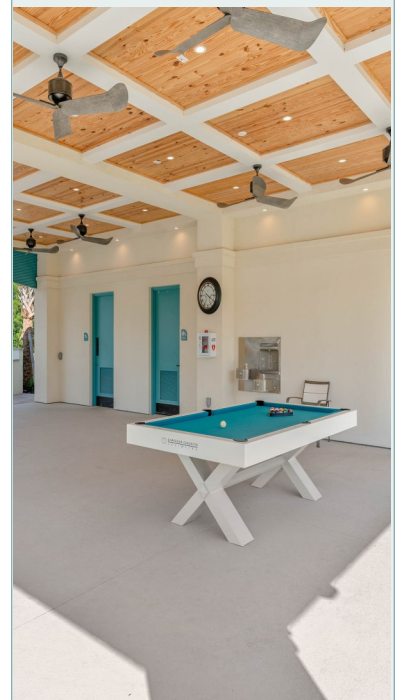
**All hours are subject to change**

## **RULES & REGULATIONS HIGHLIGHT**

### HOLIDAY DECOR

Holiday lighting and decorations shall be permitted to be placed upon the exterior portions of the home and upon the lot in the manner permitted herunder commencing October 15 and shall be removed not later than November 5th of the same year for Halloween Lighting and decorations.

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



STACEY PEACH

GENERAL MANAGER



## HOA MANAGEMENT UPDATE

Hello Del Webb Sunbridge Residents,

October was a busy month with all sorts of fun activities and meetings. I would like to thank all who attended our series of budget meetings, where our fantastic Finance Committee provided a wealth of information on our 2024 proposed budget. This was an excellent opportunity for owners to get their questions answered, and we will be repeating this format for years to come.

As a summary, the monthly assessments for 2024:

Villas - \$456  
40' Lots - \$402  
50' Lots - \$412  
65' Lots - \$422

Assessments are due on or before the 1st of each month, with the new assessment effective with the January 2024 payment.

The annual club fee for the Tavern will remain at \$576. This fee will be charged to the credit card on file with the Association on January 2nd.

Should the payment be declined, we will make one attempt to contact you for updated credit card information. The charges and payments for the Club Fees will appear on your assessment account. If we are unable to secure payment before the expiration of the grace period, late fees will be charged in the same manner as outstanding assessment payments.

A big welcome to our new Landscape Committee members.

We have been working with a few groups of residents on new clubs like Pickleball, Bingo, and some for Arts and Crafts, with more to come soon.

I look forward to the upcoming holiday season and seeing you all enjoying a feast at our annual Friendsgiving Event.

**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, 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

**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**

November 14 | 5:30 pm  
Multipurpose Room

Find out what events and activities are happening throughout the community. A rep from Small World Tours will be attendance to speak on 2024 trip possibilities.

**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.*

**Landscape Advisory Committee**

Please help us congratulate Lori Quinlivan, Stephen Dyer, Louis Lopez, Allen Eschette, and Luis Rodriguez on being selected to participate in the Del Webb Sunbridge Landscape Committee.

**Committee Members:**



Stephen Dyer



Lori Quinlivan



Luis Rodriguez

Members not pictured: Louis Lopez and Allen Eschette

# Landscape Monthly Update

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

## New Irrigation Rates:



Toho Water Authority confirmed that you will see reclaimed water rates starting with your October invoices. The common areas and homeowner lots will both be billed at this rate.

	Potable Irrigation	Reclaimed Irrigation
Tier 1	\$3.97	\$2.78
Tier 2	\$6.32	\$4.42
Tier 3	\$9.52	\$6.66

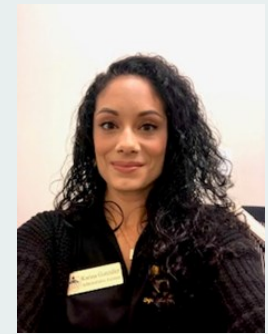
## Landscaping FAQ:

### What happens to plants during the fall season?

In autumn, when it starts to get cold, some plants stop making chlorophyll. Instead, those plants break down chlorophyll into smaller molecules. As chlorophyll goes away, other pigments start to show their colors. This is why leaves turn yellow or red in the fall.



