

# August 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

**Property Manager**

Glendy Rocha

grocha@castlegroup.com

**Lifestyle Director**

Katie Tamanini

ktamanini@castlegroup.com

**Senior Landscape Operations Manager**

David Dalton

david.dalton@castlegroup.com

**Landscape Operations Manager**

Karina Gonzalez

kgonzalez@castlegroup.com

**Castle Group—Resident Services**

800-337-5850

**Pulte Homes Warranty Department**

855-618-0727

**Toho Water**

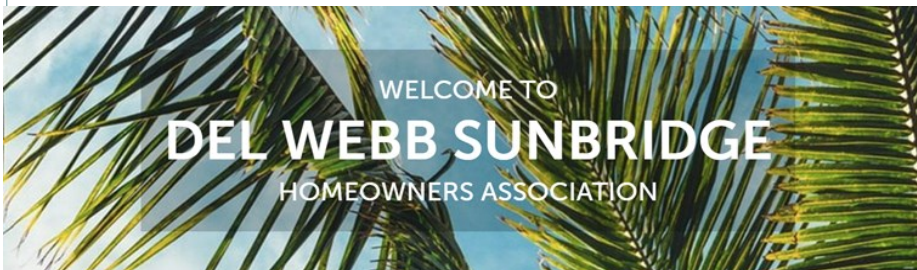
407-944-5000

**HomeTeam Pest Defense**

407-736-0670

**Osceola County Non-Emergency**

407-348-2222



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

Log in for more information



# HAMMOCK — CLUB —

## HOURS OF OPERATION

	<b>Building Hours</b>	<b>Tavern Hours</b>
Sunday	9:00 am—7:00 pm	10:00 am—5:00 pm
Monday	5:00 am—8:00 pm	Closed
Tuesday	5:00 am—8:00 pm	12:00 pm—6:00 pm
Wednesday	5:00 am—9:00 pm	12:00 pm—7:00 pm
Thursday	5:00 am—9:00 pm	12:00 pm—7:00 pm
Friday	5:00 am—9:00 pm	12:00 pm—9:00 pm
Saturday	8:00 am —9:00 pm	12:00 pm—8:00 pm

### **Pool Hours:**

Sunrise to Sunset— 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.

Your Resident ID Badge with the blue Del Webb Sunbridge lanyard should be worn at all times while at the Hammock Club. Present ID for purchases at the Tavern.

**All hours are subject to change.**

# HOA MANAGEMENT UPDATE



**STACEY PEACH**  
**GENERAL MANAGER**

## Hello Del Webb Sunbridge Residents!

I hope that everyone is enjoying the summer months here at Del Webb Sunbridge or wherever your travels have taken you!

Our management team closed out the month with an amazing two-day summit sponsored by Pulte Homes where we shared best practices for HOA management, lifestyle events and activities, and food and beverage operations. We also were privileged to hear from guest speakers on topics from landscaping to customer service.

You may see some new faces at the clubhouse soon. We wished all the best to Yasmin at the front desk as she ventures on in a role that aligns with her schooling and future role in the physical therapy field. We are currently looking for her replacement. In the meantime, we are fortunate to have Lee from a nearby community filling in a few days a week.

We also want to wish Karina Gonzalez all the best in her new role as property manager at a nearby Castle community. Karina received her Community Association Manager license from the State of Florida and a position was available quickly for her to step into. We are so happy for her professional growth! She will be assisting us for a bit during the transition as we find someone to fill that vacancy. Please take an opportunity to wish her well and express your gratitude for her contributions in improving our landscaping. Please direct all of your landscape questions to David should you need assistance.

While we are on the subject of landscaping, the landscape team and committee met with Toho Water. We will be working with them to ensure compliance, reduce water usage and share collective resources to help the

customer service experience by posting helpful information on our website.

The 2025 budget process is well underway. We have a rough initial draft that has been presented to the board and will be shared with the Budget/Finance Committee this month. We have also received the Reserve Study and will be using this to update the reserve funding on the budget.

Another issue that we often find challenges us this time of year is the impact from tropical storms. Even if we are not affected directly, preparations and precautions may cause our focus to be redirected and priorities shifted. Thank you for your patience and understanding when projects are temporarily suspended.

Just a reminder, the first day of school is August 12th. There will be an increase in traffic in the area particularly for the first week or so of school while parents choose to take their children to school rather than having them ride the school bus. We have a resident who is working closely with the county on traffic studies. For more info, contact Beth Taormina at [bethtaormina@gmail.com](mailto:bethtaormina@gmail.com).

You may notice some of the displays and TV screens getting a little refresh. We will be featuring some upcoming events in our Tech Room shelves in the windows.

I would like to thank the committed residents who consistently reflect what it means to be involved in an active adult community. It is more than participating. It is volunteering your time in a small or big part to better the experiences for all residents.

**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.



SUNBRIDGE™

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DEVELOPMENT COMPANY

## MANAGER'S MEETING

August 15 | 6:00 pm  
Multipurpose Room

Hear what has been happening around Del Webb Sunbridge at the monthly Managers Meeting.

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

## NEW HOMEOWNER ORIENTATION

August 8 & 22 | 3:00 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 HOA!

## LIFESTYLE MEETING

August 22 | 5:30 pm  
Multipurpose Room

We will recap what has been happening at Del Webb Sunbridge over the last several months and preview what's to come

Share your thoughts on future Lifestyle happenings at this meeting.



## FACILITY RENTALS

Need a place to hold your next family gathering or get together with neighbors, look no further!

