

April 2024

THE HAMMOCK HAPPENINGS



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CONTACT INFORMATION

Hammock Club

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 Operations Manager

Karina Gonzalez

kgonzalez@castlegroup.com

Senior Landscape Operations Manager

David Dalton

david.dalton@castlegroup.com

Castle Group—Resident Services

800-337-5850

Pulte Homes Warranty Department

855-618-0727

Toho Water

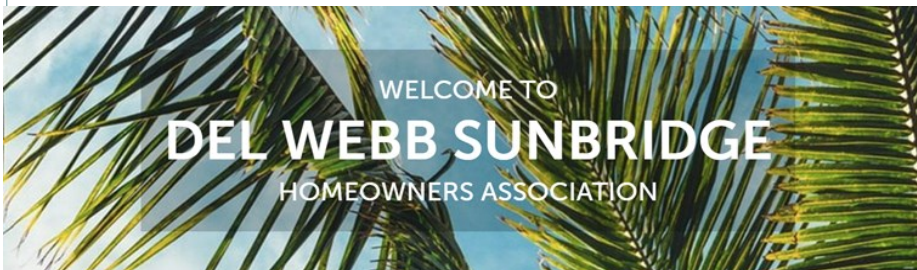
407-944-5000

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.

Sabal Tavern Hours:

Sunday: 10:00 am—5:00 pm

Monday: Closed

Tuesday: Closed

Wednesday—Thursday: 12:00 pm—7:00 pm

Friday: 12:00 pm—9:00 pm

Saturday: 12:00 pm—8:00 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

PETS:

i. Owners must register pets with the Association and are granted a license to maintain not more than three (3) pets per Lot. Pets must be contained or on a short leash [less than 15 feet] when they are outside of the dwelling unit. Pets must be contained or on a short leash no greater than six (6) feet on any portion of the Common Areas. Owners are responsible for the activities of its pet(s) and are required to pick up, remove and properly dispose of litter deposited by their pet(s) on the Common Areas throughout the community.

ii. No pet or animal is allowed in amenity buildings or on property surrounding the amenity buildings unless the pet or animal is a service animal. No pet or animal shall be “tied out” or left unattended on any Common Areas, or in the Common Areas. Residents who do not follow pet rules will be subject to disciplinary action. Pets that would be considered dangerous by the Board of Directors will not be permitted.

HOA MANAGEMENT UPDATE

STACEY PEACH

GENERAL MANAGER



Hello Del Webb Sunbridge Residents!

Happy April Everyone.

There is an abundance of activity at the clubhouse and for the HOA in general. We have some exciting events on the horizon, construction projects in various stages of completion, policy and process improvements in the works, and several informative meetings scheduled over the next few weeks.

We will have representatives from Toho Water on Monday, April 8th at 6 pm in the Multipurpose Room. They will provide us with an update on the transition process from US Water to Toho Water Authority. We are aware of the billing confusion with the last few invoices and Toho is working to resolve those issues. I hope you can join us and as a reminder, please register so that we are prepared to set up properly to accommodate everyone.

We also have our Town Hall Meeting approaching on Tuesday, April 16th at 6 pm in the Multipurpose Room. The attorney for the HOA has been invited to join us and the purpose of this meeting will be to concentrate on information from a legal perspective regarding matters that have been mentioned to the board and management. This will be a helpful and very informative meeting as well so please be sure to register and attend.

The HOA team and our resident technology expert are working on providing the option to attend meetings over Zoom. We want to be

sure that we have the proper equipment and set up so that attendees over Zoom can hear and see what is being presented and discussed.

The mailbox cover construction should be completed as scheduled. Solar lighting for the area is being purchased and will be installed during the first part of April.

The dog park construction is moving along a bit slower than hoped but contingency delays were planned. The permit for the water station is on hold while the county reviews the updated plans. Installation of the landscaping will begin soon, and once completed, we will send an announcement to the community on a grand opening date. For your pet to use the dog park, the pet will need to have up-to-date immunizations and county licenses. You will also need to have your pet registered with the HOA. We have included the Dog Park Rules in this newsletter.

Other items in the community that you may soon see installed are a swing and pergola, benches, minor repairs on the exterior masonry wall, and repairs to the sidewalks and curbs in phase 1.

One last thing to mention. Our new spring and summer menu at the Tavern is available this month, so stop by and check it out.

All the best to you,

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

TOWN HALL MEETING

April 16 | 6 pm
Multipurpose Room

A Town Hall meeting will replace this month's Manager Meeting. Our Town Hall will focus on matters brought to management and the board. We have invited the HOA attorney to provide clarification and legal explanations regarding those matters. Please be sure to register and join us for this very informative presentation.

Past presentations and meeting notes are posted on our website under Community Documents [clicking here](#).

NEW HOMEOWNER ORIENTATION

April 11 & 25 | 3 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!

*NEW CLUBS AND GROUPS ARE FORMING!
INTERESTED IN LEADING A GROUP? PLEASE SHARE
YOUR IDEAS WITH US SO WE CAN HELP PUBLICIZE.*



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.

Landscape Monthly Update

March 2024 Accomplishments

- Plant and tree fertilization was completed community wide in preparation for warmer weather. Exclusive will continue to monitor all lawns and provide extra treatment where they see fit.
- The HOA budgeted plant installations was completed community wide. As plants were replaced work orders were updated. If your work order has not been updated Exclusive Landscape is still working on your home.
- The clubhouse pool and grill area received a beautiful enhancement. Stop by to take a look!
- March wet checks and reports were completed throughout the community. Exclusive Landscape technician worked on bringing all irrigation timers back up to (2) days a week.