## LANDSCAPE INFORMATION



### KARINA GONZALEZ:

Landscape Relationship Coordinator

[kgonzalez@castlegroup.com](mailto: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.

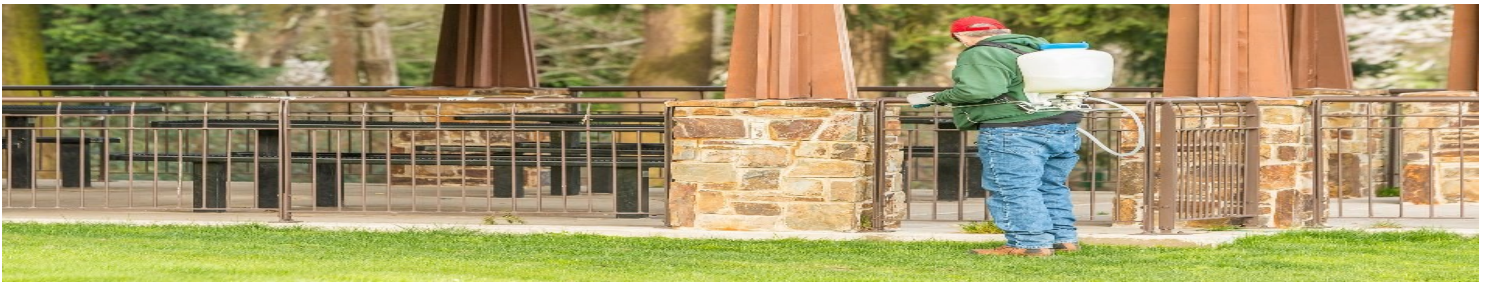
Exclusive Landscaping is the **ONLY** vendor permitted to modify and perform work on landscaping in the community.



## Homeowner Enhancements:

As part of the 2024 initiatives, the association board along with the help of the committee will be appointing 5 nurseries to assist with homeowner enhancements. Homeowners would still need to follow the approved plant list. The approved plant also provides a list of plants that have been tested and proven to do well here at Del Webb.

Homeowners choosing to do an enhancement, regardless of which approved vendor is completing the installation, are still required to submit an ARC application with the supporting documents outlined in the ARC application.



## Pulling weeds vs. spraying weeds:

Weeds spell trouble for your lawn in Florida because these unwanted and invasive plants will steal nutrients from your grass. If you are looking to get rid of them, you will want to spray them instead of pulling them by hand. Spraying weeds requires less effort, allows you to cover a larger area, and is more effective since herbicides can quickly kill them. Meanwhile, hand-pulling weeds will require more effort and time. Not only that, it is likely some of the weed will remain, including the roots, and could coincidentally spread the weed seeds even more. When spraying weeds that are on a lawn, the use of post-emergent treatments effectively removes them, and pre-emergent treatments keep more from surfacing. Spraying weeds is also more effective because the product seeps into the soil and kills them at the roots, ensuring there's nothing left of the growth.



# November 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
			1	2	3
	Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard	Mowing Residential Homes, Common areas and Del Webb Boulevard	Mowing Residential Homes, Common areas and Del Webb Boulevard	Mowing Residential Homes, Common Areas and Pond Banks	
<u>Week 1 Detail Services</u> Monday - Friday <i>Crew 1: Cherry Blossom Lp</i> <i>Crew 2: Citrus Grov / Blue Pond</i>	6	7	8	9	10
<u>Week 2 Detail Services</u> Monday - Friday <i>Crew 1: Mossy Oak / Nature View</i> <i>Crew 2: River Creek / Sandy Springs</i>	13	14	15	16	17
	Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard	Mowing Residential Homes, and Del Webb Boulevard	Mowing Residential Homes, and Del Webb Boulevard	Mowing Residential Homes, Common Areas and Pond Banks	
<u>Week 3 Detail Services</u> Monday - Friday <i>Crew 1: Ruby Rose</i> <i>Crew 2:</i>	20	21	22		24
<u>Week 4 Detail Services</u> Monday - Friday <i>Crew 1: Shimmering Shores</i> <i>Crew 2: Cliff Way</i>	27	28	29		30
	Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard	Mowing Residential Homes, and Del Webb Boulevard	Mowing Residential Homes, and Del Webb Boulevard	Mowing Residential Homes, Common Areas and Pond Banks	