**GIVE THE LIFESTYLE TEAM  
A CALL FOR  
INFORMATION ON HOW  
TO RENT SPACE AT THE  
HAMMOCK CLUB**

# Ladies Lunch POOL PARTY

**THURSDAY  
AUGUST 1**

**RSVP TODAY**



## MONTHLY ASSESSMENTS

Monthly HOA assessments are due on the first of every month.

**PLEASE REACH OUT TO  
THE FRONT DESK WITH  
ANY QUESTIONS**



# Landscape Monthly Update

## **Agronomy**

The agronomy treatment in July was an 8-10-10 fertilizer fungicide, and insecticide. This application started the week of July 22 and continues through the first of August.

The inclusion of fungicide and insecticide treatments is crucial for protecting plants and shrubs from common pests and diseases prevalent in Florida's warm, humid climate.

## **Irrigation**

Exclusive Landscaping's Irrigation Team has adjusted all timer zones to run for 30 minutes unless the homeowner contacts us via email or the work order system for further adjustment. This will help prevent fungus and a weak root system.

### What happens if your lawn gets too much water?

An overwatered lawn has a shallow root system that is weak and unhealthy, which causes it to start turning yellow. It's also common for an overwatered lawn to develop more significant layers of thatch and be prone to pest problems. Excess water also leaves the grass much more prone to lawn fungus.

## **Detailing**

Don't worry—you are seeing things grow before your eyes. Weeds do have a tendency to grow at lightning-fast speeds! In the right environment, some weeds have been known to grow up to three inches in the span of 24 hours. Exclusive Landscaping is working hard to address all weeds. With service only being one time a month, you may experience a point during the month when your weeds are out of control. They are working diligently to stay on top of them by spraying them to hit the roots.

### Is it better to pull out weeds or spray them?

Both spraying and pulling weeds have pros and cons, and we have a good rule of thumb you can use when choosing a method. Hand-pulling is easier when you are focusing on a small area, while spraying is ideal when you're dealing with a vast area or a loftier infestation of weeds.

## **Common Area Updates**

In July, Exclusive Landscaping trimmed the palm trees around the clubhouse and completed a plant enhancement by the exit gate. Quality control walks were completed in July to continue monitoring and addressing any hot spots throughout the community in a timely manner.

## **Dogs and the Impacts on your Lawn**

If you have a dog, then chances are you also have brown spots on your lawn. This happens because dog urine is rich in nitrogen, which is known to kill grass when concentrated amounts collect over time.

### Will grass recover from dog urine?

Grass will eventually grow back as long as additional damage isn't occurring. However, flushing it out with water and cleaning up after your dog may help expedite the process.

## LANDSCAPE



## INFORMATION

### David Dalton

Sr. Landscape Operations  
Manager

David.Dalton@castlegroup.com

Please include your name, address, pictures, and work order number with all email communications.

For landscaping inquiries, please use the Member Service Request system on our website or app.

# What projects to expect

*Schedule is subject to change.*

## August

Agronomy Treatment  
8-10-10 Fertilizer Fungicide, and Insecticide  
No HOA Budgeted Projects

## September

Agronomy Treatment  
Treatment: TBD  
HOA Budgeted Plant Replacement

## October

Agronomy Treatment  
Treatment: TBD  
HOA Budgeted Sod Evaluations will start  
the first week of October

## November

Agronomy Treatment  
Treatment: TBD

## Message from the Landscape Committee

Thank you for the emails you are sending to the Landscape Committee's website. We appreciate them. As we see questions/comments with a common theme, (e.g., weeds), we may post information on the Del Webb Sunbridge Neighbors Facebook page to keep everyone informed. If you wish to contact the Landscape Committee, please send questions/comments/concerns to: [DelWebbLandscapeCommittee@gmail.com](mailto:DelWebbLandscapeCommittee@gmail.com).

This allows all committee members to have access to your submissions and provide a timely response.



























Luis Rodriguez—First Chair  
Lori Quinlivan—Secretary  
Kenneth Mickaelson—Second Chair

### Purpose Statement

The Sunbridge Resident Landscape Advisory Committee's mission is to foster effective working relationships between all Sunbridge residents, the Association's Board of Directors, and the Property Management Company relating to landscape matters affecting residential lots as well as the community at large. The Committee is advisory only and serves as a focal point for gathering resident input regarding residential and community landscaping. The Committee, in collaboration with the Board and landscaping vendors, will formulate solutions to meet the community's evolving needs.

# AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				
5	6	7	8	9
				
12	13	14	15	16
				
19 <b>Fertilization</b> 24-2-11 <b>Zone 1</b>	20 <b>Fertilization</b> 24-2-11 <b>Zone 2</b>	21 <b>Fertilization</b> 24-2-11 <b>Zone 3</b>	22 <b>Fertilization</b> 24-2-11 <b>Zone 4</b>	23
 	 	 	 	