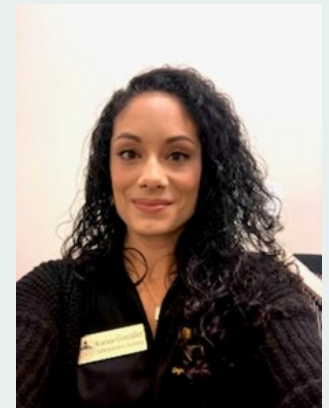
LANDSCAPE INFORMATION



David Dalton

Sr. Landscape Operations
Manager

David.Dalton@castlegroup.com



Karina Gonzalez

Landscape Operations
Manager

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.

What to expect in the month of April

- Mowing will return to weekly services this month, until November 1, 2024.
- The HOA budgeted sod project will start the second week in April. David and Donald are walking homes to identify the lots needing replacement and taking measurements of the areas.
 - The agronomy treatment for this month will be a combination of insecticide, pesticide and fertilization. Please avoid fertilizing your own lawn as this can cause a chemical reaction, and burn the grass. Exclusive Landscape agronomy supervisor has been working very hard to provide the community with the appropriate nutrients and treatments to prepare for the warmer weather. As we go into warmer weather you will see a bigger change in the appearance of your turf.

April 2024 Landscape Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard Zone 1 - Agronomy Treatment	2 Mowing Residential Homes, Common areas and Del Webb Boulevard Zone 2 - Agronomy Treatment	3 Mowing Residential Homes, Common areas Zone 3 - Agronomy Treatment	4 Mowing Residential Homes, Common Areas and Pond Banks Zone 3 - Agronomy Treatment	5 Mowing Residential Homes, Common Areas and Pond Banks Zone 4 and 5 Agronomy Treatment
8	9	10	11	12
15 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard	16 Mowing Residential Homes, Common areas and Del Webb Boulevard	17 Mowing Residential Homes, Common areas and Del Webb Boulevard	18 Mowing Residential Homes, Common Areas and Pond Banks	19 Mowing Residential Homes, Common Areas and Pond Banks
22	23	24	25	26
29 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard	30 Mowing Residential Homes, Common areas and Del Webb Boulevard	1 Mowing Residential Homes, Common areas	2 Mowing Residential Homes, Common Areas and Pond Bank	3 Mowing Residential Homes, Common Areas and Pond Banks

The calendar is subject to change.



**PICK UP DAYS
CHANGING APRIL 1**

**RECYCLING &
YARD WASTE:
THURSDAYS**

**TRASH & BULK WASTE:
FRIDAYS**



***THINGS TO REMEMBER WHEN HEADING TO THE
HAMMOCK CLUB POOL THIS SPING***




1. Pool and spa hours vary based on seasonal demands, with specific times posted and publicized at the Hammock Club, on the Association Website and in the monthly newsletter.
2. No tables or chairs are permitted in any pool or on the surrounding deck apron (within 4' of the pool edge).
3. Portable radios, other music devices, laptop computers, cell phones, or other electronic devices are not allowed in the pools but may be used on the deck and lounge area with earphones or other muting methods as not to disturb other residents.
4. No food or beverages in the pool or on the pool

wet deck. Bottled water in plastic bottles is allowed on the pool wet deck for pool patron hydration.

5. No glass or animals, unless it is a certified service animal, in the fenced pool area.

6. Pool Hours: Dawn to Dusk | Children's Swim Hours: 2:00—6:00 pm

7. Patrons must be 19 years of age and older to use the Spa and Resistance pool.



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

**CALENDAR OF EVENTS
APRIL 2024**

SUNDAY	MONDAY	TUESDAY	
	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 6:00pm Yoga Sculpt* 6:30pm Bunco 6:30pm Open Play Tennis	11:00am Mexican Train 1:30pm Canasta 3:00pm Enerchi - Tai Chi 6:00pm Pinochle 4:30pm Zumba Gold*	9:00 10:3 12:3 1:30 3:00 6:00 7:00 7:00 7:00
9:00am Leisurely Bike Ride 2:00pm Mahjong	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:00am Fitness Orientation* 10:15am Beginner Chair Yoga* 1:00pm Art Series - Basic Acrylic Color Mixing and Painting 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 6:00pm Toho Water Meeting 6:00pm Yoga Sculpt* 6:30pm Open Play Tennis	10:00am Beginner Tennis 11:00am Mexican Train 1:00pm Art Series - Basic Acrylic Color Mixing and Painting 1:30pm Canasta 3:00pm Enerchi - Tai Chi 4:00pm Backgammon 4:30pm Zumba Gold* 6:00pm Music Trivia 6:00pm Pinochle	9:00 10:3 12:3 1:30 3:00 3:00 6:00 Plar
9:00am Leisurely Bike Ride 2:00pm Mahjong	9:00am Shooting & Archery 9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 1:00pm Navigating Wealth Management Pitfalls 3:00pm Scrabble 4:30pm Beginner Spanish 5:00pm Food Truck Social 5:45pm Yoga Sculpt* 6:15pm Card Making Class 6:30pm Bunco 6:30pm Open Play Tennis	9:30am Ladies Mini Golf 11:00am Mexican Train 11:00am Tax-Free Retirement 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:30pm Zumba Gold* 5:30pm Zen Rock Painting Class 6:00pm Pinochle 6:15pm Card Making Class 6:00pm Town Hall Meeting	9:00 10:3 12:3 1:00 in a 1:30 3:00 3:00 6:30 7:00 7:00
9:00am Leisurely Bike Ride 2:00pm Mahjong	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:30pm Open Play Tennis	10:00am Beginner Tennis 11:00am Mexican Train 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:30pm Zumba Gold* 4:00pm Backgammon 6:00pm Pinochle 6:30pm Guess That Song	9:00 9:00 10:3 10:3 12:3 1:30 1:00 3:00 3:00 6:00 Bing 7:00
9:00am Leisurely Bike Ride 2:00pm Mahjong	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:30pm Bunco 6:30pm Open Play Tennis	10:00am Pastel Painting of Barn and Fields - Landscape 11:00am Mexican Train 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:30pm Zumba Gold* 6:00pm Pinochle	W F