# CALENDAR OF EVENTS

## Del Webb Sunbridge

SUNDAY	MONDAY	TUESDAY
<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</p> <p><b>5</b></p>	<p>9:15am Beginner Chair Yoga* 10:00am Fitness Center Orientation* 10:15am Beginner Chair Yoga* 10:30am Fitness Center Orientation* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish Class 5:00pm Aqua Fitness* 6:00pm Yoga Sculpt*</p> <p><b>6</b></p>	<p>11:00am Mexican Train 1:30pm Canasta/Hand &amp; Foot 1:30pm Surge Strength* 3:00pm Beginner Tai Chi* 4:00pm Backgammon 6:00pm Pinochle 6:00pm Zumba*</p>  <p><b>7</b></p>
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p>  <p><b>DIWALI</b></p> <p><b>12</b></p>	<p>9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:00am Fitness Center Orientation* 10:15am Beginner Chair Yoga* 10:30am Fitness Center Orientation* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish Class 5:00pm Aqua Fitness* 6:00pm Beginner Pickleball Class* 6:00pm Yoga Sculpt* 6:45pm Advanced Pickleball Class* 6:30pm Bunco</p> <p><b>13</b></p>	<p>11:00am Mexican Train 1:30pm Surge Strength* 2:00pm Canasta/Hand &amp; Foot 2:00pm Volunteer Group 3:00pm Beginner Tai Chi* 5:30pm Lifestyle Meeting 6:00pm Pinochle 6:00pm Zumba*</p> <p><b>14</b></p>
<p>9:00am Leisurely Bike Ride 2:00pm Friendsgiving* - S1 2:00pm Mahjong 3:00pm Friendsgiving* - S2 4:00pm Friendsgiving* - S3 5:00pm Friendsgiving* - S4</p>  <p><b>19</b></p>	<p>9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish Class 5:00pm Aqua Fitness* 6:00pm Beginner Pickleball Class* 6:00pm Yoga Sculpt* 6:45pm Advanced Pickleball Class*</p> <p><b>20</b></p>	<p>9:30am Art Series - Pastel Class* 11:00am Mexican Train 1:30pm Canasta/Hand &amp; Foot 1:30pm Surge Strength* 3:00pm Beginner Tai Chi* 4:00pm Backgammon 6:00pm TV Theme Trivia Night 6:00pm Pinochle 6:00pm Zumba* 6:15pm Spanish Class</p>  <p><b>21</b></p>
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p> <p><b>26</b></p>	<p>9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Art Series- Pencil Art 3:00pm Scrabble 4:30pm Beginner Spanish Class 5:00pm Aqua Fitness* 6:00pm Technology Advisory Group 6:00pm Yoga Sculpt* 6:30pm Bunco</p> <p><b>27</b></p>	<p>11:00am Mexican Train 1:30pm Canasta/Hand &amp; Foot 1:30pm Surge Strength* 3:00pm Beginner Tai Chi* 6:00pm Zumba* 6:00pm Pinochle 6:15pm Spanish Class</p> <p><b>28</b></p>