26	27	28	29	30
				



Mowing



Agronomy Treatment

**The calendar is subject to change.**

# Agronomy ROUTES

## Phase 1

### Zone 1

#### Common Areas

### Zone 2

Citrus Grove, Blue Pond, River Creek, and Sandy Springs

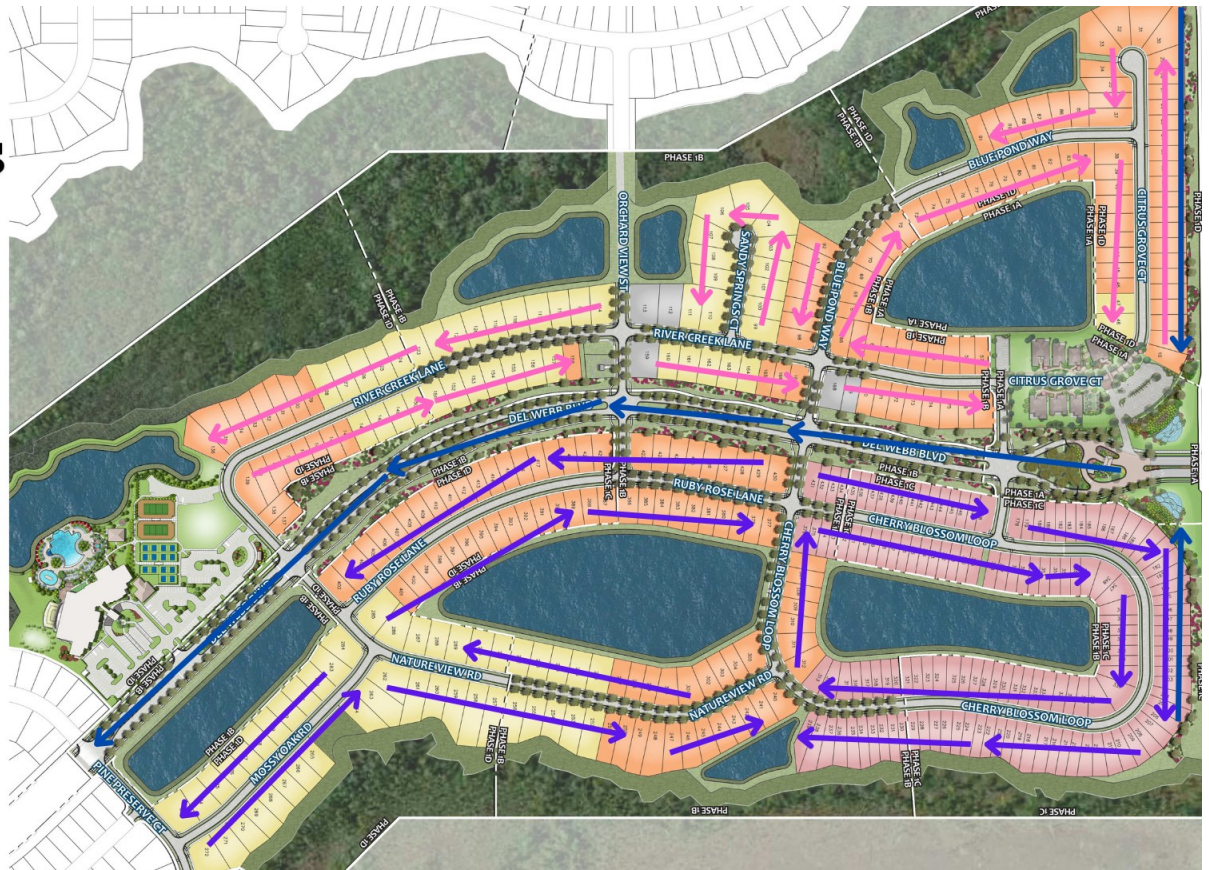
### Zone 3

Cherry Blossom, Nature View, Ruby Rose, and Mossy Oak

## Phase 2

### Zone 4

Cliff Way, Shimmering Shores, and Pine Preserve



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Eliminate dust, allergens, and contaminants

to ensure cleaner air for your family.

**Enhanced HVAC Efficiency:**

Keep your system running smoothly and efficiently by preventing dust buildup.

**Health Benefits:**

Reduce respiratory issues and allergies by maintaining clean air ducts.

**Longer HVAC Lifespan:**

Protect your investment by preventing excessive wear and tear on your system.

**Odor Removal:**

Get rid of any lingering construction odors



## SURGE PROTECTORS

**PROTECT YOUR HVAC SYSTEM FROM UNEXPECTED POWER SURGES AND ELECTRICAL DAMAGE. HAVE PEACE OF MIND KNOWING THAT YOUR VALUABLE HVAC EQUIPMENT IS SAFEGUARDED AGAINST POTENTIAL RISKS.**