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10am Dam Stitchin' Sisters 10am Bridge 10pm HIIT Fitness* 11pm Body Sculpt* 12pm Euchre 12pm Disaster Preparedness 12pm 12 Stones Group 12pm Canasta 12pm Mustard Seeds</p> <p>3</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Ladies Lunch 12:00pm Zumba* 1:00pm Circuit Training Class 1:30pm Canasta 6:30 Learn to Play Euchre 7:00pm Line Dancing Class</p> <p>4</p>	<p>10:00am Ladies Poker & Texas Hold 'em 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 5:30pm Tavern Live Music with Eric Lagi</p> <p>5</p>	<p>9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 5:00pm Wine Social</p> <p>6</p>
<p>10am Dam Stitchin' Sisters 10am Bridge 10pm HIIT Fitness* 11pm Body Sculpt* 12pm Euchre 12pm Spanish Class 12pm Live Longer, Live Healthy 12pm Plant-based Eating</p> <p>10</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class 1:30pm Canasta 3:00pm New Owner Orientation* 6:30pm Book Club 7:00pm Line Dancing Class 7:30pm Women's Group</p> <p>11</p>	<p>10:00am Ladies Poker & Texas Hold 'em 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p> <p>12</p>	<p>9:15am Chair Strength & Balance* 10:15am Power Yoga* 11:30am Aqua Fitness* 6:00pm Game Night with Nikki</p> <p>13</p>
<p>10am Dam Stitchin' Sisters 10am Bridge 10pm HIIT Fitness* 11pm Protecting Your Finances 12pm Changing World 12pm Body Sculpt* 12pm Euchre 12pm Spanish Class 12pm Trivia Night 12pm 12 Stones Group 12pm Mustard Seeds</p> <p>17</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Rummikub 11:00am Unveiling Financial Secrets 12:00pm Zumba* 1:00pm Circuit Training Class 1:30pm Canasta 5:00pm Maximizing Wealth: Turn Your Assets into Income 7:00pm Open Writing Group</p> <p>18</p>	<p>10:00am Ladies Poker & Texas Hold 'em 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p> <p>19</p>	<p>9:15am Chair Strength & Balance 9:30am Art Series- Pastel & Acrylic 10:15am Power Yoga* 11:30am Aqua Fitness* 1:00pm Brewery Crew</p> <p>20</p>
<p>10am Dam Stitchin' Sisters 10am Outdoor Adventure 10am Bridge 10pm HIIT Fitness* 11pm Body Sculpt* 12pm Watercolor Level 1 12pm Euchre 12pm Spanish Class 12pm Del Webb Daubers 12pm Go Night 12pm Canasta</p> <p>24</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Find Your Center - Fall Prevention 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class 1:30pm Canasta 3:00pm New Owner Orientation* 6:00pm Paint & Sip 6:00pm A&E Apps & Elixirs</p> <p>25</p>	<p>10:00am Ladies Poker & Texas Hold 'em 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 6:00pm Gallery Night</p> <p>26</p>	<p>9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 7:00pm Carol Stein & Friends - Divas Through the Decades</p> <p>27</p>

Check the website for daily Pickleball Club playing times.



Every Thursday starting at 4pm.

(*) Available for registration online. Events may have a deadline and/or fee.

(#) Requires payment to an outside vendor. Order tickets ahead of time.

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

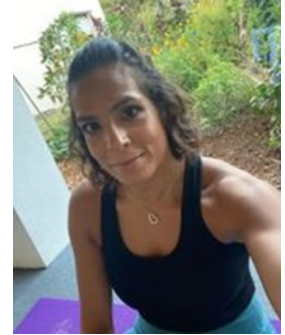
LISA

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 Heath, and is happy to 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.



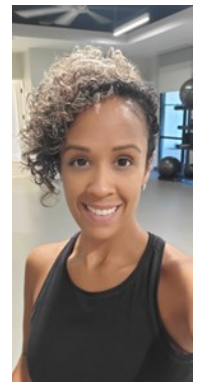
SABRINA

Sabrina loves getting to know people's strengths and challenges 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

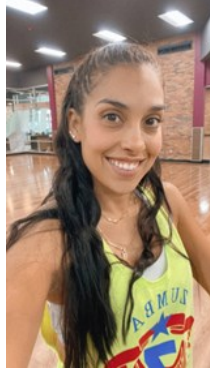
Marlene is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences include: Aquatic personal training, strength and balance training, Pilates and balance training, prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide, Athletic injuries and rehabilitation, Massage therapy, and weight loss management. Marlene's 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 it. In her country, she had a Salsa Academy for more than 10 years and had the opportunity throughout 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 which help to have a balance between cardio and toning.

DELISA

Delisa 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 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.

FITNESS CENTER ORIENTATION

**Second Monday
at 10:00 am**

Instructor: Lisa



REGISTRATION REQUIRED

FITNESS CLASSES

AQUA FITNESS

**Mondays—On Hold for the Season
Fridays & Saturdays – 11:15 am
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! If there is inclement weather, we will move this class inside for an alternative aerobic workout.