# EVENTS | NOVEMBER 2023

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Food Drive Begins 9:00am Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 2:00pm Euchre 7:00pm Mustard Seeds 7:00pm 12 Stones Group 7:00pm Canasta/Hand & Foot	8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00 Men's Lunch* 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 4:00pm Tap TV Competition 6:00pm Belladiva Concert* 6:00pm STRONG Nation Fitness*	10:15am Chair Strength & Balance* 11:30am Aqua Fitness* 1:00pm Art Series- Watercolor Level 2* 1:30pm Barre Before Bar* 2:00pm Dominoes 5:30pm Tavern Music - Fred Ramos	9:00am Hiking Group 9:15am Chair Strength & Balance* 10:00am Holiday Bazaar 10:15am Power Yoga* 11:30am Aqua Fitness*
9:00am Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 2:00pm Euchre 6:00pm Music Trivia 7:00pm Wine Group	8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 12:00pm Annuities Unveiled 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 4:00pm Tap TV Competition 6:00pm New Owner Orientation 6:00pm STRONG Nation Fitness* 6:30pm Book Club 7:30pm Women's Group	10:15am Chair Strength & Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 6:00pm USMC Birthday Cake 6:30pm Karaoke Night	9:00am Hiking Group 9:15am Chair Strength & Balance* 10:15am Power Yoga* 11:30am Aqua Fitness* 12:00pm Brewery Crew 12:30pm Singles Get Together 6:00pm Game Night with Nikki
9:00am Stitchin' Sisters 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 2:00pm Euchre 7:00pm 12 Stones Group 7:00pm Mustard Seeds	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 4:00pm New Homeowner Orientation 4:00pm Tap TV Competition 6:00pm STRONG Nation Fitness*	10:15am Chair Strength & Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 6:30pm Game Show Night*	9:00am Hiking Group 9:15am Chair Strength & Balance* 10:15am Power Yoga* 11:30am Aqua Fitness* 4:15pm Cirque Holidayze# 5:00pm Art Series- Acrylics Class*
Food Drive Ends 9:00am Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 2:00pm Euchre 6:00pm A&E Cocktails	Hammock Club will be closed in observance of the holiday. <b>THANKSGIVING</b>	10:15am Chair Strength & Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes	9:00am Hiking Group 9:15am Chair Strength & Balance* 10:15am Power Yoga* 11:30am Aqua Fitness*
St. Augustine Overnight Trip 9:00am Stitchin' Sisters 10:30am Bridge 12:30pm HIIT Fitness* 1:30pm Body Sculpt* 2:00pm Euchre 6:00pm Bingo Night 7:00pm Canasta/Hand & Foot 7:00pm 12 Stones Group	St. Augustine Overnight Trip 8:00am Yoga* 9:00am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Zumba* 1:30pm Canasta/Hand & Foot 4:00pm Tap TV Competition 6:00pm STRONG Nation Fitness* 7:00pm Guess That Song		

# PERSONAL TRAINING- MEET YOUR TRAINERS

## PERSONAL TRAINING

### Call for Times Fitness Center

Sabrina, Lisa, and Marlene are our onsite personal trainers. You will be able to book a private 30-minute personal training time slot with any of them. \$40 per 30 min session, \$60 per couple. Please reach out to the trainer of your preference to set up times:

Sabrina: (407) 808-1559

Lisa: (407) 340-6110

Marlene: (321) 217-5311

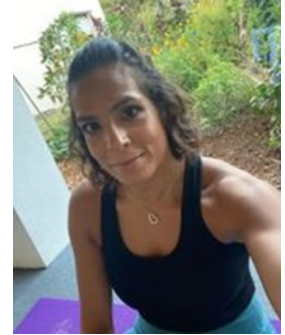
### LISA

For over 18 years Lisa has worked as a certified group exercise instructor and currently teaches at Lake Nona Golf & Country Club, Nemours Children's Health and is happy to now be a part of Del Webb Sunbridge. Her class specialties include indoor cycling, aqua aerobics, HIIT, bootcamp and body sculpt. Lisa is also the owner of Fitness 407, a specialized personal training business that focuses on toning, aerobic and stretching exercises. Her extensive background in the health and fitness industry enables her to create a personalized workout for each individual. As a certified group fitness instructor and results-oriented personal trainer, Lisa enjoys sharing her passion for inspiring others to reach their goals, improve their overall health and well-being, and develop a healthy lifestyle.



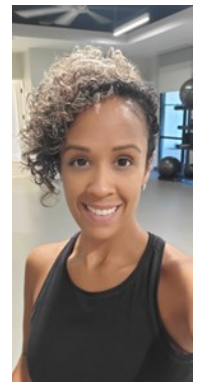
### SABRINA

Sabrina loves getting to know people's strengths and weaknesses when it comes to finding the right program. She tailors your program based on what your needs are. She focuses on long term health and wellness where you can maintain motivation and consistency. She will focus a lot on core strength training and range of motion through functional training. Areas of specialty: Core Strength, Functional Mobility, Yoga, Power Yoga. Education & Certificates: Masters public administration - Keller Graduate School, NASM CPT, Les Mills Core & Body Pump, Barre, AFAA Yoga.