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**WEB: [WWW.STARAIRCONDITIONING.COM](http://WWW.STARAIRCONDITIONING.COM)**  
**TEL: 407-932-1536**  
**600 N THACKER AVE, KISSIMMEE, FLORIDA 34741**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	(*) Available for registration online. Events may have a deadline and/or fee.	 <p>Every Thursday starting at 4pm.</p>	
2:00pm Mahjong	8:30am Aqua Yoga 9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 2:00pm Movie Night Matinee The Fugitive 3:00pm Scrabble 4:30pm Beginner Spanish 6:00pm Yoga Sculpt* 6:30pm Bunco	11:00am Mexican Train 12:30pm Lunch & Learn - Wellness 1:30pm Canasta/Hand & Foot 3:00pm Enerchi - Tai Chi* 4:30pm Zumba* 6:00pm Pinochle	9:00am St... 10:30am Br... 11:30am CH... 12:30pm HI... 1:30pm Bo... 2:00pm Eu... 3:00pm Sp... 7:00pm 12... 7:00pm Ca... 7:00pm Mu...
2:00pm Mahjong	8:30am Aqua Yoga 9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 11:30am Fitness Orientation* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:00pm Live Longer Cooking	11:00am Mexican Train 12:30pm Lunch & Learn - Wellness 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:00pm Backgammon 4:30pm Zumba* 6:00pm Trivia Night 6:00pm Pinochle	9:00am St... 9:30am Lin... 10:30am Br... 11:30am CH... 12:30pm HI... 1:00 Puzzle... 1:30pm Bo... 3:00pm Sp... 2:00pm Eu... 7:00pm 12...
2:00pm Mahjong 1:00pm Sunday Social	8:30am Aqua Yoga* 9:00am Shooting & Archery Group 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 4:30pm Food Truck - Chikiz Empanaditas 5:45pm Yoga Sculpt* 6:30pm Bunco	11:00am Mexican Train 12:30pm Lunch & Learn - Yellowstone National Park 1:30pm Canasta/Hand & Foot 3:00pm Enerchi - Tai Chi* 4:30pm Zumba* 6:00pm Pinochle 6:00pm Music Trivia 6:30pm Sunbridge Culture Club	9:00am St... 10:30am Br... 11:30am CH... 12:30pm HI... 1:00pm Cra... 1:30pm Bo... 2:00pm Eu... 3:00pm Sp... 5:30pm Lif... 7:00pm 12... 7:00pm Mu...
2:00pm Mahjong	8:30am Aqua Yoga 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* 6:00pm Technology Advisory Group	11:00am Mexican Train 12:30pm Lunch & Learn - Wellness 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:00pm Backgammon 4:30pm Zumba* 6:00pm Pinochle	9:00am St... 10:30am Br... 11:30am CH... 12:30pm HI... 1:30pm Bo... 2:00pm Eu... 3:00pm Sp... 5:00pm De... 7:00pm Ca...

# EVENTS | AUGUST 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check the website for daily Pickleball play times.</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Ladies Lunch Pool Party* 11:00am Rummikub 12:00pm Zumba* 1:30pm Canasta 7:00pm Guess That Song</p>	<p>10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p>	<p>8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength &amp; Balance* 5:00pm Wine Social</p>
<p>Watchin' Sisters Bridg Chair Strength &amp; Balance* FIT Fitness* Body Sculpt* Schre Danish Class Stones Group Canasta Mustard Seeds</p>	<p>8:00am Yoga* 9:00am Intermediate Tennis 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Poolside Music - Ed Anderson 1:30pm Canasta 3:00pm New Owner Orientation* 6:30pm Book Club 7:30pm Women's Group</p>	<p>10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 6:00pm Game Night</p>	<p>8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength &amp; Balance* 6:00pm Paint &amp; Sip - Wine Glasses</p>
<p>Watchin' Sisters Line Dancing* Bridg Chair Strength &amp; Balance* FIT Fitness* Desserts &amp; Pizza Body Sculpt* Danish Class Schre Stones Group</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:30pm Canasta 6:00pm Managers Meeting</p>	<p>10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 6:00pm Movie Night - Princess Bride</p>	<p>8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength &amp; Balance* 1:00pm Brewery Crew - Ten10 Brewing 1:00pm Poolside Music</p>
<p>Watchin' Sisters Bridg Chair Strength &amp; Balance* FIT Fitness* Lift Social Body Sculpt* Schre Danish Class Lifestyle Meeting Stones Group Mustard Seeds</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:30pm Canasta 3:00pm New Owner Orientation* 7:00pm Line Dancing Class</p>	<p>10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 6:00pm Murder Mystery Dinner: Midnight at the Masquerade</p>	<p>8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength &amp; Balance* 1:00pm Poolside Music - Kenroy Romans</p>
<p>Watchin' Sisters Bridg Chair Strength &amp; Balance* FIT Fitness* Body Sculpt* Schre Danish Class L Webb Daubers Bingo Night Canasta</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:30pm Canasta</p>	<p>10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p>	<p>8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength &amp; Balance*</p>

# MEET YOUR TRAINERS AND INSTRUCTORS

## PERSONAL TRAINING

### Fitness Center

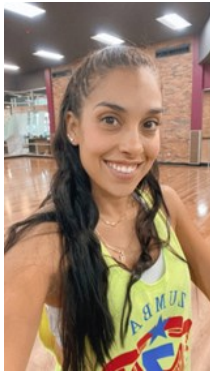
Sabrina and Marlene are our onsite personal trainers. You will be able to book a private 30-minute personal training time slot with either of them. The cost is \$40 per 30 min session or \$60 per couple. Please reach out to the trainer of your choice to set up times:

Sabrina: (407) 808-1559

Marlene: (321) 217-5311

### 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.



### DANI

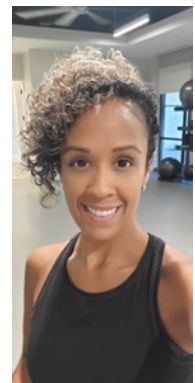
Dani is an accomplished individual who has made significant contributions in the world of dance, fitness, and yoga. Born and raised in Europe, Dani's journey as a professional ballerina took her on a remarkable path. With a deep passion

for dance and an unwavering dedication to her craft, she honed her skills and became recognized as a talented ballerina. Whether on stage as a ballerina, leading a group fitness class, or guiding a yoga session, Dani's unwavering commitment to her craft and her genuine desire to inspire and uplift others have left an indelible mark on those who have had the privilege to learn from her.

Her multifaceted expertise in ballet, fitness, and yoga showcases her versatility and deep-rooted passion for movement, wellness, and self-expression.

### 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.



WE WANT

YOUR

FEEDBACK

Keep an eye out for information on the **Annual Lifestyle Survey** coming this month!