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 – 9:15 am
Group Fitness Room – With 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. 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**

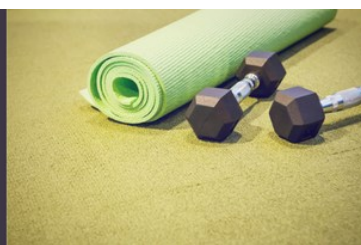
Standing and seated chair exercises for seniors using light weights. Incorporating cardio and strength to increase your cardiovascular levels and challenge your coordination. This class is also great for those with limited mobility. You may bring a water. No mat needed for this class. Chairs will be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

CIRCUIT TRAINING CLASS

**Wednesdays – 1:00 pm
Group Fitness Room – With Alex**

This class involves multiple exercises done at four stations. Each group will complete the exercise at each station for one minute and then rotate to the next station. Once we have completed each station, we will do a cardio exercise. This exercise could be dance or another kind of cardio. We will repeat each round three or four times and finish with a cooldown.

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



FITNESS CLASSES

ENERCHI

Tuesdays – 3:00 pm

Group Fitness Room – With Julio

At our Enerchi classes, we begin with a short warm-up in the chair. Then, while standing, we go over a variety of stances and forms with several modifications to fit everyone's fitness level. Next, we put everything we've learned into a beautiful nonstop Tai Chi "dance." Class finishes with a cool-down stretch back in the chair and a short meditation.

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, and mat. Weights are optional.

POWER YOGA

Saturdays – 10:15 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.

TENNIS LESSONS

Beginners—April 16 & April 30 – 10 am

Intermediate—April 4 & 18 –10 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! There is no charge for this class.

YOGA

Thursdays – 8:00 am

Group Fitness Room – With 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. Please bring own mat for outdoor classes.

YOGA SCULPT

Mondays – 5:45 pm

Group Fitness Room – With Dani

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

Zumba Gold Tuesdays – 4:30 pm –DeLisa

Thursdays – 12:00 pm – Alex

Group Fitness Room

Zumba 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.

PERSONAL TRAINING



Marlene
321-217-5311



Sabrina
407-808-1559



Lisa
407-340-6110

30 Minute Sessions
\$40.00 Per Individual Session
\$60.00 Per Session With Two People

Please call Instructor to make an appointment.

SPECIAL INTEREST GROUPS

12 STONES GROUP

First & Third Wednesdays | 7:00 pm
Tech Room

Men's faith group, all faiths welcome

A&E (APPETIZERS & ELIXIRS)

April 25 | 6:00 pm
Multipurpose Room

The April theme is "guess that cocktail and appetizer" Bring a cocktail and appetizer, that others may not have had before, and see if anyone can guess what's in your recipe. Please bring enough of your favorite cocktail and appetizer to share with the group.

ART MEET UP

Every Monday | 10:00 am - 12:00 pm
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

Basic Acrylic Color Mixing & Painting —
April 9

Zen Rock Painting — April 16

Pastel with Acrylic Mixed Medium —
April 20

Watercolor Level I — April 24

Pastel Painting — April 30

Classes will be held in the Wet Craft Room
Check the website for information on the classes and to register.

BACKGAMMON

Every other Tuesday | 4:00 pm
Multipurpose Room

Two player board game with counters and dice

BOOK CLUB

Every Second Thursday | 6:30 pm
Wet Craft Room

April Book: Cross Down by: Alex Cross

May Book: Covenant of Water by: Abraham Verghese

SPECIAL INTEREST GROUPS

BRIDGE

Wednesdays | 10:30 am

Fridays | 3:00 pm

Multipurpose Room

Trick taking card game

BUNCO

Every Other Monday | 6:30 pm

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

Ivanhoe Park Brewing

April 20 | 1–4 pm

Met your neighbors at one of Orlando's breweries. Contact Larry with any questions at 954-562-5253.

CANASTA/HAND & FOOT

Tuesdays & Thursdays | 1:30 pm

First & Fourth Wednesdays | 7:00 pm

Multipurpose Room

Card game in the rummy family

CULTURE CLUB

The Culture Club will focus on cultural events and activities that bring people together and learn about different cultures in the community. Contact Val Williams and Deb Ware for more information.

DOMINOES

Every Friday | 2:00 pm

Multipurpose Room

Tile based game

EUCHRE

Every Wednesday | 2:00 pm

Multipurpose Room

Trick taking card game

GRANDMA'S CLOSET

Grandma's closet is a list of items residents are willing to share with other residents. Items can include high chairs, car seats, crutches, walters, children's pool items, etc. Kathy Baskett has volunteered to keep track of these items. If you have any odd ball items you would like to share or borrow from your fellow residents, please reach out to Kathy at 406-544-9857 or kathy327@live.com

LEISURELY BIKE RIDE

Every Sunday | 9:00 am

Hammock Club Parking Lot

Resident Run Group

MAHJONG

Every Sunday | 2:00 pm

Every Monday | 1:00 pm

Multipurpose Room

Tile based game developed in China

MEXICAN TRAIN DOMINOES

Every Tuesday | 11:00 am

Multipurpose Room

Dominoes based game

MUSTARD SEEDS

First & Third Wednesdays | 7:00 pm

Wet Craft Room

Women's faith group, all faiths welcome.

OPEN PLAY TENNIS SOCIAL

Every Tuesday | 6:30–8:30 pm

Sports Courts

Providing casual "drop-in" play opportunities for all DWS residents and players of all skill levels whether new to tennis or with years of experience.