### MARLENE

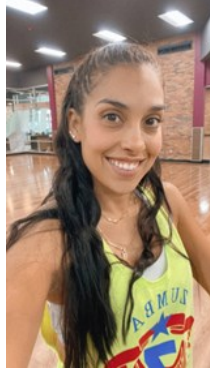
Marlene Gonzalez is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences are as follows: Aquatic personal training, Strength and balance training, Pilates and balance training, Prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide, Athletic injuries and rehabilitation, Massage therapy, Weight loss management. Marlene shares with us that her passion is to help strengthen peoples mind-body and spirit through physical and mental activity.



## FITNESS CLASSES- MEET YOUR INSTRUCTORS

### ALEX

Alexaida is originally from Venezuela. She has two children and studied economics until she started in the world of dance. She loves to dance and since has dedicated herself to the world of dance. In her country, she had a Salsa Academy for more than 10 years and had the opportunity throughout those years to teach thousands of people and train more than 10 instructors. She has been a Zumba instructor for more than 13 years. Dancing is her passion, but she also loves teaching. She has also taught other modalities of classes like Aqua Fit and Strength and Balance that helps to have a balance between cardio and toning.



### DELISA

Delisa is fifty three years old and was born and raised in Honolulu, Hawaii. She has a Bachelors degree in Communications. She is an Aveda Graduate as a Massage Therapist, and a licensed Full Specialist Esthetician. She is certified to teach ZUMBA, ZUMBA Gold, and Yoga Silver Sneakers, and will be adding more certifications to her list. She is a retired Army wife and mother to a daughter who is an active duty Army Officer. She is a recent Breast Cancer survivor in remission. Her goals as an Instructor are to help, encourage, and support others to live and maintain a healthy, active life both physically and mentally.



### DAVID

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

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



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



## ***FITNESS CLASSES***

### **ADVANCED PICKLEBALL**

**Second & Third Mondays – 6:45 pm**  
**Sport Courts – With Jerry**  
Sharpen your pickleball skills.

### **AQUA FITNESS**

**Mondays**

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

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

### **BARRE BEFORE BAR**

**Fridays – 1:30 pm**

**Group Fitness Room – With Lisa**

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

### **BEGINNER PICKLEBALL**

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

### **BEGINNER CHAIR YOGA**

**Thursdays – 9:00 am**

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

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

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

### **BODY SCULPT**

**Wednesdays – 1:30 pm**

**Group Fitness Room – With Lisa**

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

### **CHAIR STRENGTH & BALANCE**

**Fridays – 10:15 am**

**Saturdays – 9:15 am**

**Group Fitness Room – With Marlene**

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

### **HIIT FITNESS**

**Wednesdays – 12:30 pm**

**Group Fitness Room – With Lisa**

High-intensity interval training in a fun and energetic setting, focusing on strength and cardio moves to keep you burning calories to the max! Please bring comfortable shoes,

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

## ***FITNESS CLASSES***

### **LEISURLY BIKE RIDE GROUP**

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

### **POWER YOGA**

**Saturdays – 10:00 am**  
**Group Fitness Room – With Marlene**  
This Yoga class in an intermediate Vinyasa yoga flow. It is a fast-paced class where we link breath to movement. It is focused on building strength and heating up your core. You will also challenge your balance in this class. Bring a mat and water.

### **STRONG NATION FITNESS**

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

### **SURGE STRENGTH**

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

### **TAI CHI**

**Tuesdays – 3:00 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.

### **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.

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)

**November 22 - 6:00pm**  
**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, chalks, and collage. This group is open to artists of any level.

### ART SERIES

**Watercolor Level 2** — November 3  
**Acrylic Painting with knives** — November 18  
**Pastel Cityscape** — November 21  
**Pencil Drawing** — November 2

**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 GROUP

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

Read and discuss a new book every month.  
This month's book is: All the Light We Cannot See  
written by Anthony Doerr.