Fitness Class questions will be included!

## MEET YOUR TRAINERS AND INSTRUCTORS

### 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.

### 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.

# FITNESS CENTER ORIENTATION

**Second Monday  
at 11:30 am**

**Instructor: Marlene**

**REGISTRATION REQUIRED**



## ***FITNESS CLASSES***

### **AQUA FITNESS**

**Fridays— 11:15 am—Marlene**  
**Saturdays—8:45 am—Chelsea**  
**Resistance Pool**

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.

### **AQUA YOGA**

**Mondays – 8:30 am**  
**Resistance Pool – Marlene**

This Aqua Yoga class is a low-impact aquatic exercise, performing yoga poses in the resistance pool. It incorporates standing postures while challenging your balance without the risk of falling. Stretching and breathing promote relaxation. This class helps improve mobility, while the support of the water greatly reduces the risk of muscle and joint injuries. Class will end in a relaxing floating or seated meditation.

\*A noodle is needed, you may bring your own or a limited amount available. This is a seasonal class offering.

### **BARRE BEFORE BAR**

**Fridays – 1:30 pm**  
**Group Fitness Room – Lisa**

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

### **BEGINNER CHAIR YOGA**

**Mondays—9:15 am & 10:15 am**  
**Thursdays – 9:15 am & 10:15 am**  
**Group Fitness Room – Marlene**

This beginner chair yoga class will offer you mobility and stretching from a seated position with some standing postures and balancing using the chair. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being. You don't have to be a beginner to join this class. Chairs will be provided. You may bring a water and your own mat or use the ones on site.

### **BODY SCULPT**

**Wednesdays – 1:30 pm**  
**Group Fitness Room – Sabrina**

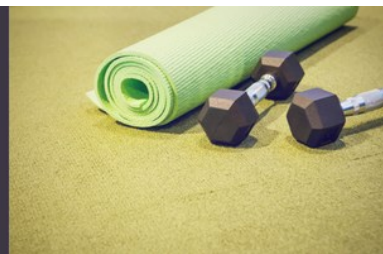
Tone muscles and increase strength by using a combination of weights and floor exercises. Core exercises and gentle stretching included to maximize your workout. Please bring comfortable shoes, water, a towel, a mat and weights if you would like.

### **CHAIR STRENGTH & BALANCE**

**Wednesdays—11:30 am—Marlene**  
**Fridays – 10:15 am—Marlene**  
**Saturdays – 9:15 am—Chelsea**  
**Group Fitness Room**

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.

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



## ***FITNESS CLASSES***

### **ENERCHI**

**Tuesdays – 3:00 pm**

**\*July dates vary. Check website/app.**

**Group Fitness Room – DeLisa**

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 – Sabrina**

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.

### **LINE DANCING**

**August 22 – 7:00 pm**

**Group Fitness Room – Lisa**

Learn a variety of line dances from various genres of music (oldies, popular, country, etc.). Please wear comfortable closed-toed shoes. Bring your water and a towel and get ready to groove!

### **POWER YOGA**

**Saturdays – 10:15 am**

**Group Fitness Room – Marlene**

This Yoga class in an intermediate Vinyasa yoga flow. It is a fast-paced class where we link breath to movement. It is focused on building strength and heating up your core. You will also challenge your balance in this class. Bring a mat and water.

### **TENNIS LESSONS**

**Check the website for upcoming dates**

**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 – Marlene**

This gentle yoga class incorporates a simple flowing sequence to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility. Ending in a 5-7 minute Savasana/Meditation. Please bring a mat and water.

### **YOGA SCULPT**

**Mondays – 5:45 pm**

**Group Fitness Room – 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

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

**Pease 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)

**Fourth Thursday | 6:00 pm**  
**Multipurpose Room**  
This group is on hold until the fall.

### 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

**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**  
July Book: So Big, by Edna Ferber

### BRIDGE

**Every Wednesday | 10:30 am**  
**Every Friday | 3:00 pm**  
**Multipurpose Room**  
Trick taking card game

## *SPECIAL INTEREST GROUPS*

### 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

**August 17 | 1:00 — 4:00 pm**  
**Ten10 Brewing**

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

**Third Tuesdays | 6:30 pm**

As Sunbridge's first established community, we celebrate the rich tapestry of cultures that define our neighborhood. Through culinary events, music, dance, collaborations, classes, conversation, and heritage celebrations, we aim to foster appreciation and understanding of our various cultures. We welcome everyone to join us as we explore, learn, and celebrate together. Contact Val Williams with any questions.

### DOMINOES

**Every Friday | 2:00 pm**  
**Multipurpose Room**

Tile based game. Open to all residents.

### 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, walkers, children's pool items, etc. Kathy Baskett has volunteered to keep track of these items. If you have any other 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](mailto:kathy327@live.com)

### 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.

### OUTDOOR ACTIVITIES GROUP

Check the website and app upcoming activities. If you have any questions, call Allyson at 407-252-1103 or email [Allyson.ascher@gmail.com](mailto:Allyson.ascher@gmail.com).



## *SPECIAL INTEREST GROUPS*

### 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

### 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.



The poster features a black background with a yellow diagonal banner across the middle. On the left, there is a white fingerprint icon. On the right, there is a white handprint icon. The banner contains the text 'MURDER MYSTERY DINNER' in bold, black, sans-serif font. Above the banner, the text 'CRIME SCENE DO NOT CROSS' is written in a smaller, white, sans-serif font, following the curve of the banner. Below the banner, the event details are listed in a white, sans-serif font.