SPECIAL INTEREST GROUPS

OPEN WRITING GROUP

Third Thursdays | 7:00 pm
Wet Craft Room

As an open writing group, we welcome all types of writing depending on the needs or desires of the participant. No professional writing experience is necessary.

Led by Beth Taormina and other resident writers.

Please contact Beth T. with any questions via email at bethtaormina@gmail.com.

OUTDOOR ACTIVITIES GROUP

Wild Florida
April 24 | 9:00 am
3301 Lake Cypress Rd., Kenansville, FL

Join neighbors at Wild Florida for a safari through the park. There are options available for airboat rides as well. We will leave the Hammock Club at 9 am and get to the park around 9:45 am.

Book airboats ahead of time at wildfloridaairboats.com or 407-957-3135. If you have any questions, call Allyson at 407-252-1103 or email allyson.ascher@gmail.com.

PINOCHLE

Every Tuesday | 6:00 pm
Multipurpose Room
Trick taking card game

RUMMIKUB

Every Thursday | 11:00 am
Multipurpose Room
Tile based game similar to Rummy

SCRABBLE

Every Monday | 3:00 pm
Multipurpose Room
Board based word game

SEWING SOCIAL TIME

Have you ever wanted to learn to sew but haven't found the time or place. This group is for you! We are a group of sewers who want to share our knowledge and/or provide tips. It is also a place to get to know your sewing neighbors better. We will meet on specific Fridays. We are open to having Fridays for open sewing, please reach out to Brenda Guiver at (916) 801-8780 to discuss.

SHOOTING & ARCHERY

Third Monday | 9 am
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.

SPANISH CLASSES

Beginner Class
Every Monday | 4:30 pm
Learn Spanish or sharpen your skills. This class is on Mondays and is slower paced. Beginner Spanish is taught by DWS resident, Julia.

All Skill Levels
Every Wednesday | 6:45 pm
Tech Room

Join resident Dulce de Villa to sharpen your Spanish skills. All skill levels are welcome.

SPECIAL INTEREST GROUPS

SUNBRIDGE STITCHIN' SISTERS

**Every Wednesday | 9:00 –12:00 pm
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.

TECHNOLOGY ADVISORY GROUP

**April 22 | 6:00 pm
Tech Room**

This month's topic will be your home network. Discussions will include the Del Webb Sunbridge Network equipment/components, issues, Troubleshooting, POCs, upgrades, warranties, service calls, and installs. Please contact Thomas Williams III for more information.

THIRSTY THURSDAYS

**Every Thursday | 7:15 pm
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.**

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: Various driveways

WINE GROUP

**First Saturday | 5:00 pm
Outdoor Pavilion & Fire Pits**

A group for wine enthusiasts. Please bring something to share with the group.

THRIVING IN THIS NEW PHASE OF LIFE

**Second Thursday | 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.

VOLUNTEER GROUP

Del Webb Sunbridge Volunteers recently visited the Second Harvest food bank in Orlando and sorted meat donations.

Upcoming events will be:

-Lasagna Love

-Ronald McDonald Nemours Hospital Meal preparation (April 9)

-A Place for Grace Thrift Shop assistance

-Give Kids the World various opportunities

For dates, please visit our Facebook page Del Webb Sunbridge Volunteers or call Mayra Hung at 848-333-6913.

YOUNG ADULTS GROUP

**April 21 | 5:00 pm
Hammock Club Pool**

If you have not met anyone under 55 yet, there is a chance now! Come and meet your 19 and up neighbors. The first meeting will be this month. Just bring yourself. You do not have to bring anything.



THE SABAL TAVERN

APRIL 2024

HAPPY HOUR

**Wednesday
Through
Sunday**

2:00 - 5:00 pm



5:30 TO 8:30 PM

APRIL MUSIC

**APRIL 5
PERFORMANCE BY
ERIC LAGI**

MESSAGE FROM THE TAVERN ADVISORY COMMITTEE

As part of our commitment to maintaining a pleasant and safe environment within our community, I would like to take this opportunity to remind all members of the Sunbridge Community of the rules governing the operation of the Sabal Tavern. These rules are in place to ensure the enjoyment and convenience of all members while also safeguarding the interests of our Homeowners Association (HOA).

The Sabal Tavern serves as a valuable asset for our community, providing a space for socializing and relaxation. The Sabal Tavern is for the convenience and pleasure of the members and for the benefit of the Homeowners Association. Members must not allow themselves and any guests to become intoxicated or engage in conduct that might embarrass you, your guests, the HOA, or that might jeopardize the Association's

MESSAGE FROM THE TAVERN ADVISORY COMMITTEE CONTINUED

SABAL TAVERN HOURS:

Sunday: 10:00 am — 5:00 pm

Monday: Closed

Tuesday: Closed

Wednesday: 12:00 — 7:00 pm

Thursday: 12:00 — 7:00 pm

Friday: 12:00 — 9:00 pm

Saturday: 12:00 — 8:00 pm

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.”*

alcoholic beverage license. However, it is important that all members and their guests adhere to the following rules:

1. **No Outside Food or Beverage:** Outside food and beverages are not permitted within the Tavern premises or the covered patio area during operational hours. Additionally, members are not allowed to bring their own alcoholic beverages into the clubhouse when the Tavern is in operation.
2. **Restricted Areas:** Only HOA and Management Personnel, as well as Tavern Staff, are permitted within the bar and kitchen areas.
3. **Alcoholic Beverage Consumption:** Alcoholic beverages purchased within the Tavern may be consumed throughout the club, provided a receipt is available for inspection. All beverages consumed outside the Tavern must be in disposable or original non-glass containers.
4. **Private Establishment:** The Tavern is exclusive to members of the Sunbridge Community and is not open to the public.
5. **Cashless Payments:** Cash payments are not accepted within the Tavern. All transactions must be made via electronic means.
6. **Gratuity:** An 18% gratuity is automatically added to each check. Additional tipping is not obligatory but appreciated by the staff.
7. **Last Call:** "Last Call" for drinks is 30 minutes prior to closing, while "Last Call" for food is 30 minutes before closing time.
8. **Dress Code:** Proper attire, such as casual clothing and footwear, is always required. Wet bathing attire is not permitted within the Tavern or covered patio area.
9. **Refusal of Service:** Tavern management and staff are obligated by law to refuse service to intoxicated individuals or those under 21 years of age.
10. **Beverage Service:** Alcoholic beverages are sold by the drink or glass only. Buckets of beer must be returned to the Tavern once finished, or a fee will be applied for unreturned buckets.
11. **Glassware Policy:** Members are not allowed to bring their own glassware into the Tavern or request the use of their glassware from the server.

These rules are designed to maintain the integrity and legal operation of the Tavern, as well as to ensure the enjoyment and safety of all members. Any violations of these rules may result in sanctions, including barring individuals from further use of the Tavern facilities by the HOA.

Thank you for your cooperation in adhering to these guidelines. If you have any questions or concerns regarding these rules, please do not hesitate to contact the HOA management team, Tavern management team, or a member of the Tavern Advisory Committee.

Alton Robinson
Chair, Sabal Tavern Advisory Committee

Upcoming EVENTS AND MEETINGS APRIL 2024

For more information and to register, please check the app or website.



DISASTER PREPAREDNESS

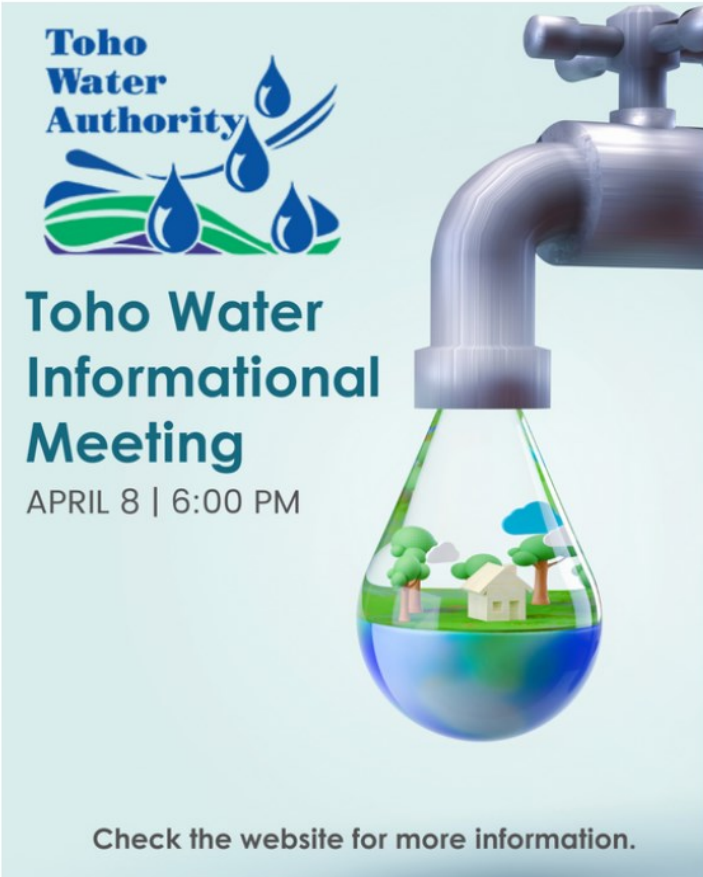
SEMINAR WITH
OSCEOLA COUNTY OFFICE OF
EMERGENCY MANAGEMENT
APRIL 3 AT 6 PM



LINE DANCING CLASSES

APRIL 4 & APRIL 11
MAY 9 & 30
AT 7 PM

MULTIPURPOSE ROOM



Toho Water Authority

Toho Water Informational Meeting

APRIL 8 | 6:00 PM

Check the website for more information.



Six Seminars
April 15 - 18

Financial Seminars
with Russell & Associates

APRIL 15
NAVIGATING WEALTH MANAGEMENT PITFALLS

APRIL 16
TAX-FREE RETIREMENT

APRIL 17
PROTECTING YOUR FINANCES IN A CHANGING WORLD

APRIL 18
UNVEILING FINANCIAL SECRETS

APRIL 18
MAXIMIZING WEALTH: TURN YOUR ASSETS INTO INCOME

FOOD

TRUCK

SERIES



APRIL 15 | 5 - 8 PM
PASTA & GRILL

Menu & preorders will be available April 12.

TOWN HALL MEETING

Tuesday, April 16

Starts at 6:00 pm
Multipurpose Room

Join us for a community Town Hall Meeting hosted by Pulte Developer, Eric Baker. The Association's attorney will also be presenting at this meeting

Topic of Discussion

- Developer Update
- Parking Rules
- Landscape Modification Process
- ARC Guidelines
- ADA Accommodations

We ask that if you have a question or seeking clarification on a topic, submit your requests in advance to speech@castlegroup.com. Include "Town Hall Request" in the subject line.