### 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

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

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

### CANASTA/HAND & FOOT

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

### DOMINOES

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

### EUCHRE

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

### SPANISH CLASS

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

### MAHJONG

**Sundays – 2:00pm  
Mondays – 1:00pm  
Multipurpose Room**  
Tile based game developed in China

### MEXICAN TRAIN DOMINOES

**Tuesdays – 11:00am  
Multipurpose Room**  
Dominoes based game

### MORNING GET TOGETHER

**Every other Monday – 9:00am  
Multipurpose Room**  
Bring your morning coffee, tea, or juice to the  
Hammock Club and get to know your  
neighbors.

## *SPECIAL INTEREST GROUPS*

### MUSTARD SEEDS

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

Women's faith group, all faiths welcome.

Upcoming Themes:

November 1—Peace

November 15—Joy

December 1—Love

### OUTDOOR ACTIVITIES GROUP

**November 12 | 9 am**

Split Oak Forest

Please join DWS resident, Allyson Ascher, to walk through Split Oak Forest. Bring water, bug spray, hat, and comfortable shoes.

Feel free to reach out to Allyson at [allyson.ascher@gmail.com](mailto:allyson.ascher@gmail.com) with any questions, comments, and future interests for upcoming activities.

### 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](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)

**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](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 Nine:  
Technology Investment  
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

## VOLUNTEER GROUP

**Third Friday – 10 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 – 8:00 pm**

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

All we ask of you is to bring an open mind and a willingness to share with others. We 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.



# 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

NOVEMBER DATE

NOVEMBER 3  
PERFORMACE BY  
FRED RAMOS

**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

**Welcome back to your home away from home!**

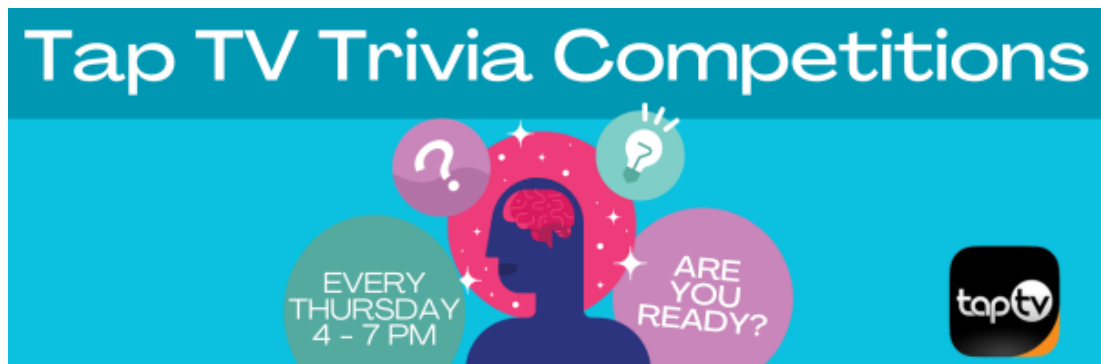
We are absolutely thrilled to extend a warm and heartfelt welcome back to our beloved Snowbirds! As the season changes, we eagerly anticipate the return of our temporary residents to the Sunbridge Community and the inviting atmosphere of the Sabal Tavern. Your absence has been felt, and it is with immense joy that we welcome you back into our close-knit family.

During your time away, we have been hard at work, committed to fulfilling our mission statement and addressing the evolving needs of our community. The Sabal Tavern has made significant strides in creating a more welcoming and enriching environment for all our residents. From expanding our menu to include diverse culinary delights to enhancing our entertainment offerings, we have dedicated ourselves to ensuring that your return is met with delight and satisfaction.

As you settle back into the embrace of our community, we look forward to sharing cherished moments, creating lasting memories, and celebrating the unique bonds that make Sunbridge and the Sabal Tavern the exceptional places they are. Welcome home, Snowbirds, your presence brightens our days, and we can't wait to share this season's adventures with you.