**August 23, 2024**  
**Italian Dinner at 6:00 pm**  
**Show at 7:00 pm**  
**Multipurpose Room**  
**Mystery Show Theme:**  
**Midnight at the Masquerade**

### 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 | 3:00 pm**  
**Tech Room**

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

### SUNBRIDGE STITCHIN' SISTERS

**Every Wednesday**  
**9:00 am –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

**August 26 | 6:00 pm**  
**Multipurpose Room**  
**Tech Room**

Join Thomas Williams as he discusses helpful information you use in your everyday life. Check the app or the website for class information.

### TENNIS SOCIAL– OPEN PLAY

**Every Monday | 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*

### THRIVING IN THIS NEW PHASE OF LIFE

**August 8 | 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 have several projects coming up that they are looking for more volunteers to attend.

Volunteers will meet in the parking lot of the clubhouse and carpool, as space is limited.

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

### WINE SOCIAL

**First Saturday | 5:00 pm**  
**Outdoor Pavilion & Fire Pits**  
**August's event will be inside due to excessive heat.**

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

PLEASE VISIT THE [EVENTS PAGE](#) AFTER LOGGING INTO THE HOA WEBSITE TO SIGN UP FOR EVENTS

WE WANT

YOUR

FEEDBACK

Keep an eye out  
for information  
on the

**Annual Lifestyle Survey**

coming  
this month!

Survey includes  
Events, Activities,  
Fitness Class  
questions and more!

## DEL WEBB SUNBRIDGE CHARTER CLUBS

We have finalized several Charter Clubs that are operating at this time. 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 Night—August 28, 2024**

**4th Wednesday of each month**

**Doors open at 5 pm | Doors Close at 5:45 pm | Game Starts 6 pm**

You must sign up to be a member of the Charter Club to participate. Cash prizes are awarded.

**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 MEN'S Club Play  
Courts #5-6 OPEN Club Play  
Court #7 -BEGINNER'S 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 WOMEN'S Club Play  
Courts #5-6 OPEN Club Play  
Court #7 BEGINNER'S Club Play

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



**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

Other dates and times for lessons and round robins may happening throughout each month. Check the app for more information.



## THE SABAL TAVERN

AUGUST 2024

### TAVERN HOURS

MONDAY | CLOSED  
TUESDAY | 12:00 PM - 6:00 PM  
WEDNESDAY | 12:00 PM - 7:00 PM  
THURSDAY | 12:00 PM - 7:00 PM  
FRIDAY | 12:00 PM - 9:00 PM  
SATURDAY | 12:00 PM - 8:00 PM  
SUNDAY | 10:00 AM - 5:00 PM

### HAPPY HOUR SPECIALS 3:00 - 6:00 pm

HUMMUS PLATTER - \$8.95  
PLAIN JANE FLATBREAD - \$7.95  
LOADED KETTLE CHIPS - \$7.95  
CHEESE CURDS - \$8.95  
CHEESE QUESADILLA - \$6.95  
DEL WEBB TENDERS - \$10.95  
\$3 DOMESTIC DRAFTS  
\$4 IMPORT DRAFTS  
\$4 SELECT WINES  
\$4 SELECT COCKTAILS

## August Monthly Specials

Starting August 6, 2024

GUAVA WINGS - \$13.95  
FRESH MOZZERALLA & TOMATO - \$11.95  
STRAWBERRY POPPYSEED SALAD - \$13.95  
CRISPY CHICKEN SANDWICH - \$13.95  
PATTY MELT - \$13.95  
CRISPY CHICKEN SANDWICH - \$15.95  
TAVERN MOJITO IN A SUVENIOR CUP - \$12.95

# LIFESTYLE EVENTS



## LADIES LUNCH—POOL PARTY

**Thursday, August 1 | 11:00 am—1:00 pm**

It's time for some summer fun at the resistance pool! Enjoy lunch, pool games, and a chance to mingle as you cool off. Come dressed to get wet, or wear cool clothing if you prefer to stay dry.

Menu: Publix Sandwiches (Regular or Gluten-Free/Vegetarian), Bag of Chips, Watermelon, Cookies, Bottled Water, and a Popsicle. You may bring your own beverage or feel free to purchase one at The Sabal Tavern.



*This month's movies*

**AUG 5, 2024** 2pm

&

**AUG 16, 2024** 7pm

## MOVIES MADNESS

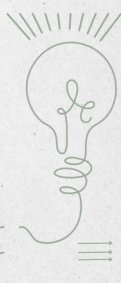
**Monday, August 5 | 2:00 pm—*The Fugitive***

**Friday, August 16 | 7:00 pm—*The Princess Bride***

Stop into the Hammock Club for our monthly Monday Movie Matinee and Friday Night Movie Night. You may bring your comfy chair to watch the movie in. We will provide one free bag of popcorn per person. The Sabal Tavern will be open if you want to

order food or a drink. You may also bring your own. RSVP using the app so that we know how many popcorn bags are needed.

**Lunch & Learn**  
Topics: Wellness and  
Yellowstone National  
Park



## LUNCH & LEARN SESSIONS

**Tuesdays | 12:30 pm \*New Time\***  
**Tech Room**

We are diving into our National Parks series in the third week of each month. This month, we will be exploring Yellowstone National Park.

If you have been to Yellowstone National Park and want to submit one photo to share with the group, please send it to [ktamanini@castlegroup.com](mailto:ktamanini@castlegroup.com).