Find Your Center
A Fall Prevention Workshop with

Brain Spine Institute of Lake Nona / Fyzical Lake Nona

April 25 | 11:00 am
Multipurpose Room



Paint & Sip

eee

April 25 | 6:30 pm
Cost: \$28pp



Space is limited

CAROL STEIN &
FRIENDS PRESENT

DIVAS THROUGH THE DECADES



FEATURING
KATIE PINDER BROWN

April 27, 2024 | 7 pm

New Homeowner Orientation



**2nd & 4th
Thursday at 3 pm**

We ask that all homeowners attend at least one of these meetings to receive an overview of the Rules and Regulations & the Architectural Criteria.

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

Resident EVENTS

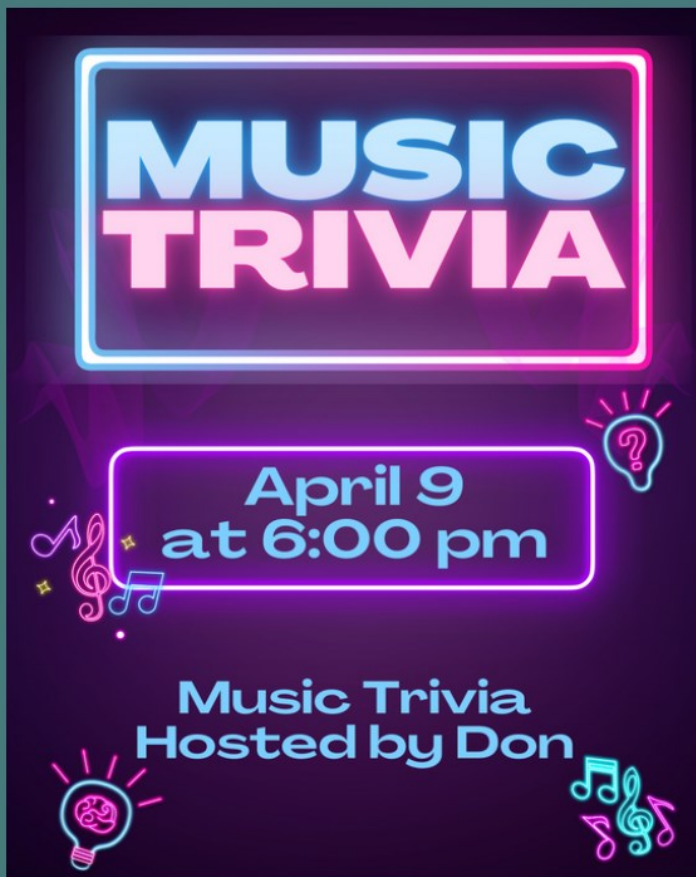
APRIL 2024

For more information and to register, please check the app or website.



**LEARN TO
PLAY EUCHRE**
April 4 | 6:30 pm

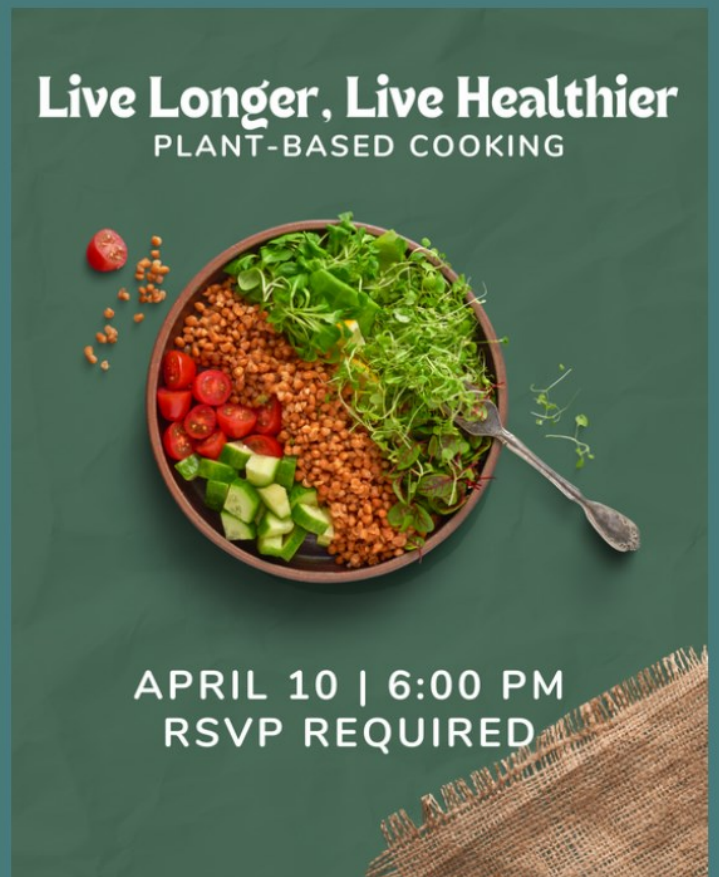
Join the Euchre Crew to learn how to play this trick-taking card game.