With warmest regards,  
Alton Robinson, Maria Lomangino, Jim McGonagle  
Sabal Tavern Advisory Committee

**SABAL TAVERN SPECIAL EVENTS**



# SABAL TAVERN SPECIAL EVENTS—SAVE THE DATE

## SATURDAY BRUNCH

at the Sabal Tavern

Saturday, November 4  
10 am - 2 pm



## CELEBRATING VETERANS DAY

CELEBRATING VETERANS DAY WITH  
50% OFF MILITARY DISCOUNT  
ON NOVEMBER 10 AND NOVEMBER 11

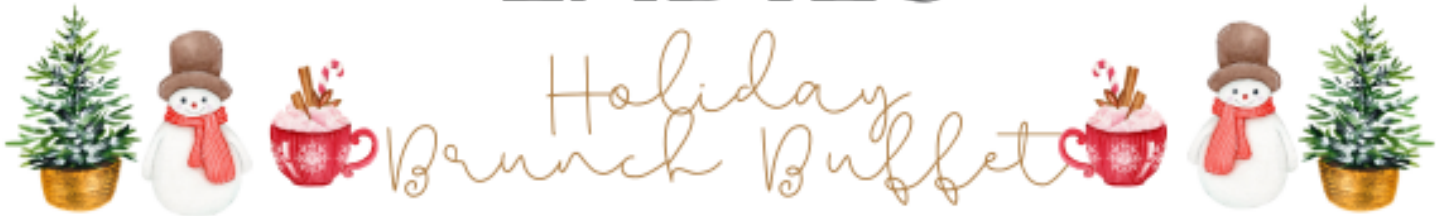


## KARAOKE NIGHT

NOVEMBER 10 | 6:30 - 8:30 PM



# LADIES



DECEMBER 7  12 PM

## MONTHLY LIFESTYLE MEETING

A graphic for a 'LIFESTYLE MEETING'. On the left, a woman with blonde hair in an orange patterned top. On the right, a woman with short grey hair in a white blouse holding a glass of wine. In the center, a white box with blue text and icons contains the following information:

- LIFESTYLE MEETING**
-  November 14, 2023
-  At 5:30 pm
-  Multipurpose Room
- Special Guest: Small World Tours**

# LIFESTYLE SPECIAL EVENTS



## FOOD DRIVE

NOVEMBER 1 - NOVEMBER 21

Our annual Food Drive is benefitting  
The Osceola County Food Angels

All non-perishable items are accepted including  
jelly in plastic bottles, cereal, canned soup,  
ravioli, fruit, veggies, beans, Vienna Sausage, and  
tuna.

No glass containers please.



# GAME SHOW *Night*

November 17 AT 6:30 PM

*\$5 per person*

Your Ticket to an Unforgettable Night!



## TV Trivia Night

THIS MONTH'S THEME:  
TV TRIVIA

NOVEMBER 21 | MULTIPURPOSE  
6 PM | ROOM

RSVP ON THE APP



# RESIDENT GROUP SPECIAL EVENTS



## Holiday Bazaar

NOVEMBER 4TH | 10 AM - 2 PM

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

A vibrant graphic for a Music Trivia event. It features a central text box with 'MUSIC TRIVIA' in large, glowing letters. Below it, a rounded rectangle contains the date and time: 'NOVEMBER 8 | 6 PM' and 'MULTIPURPOSE ROOM'. The background is dark purple with glowing musical notes, a lightbulb, and abstract wavy lines.

## MUSIC TRIVIA

NOVEMBER 8 | 6 PM  
MULTIPURPOSE ROOM

A colorful graphic for a Bingo Night event. It features a central white circle with the text 'Bingo Night' in large, bold letters. Below it, the date and time are listed: 'Wednesday, November 29' and '6:00 pm in the Multipurpose Room'. The background is orange with various bingo-related icons like cards and the word 'Bingo!' in a playful font.

## Bingo Night

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

Wednesday, November 29  
6:00 pm in the Multipurpose Room

Register on the website or App as Space is limited.



## 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

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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

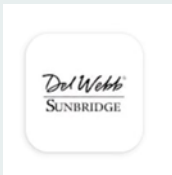
[mark@insurancesource321.com](mailto:mark@insurancesource321.com)

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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.

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