### Dates and Topics:

- August 6—National Wellness Month
- August 13—National Wellness Month
- August 20—Yellowstone National Park
- August 27—National Wellness Month

# LIFESTYLE EVENTS



## POOLSIDE MUSIC

**Thursday, August 8 | 1:00—4:00 pm**  
**Saturday, August 17 | 1:00—4:00 pm**

Enjoy some summer tunes as you lounge by the pool or grab a bite to eat on the Sabal Tavern patio. Each musician this month will play a different type of music. We hope you will come by to enjoy both of them.

### Musicians:

August 8—Ed Anderson. Cover Artist

August 17 —Kenroy Romans, Steel Drummer



## PAINT & SIP

**Saturday, August 10 | 6:30 pm**  
**Wet Craft Room**  
**Cost: \$28.00 per person**

We're putting away the canvases and bringing out the wine glasses for this Paint & Sip night. Each participant will be able to paint two wine glasses. You may pick your own design, although examples will be provided. The fee includes art supplies, aprons, the instructor, and music. Bring your drink to sip on while you paint.



## PUZZLES & PIZZA

**Wednesday, August 14 | 1:00 pm**  
**Dry Craft Room**

What could be better than adding pizza and puzzles to a relaxing activity with friends? You bring the puzzles; we'll bring the pizza! A limited number of spaces are available, so sign up today.

CHARTER CLUB

# DEL WEBB PICKLEBALL CLUB

• PICKLEBALL PLAYERS •

**DAILY CLUB PLAY PLAY**  
**ALL SKILL LEVELS WELCOME**

# LIFESTYLE EVENTS

## SUNDAY SOCIAL HOUR



## SUNDAE SOCIAL HOUR

**Sunday, August 18 | 1:00—2:00 pm**  
**Multipurpose Room**

This month, we are celebrating National Wellness Month. We have fun games and wellness activities planned. For our treat this month, we will have a Frozen Yogurt Sundae Bar. We look forward to seeing you and having a fun afternoon.

## FOOD TRUCK SOCIAL



## FOOD TRUCK SOCIAL

**Monday, August 19 | 4:30—7:30 pm**  
**Hammock Club Parking Lot**

This month's truck will be Chikiz Empanaditas Gourmet. You can view their menu and even order online starting a few days before the event. View the link here: <https://tampabayfoodtruckrally.com/del-webb-sunbridge/>.

For photos and more information on the Chikiz Empanaditas Gourmet, visit their Facebook page at <https://www.facebook.com/people/Chikiz-Empanaditas-Gourmet>.

For faster service, we encourage residents to preorder their order before they arrive on the day of the event. The truck will park in the parking lot near the sports courts, and we encourage residents to bring their chairs and drinks and gather under the pavilion behind the pickleball courts.



## CRAFTING CONNECTIONS

**Wednesday, August 21 | 12:00 pm**  
**Wet Craft Room**  
**Cost: \$5.00 per person**

It's time to make connections while crafting! We hope you will join us for an afternoon of candle making and connecting with neighbors. All supplies will be provided.



# LIFESTYLE EVENTS



## MURDER MYSTERY DINNER

**Everyone's a Suspect**  
Can you figure out who did what?


August 23, 2024

Italian Dinner at 6:00 pm

Show at 7:00 pm

Multipurpose Room

Mystery Show Theme: Midnight at the Masquerade  
We encourage you to dress for the theme!



### MURDER MYSTERY

**Friday, August 23 | Dinner at 6:00 pm and Show at 7:00 pm**

**Dry Craft Room**

**Cost: \$25.00 per person**

Get your detective hats ready and prepare for this unique murder mystery show right here in Del Webb Sunbridge. Before the killer show starts, we will fuel up with an Italian dinner.

Dinner will include salad, Baked Ziti, grilled chicken, garlic knots, dessert, and soft drink/bottled water. There will be a gluten-free/vegetarian Baked Ziti option.

We hope you will join us for an exciting evening! RSVP today to reserve your spot at the show.

This event will open to guests on August 9, 2024.

# RESIDENT EVENTS



## GUESS THAT SONG

**August 1 | 7:00 pm**  
**Multipurpose Room**

Join a team to Guess That Song after hearing a song, for up to 20 seconds. Bring your listening skills, love of music, and friendship to see who can get the most guesses. This month come dressed up in something to do with music. Host by DWS resident, Terri!



## WINE SOCIAL

**Saturday, August 3 | 6:00 pm**  
**Location for August: Multipurpose Room**

Enjoy an evening with neighbors as we gather to mingle and drink wine. This is a BYOB event.



## GAME NIGHT WITH SHERI & MIKE

**Friday, August 9 | 6:00 pm**  
**Multipurpose Room**

Private event of playing multiple predesignated games in 1 night. Please contact Sheri at 916-847-6790 to RSVP with her. Plan on bringing yourselves, a snack to share (if you want) and something to drink.