**MUSIC
TRIVIA**

April 9
at 6:00 pm

Music Trivia
Hosted by Don



Live Longer, Live Healthier
PLANT-BASED COOKING

APRIL 10 | 6:00 PM
RSVP REQUIRED



GAME NIGHT WITH NIKKI

April 13 | 6 pm

RSVP to Nikki -
More information
on the app



Card Making Class

LEARN THE ART OF CARD MAKING

APRIL 15 & 16
RSVP REQUIRED

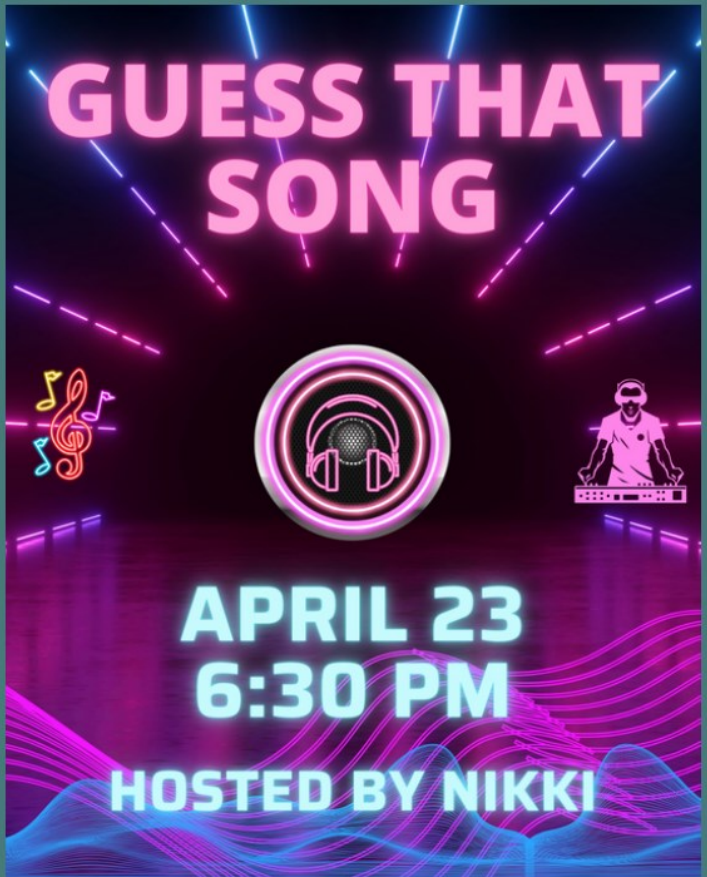


TRIVIA NIGHT

TEST YOUR GENERAL TRIVIA KNOWLEDGE
HOSTED BY: NIKKI

17
APRIL

Start at 6:00 PM
Multipurpose Room



GUESS THAT SONG

APRIL 23
6:30 PM

HOSTED BY NIKKI

**Del Webb Daubers
Bingo Night**

April 24, 2024
 Doors Open: 5:00 pm
 Doors Close: 5:45 pm
 Game Starts: 6:00 pm

Multipurpose Room

Must be a member of the Del Webb Daubers Club, a DWS Resident, over 21 years old, and pre-register to participate.

A&E Group

APRIL 25 | 6 PM
 Theme: Guess that Cocktail and Appetizer

Bring a cocktail and appetizer that others may not have had before, and see if anyone can guess what's in your recipe.

Please bring enough of your favorite cocktail and appetizer to share with the group.

TRIVIA NIGHT

TEST YOUR GENERAL TRIVIA KNOWLEDGE
 HOSTED BY: NIKKI

17 APRIL

Start at 6:00 PM
 Multipurpose Room

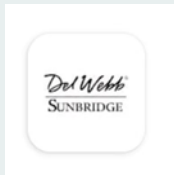
GALLERY NIGHT
 April 26 | 6 pm

Art Displayed by DWS Residents.
 Artist wanted.
 RSVP and more information on the app.

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

Back Notifications (1)

Nov 04 2021
Lot Pictures
Michael will be out tomorrow (11/05) taking pictures along Sandy Springs and Blue Pond.

Oct 31 2021
November Calendar Released!
Please note most events for the month of November have been released for registration. Please register for any events you plan to attend.

Oct 26 2021
Food Drive
Food Drive for Central Florida Children's Home has begun!

Oct 25 2021
Pumpkin Decorating Contest
The pumpkins have arrived! Now it is your turn to vote. Come to the Lifestyle house between now and Saturday 10/30 to vote for your favorite!

DELETE ALL

READ ALL

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.

DEL WEBB SUNBRIDGE CHARTER CLUBS

We have finalized several Charter Clubs that began in 2024. Details on starting new Charter Clubs and Charter Club Operation Procedures will be announced in the coming months. Below are our current charter clubs with their scheduled time and contact information. More information can be found on the Association website under the Updates section under the Events tab.



Bingo Nights happen the 4th Wednesday of each month—April 24

Cash prizes are awarded.

You must sign up to be a member of the Charter Club to participate. Please register for the desired event date on the calendar to attend.

Please contact Maria for more information at 646-732-1410.

Daily Pickleball Play Hours:

Mondays: 8:00-10:00 am

Courts #1-6 OPEN Club Play
Court #7 CHALLENGE Club Play

Tuesdays: 8:00 - 10:00 am

Courts#1-4 MENS' Club Play
Courts #5-6 OPEN Club Play
Court #7 –BEGINNERS' Club Play

Tuesdays: 7:00 – 9:00 pm

Courts #1-7
OPEN Club Play or Round Robin

Wednesdays: 8:00 - 10:00 am

Courts #1-6 OPEN Club Play
Court #7 CHALLENGE Club Play

Wednesdays: 7:00 – 9:00 pm

Courts#1-4 MENS' Club Play
Courts #5-7 OPEN Club Play

Thursdays: 8:00 – 10:00 am

Courts#1-4 WOMENS' Club Play
Courts #5-6 OPEN Club Play
Court #7 BEGINNERS' Club Play



Thursdays: 7:00 – 9:00 pm

Courts #1-7 OPEN Club Play

Fridays: 8:00- 10:00 am

Courts #1-6 OPEN Club Play
Court #7 CHALLENGE Club Play

Saturdays: 8:00 – 10:00 am

Courts #1-7 OPEN Club Play

Sundays: 7:00 – 9:00 pm

Courts #1-7 OPEN Club Play

Please contact Tresa for more information at 405-441-1550.



Sunbridge Snapshots