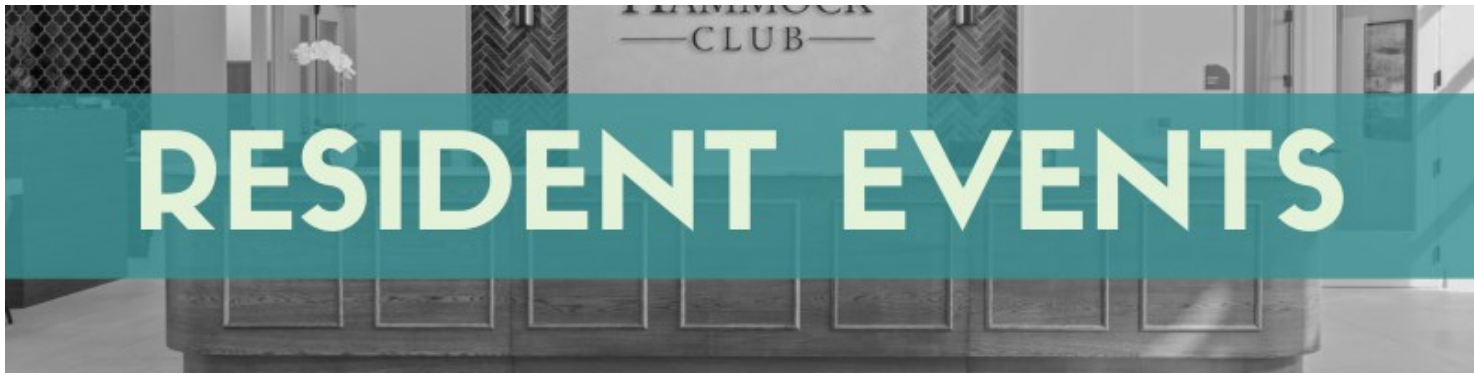
## LIVE LONGER, LIVE HEALTHIER

**Monday, August 12 | 6:00 pm**  
**Multipurpose Room**  
**Cost: \$5.00 at the event**

On Monday, August 12, we will continue our six-part series of discussions with the Sunbridge residents to explore this topic. The fifth session will focus on the Blue Zone of Loma Linda,

California. The session will explore how an American community located in an urban setting was able to become a Blue Zone - where its residents are living among the longest, healthiest lives in the world! After viewing the clip from the Netflix Blue Zones program, Mary Lu Williams and Shubhi Jain will lead a discussion on this topic.

Afterwards, participants will enjoy a scrumptious meal together, with a cooking demonstration of a plant-based meal including nacho bar with avocados and black beans. Additionally, there would be variety of nuts, California produces and its nutritional value.



### TRIVIA NIGHT

**Tuesday, August 13 | 6:00 pm**  
**Multipurpose Room**

Test your knowledge at this month's Trivia Night hosted by Janet & Ken Pesek. Do you have what it takes to help your team become crowned the Trivia Night winners? If you plan to attend, please RSVP.



### BREWERY CREW

**Saturday, August 17**  
**Ten10 Brewing**  
**1010 Virginia Drive, Orlando, FL 32803**  
[www.ten10brewingcompany.com/](http://www.ten10brewingcompany.com/)

Our comfortable, laid-back tap room features rotating draft pours, select Quantum Leap wines and cider, and assorted non-alcoholic options. Growler and prowler fill are available for most beers! Contact Larry with any questions at lsteigrod@gmail.com.



### MUSIC TRIVIA

**Tuesday, August 20 | 6:00 pm**  
**Multipurpose Room**

Test your music knowledge in three rounds from Billboard's top ten radio airplay songs from the 1960s - 1990s. Hosted by Don Kinzler.



### DEL WEBB DAUBERS—BINGO NIGHT

**Wednesday, August 28**  
**Doors open at 5 pm | Doors Close at 5:45 pm | Game Starts 6 pm**

To participate in the Del Webb Daubers Bingo Night, you must signup on the portal. Please check the app for participant rules.

\$5.00 exact change - CASH - for a 10 Sheet Pack (that's 10 games). Each sheet will have 3 games. Pack includes a Jackpot Sheet. Cash Only. Please try to bring exact change. Please bring a bingo dauber.

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

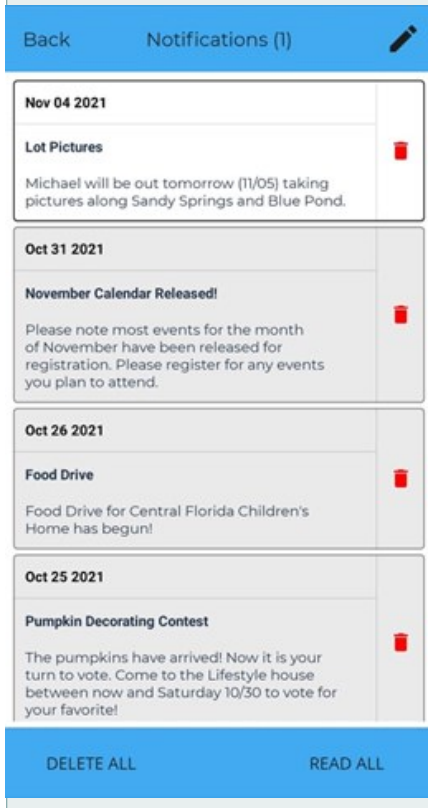
Go to Resident Services > My Profile > My Settings

Scroll to the bottom and unclick "Hide Profile". Then, click any information you would like to share in the member directory and 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.

[delwebbsunbridge@gmail.com](mailto:delwebbsunbridge@gmail.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.

## Cancelling Events

As a reminder, if you cannot make an event that you signed up for, please cancel your reservation so others can participate. 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.

### **SNOWBIRD HURRICANE REMINDER!**

**If you are one of our Snowbirds, please make proper accommodations for your home this hurricane season. The HOA management team and vendors will not go onto any owner lots to secure items that might become projectiles in the event of a storm. Preparations can include, but are not limited to, securing and/or removing your patio furniture and patio items, removing anything that has potential to become a projectile.**



**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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# Sunbridge Snapshots

