

February 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

ddalton@castlegroup.com

Castle Group—Resident Services

800-337-5850

Pulte Homes Warranty Department

855-618-0727

Toho Water / US Water

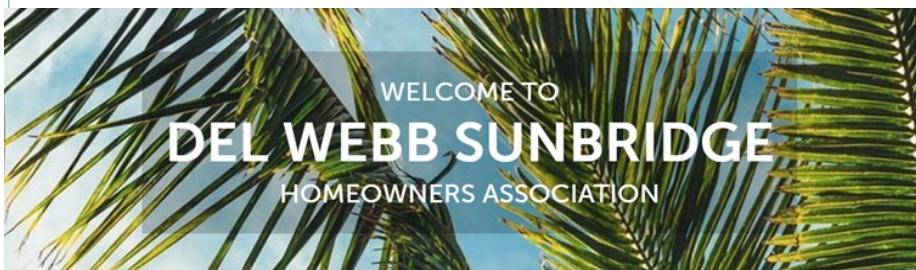
866-753-8292

HomeTeam Pest Defense

407-736-0670

Osceola County Non-Emergency

407-348-2222



Del Webb Sunbridge HOA Website
www.DelWebbSunbridgeHOA.com

Log in for more information



HAMMOCK — CLUB —

HOURS OF OPERATION

Building Hours:

Sunday: 9:00 am—7:00 pm

Monday—Tuesday: 5:00 am—8:00 pm

Wednesday—Friday: 5:00 am—9:00 pm

Saturday: 8:00 am — 9:00 pm

Pool Hours:

Dawn to Dusk— Pool access will be restricted during hours the building is closed.

Children Hours (those under 19):

Sunday—Saturday: 2:00 pm—6:00 pm

Reminder, those under 19 are not allowed in the Spa or Resistance Pool during Children Hours.

Sabal Tavern Hours:

Sunday: 12:00 pm—7:00 pm

Monday: Closed

Tuesday: Closed

Wednesday—Thursday: 12:00 pm—7:00 pm

Friday—Saturday: 12:00 pm—9:00 pm

You will need your Resident ID Badge on you at all times.

Please be sure to keep the blue Del Webb Sunbridge lanyard attached to your ID badge.

All hours are subject to change.

RULES & REGULATIONS HIGHLIGHT

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

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!

It is hard to believe February is already upon us.

We are making significant strides in the positive direction in the area of landscaping. We have a dedicated Landscape Committee and the members have provided invaluable feedback and recommendations. The landscape team for the HOA and the Exclusive team has grown considerably. While the efforts in the past few months have been catching up on projects and implementing strategies for having a successful 2024.

At our January manager's meeting, we were encouraged to hear that many of the concerns noted were already in process for a sustainable resolution. We understand that landscaping by its nature can be unpredictable as there are so many factors like weather conditions but there are other factors that we are committed to addressing and improving.

Speaking of the monthly manager meeting, join us on Thursday, February 15th at 6 pm in the Multipurpose Room. We always appreciate having questions in advance of the meeting so we included a detailed update during the meeting.

Notes from the meetings are posted on the website. This month, our website

is being updated so there may be some delays while the website company makes the necessary changes to improve a few areas, particularly the service request module. Once the improved site is live, we will notify everyone.

We are excited about the progress of construction in the dog park. The final stage will include the landscaping. We will be posting rules for the Dog Park and will be reaching out to owners who have not registered their pets and/or need to update the information on file.

The cover for the mailboxes will commence soon as well. The mailbox area may need to be closed for a few hours from time to time for safety reasons. We will provide advance notice to help reduce confusion and inconvenience.

You may have seen new faces at our front desk. Please join us in welcoming Katherine "Katie" Taylor (yes, there are now two Katies) and Yasmin Perez.

Best Regards,

Stacey Peach, LCAM
General Manager

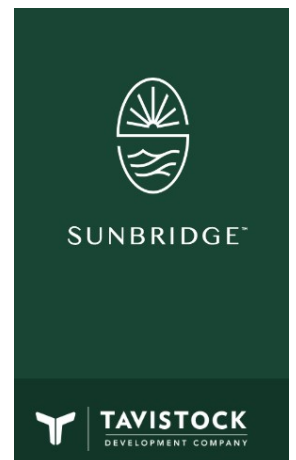
[Sunbridge Info](#)
[Sunbridge SD](#)



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?](#)



MANAGER MEETING

February 15 | 6 pm
Multipurpose Room

Hear what has been happening around Del Webb Sunbridge at the monthly Managers Meeting. Past presentations and communications are on the website under Board of Directors Communications after logging in or by [clicking here](#).

NEW HOMEOWNER ORIENTATION

February 8 & 12 | 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!

LIFESTYLE MEETING

February 22 | 5:30 pm
Multipurpose Room

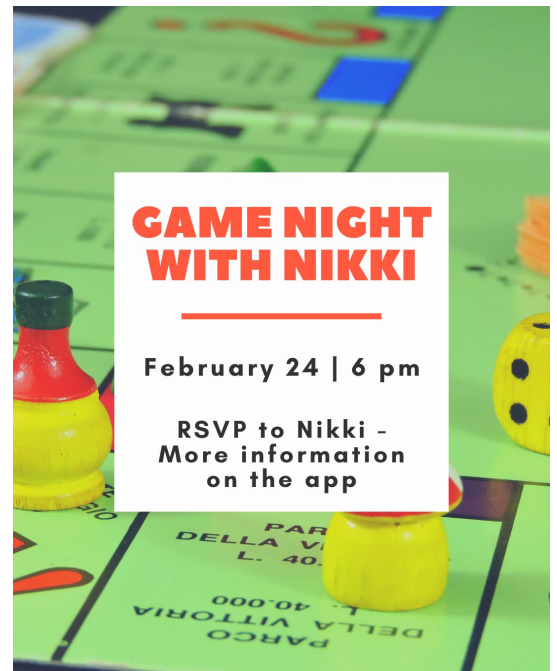
Find out what events and activities are happening throughout the community.

NAME TAGS AVAILABLE FOR PURCHASE

Name tags are available for \$10.00 each. Requests must be submitted in writing via email to delwebbsunbridge.com@gmail.com. Orders will be placed at the beginning of each month.

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

UPCOMING RESIDENT EVENTS



Check the Del Webb Sunbridge website and app for more information and a complete listing of resident events.

LANDSCAPE INFORMATION



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.

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

Landscape Monthly Update

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

Please welcome to the Del Webb Sunbridge team

**New Senior Landscape Operations Manager,
David Dalton!**

- Grew up in Osceola County
- Owned a landscape company for 15 years



Staffing update

Staffing Breakdown:

- Detail Crew:** 7 Team Members
- Onsite Install Crew:** 3 Team Members
- Irrigation Technician:** 2 Team Members
- Onsite Agronomy Technician:** 1 Team Member
- Mow Crew (Winter Months):** 8 Team Members
- Field Managers:** Donald Gilbert and Damien Bello
- Account Manager:** Jimmy Kenney
- Agronomy Specialist/Supervisor:** James Owen
- General Manager:** Ian Blackmore
- Director of Operations:** Sean Dowling

February 2024 Landscape Schedule

The calendar is subject to change.

For updates on detailing and fertilization please refer to the weekly update.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard	6 Mowing Residential Homes, Common areas and Del Webb Boulevard	7 Mowing Residential Homes, Common areas and Del Webb Boulevard	8 Mowing Residential Homes, Common Areas and Pond Banks	9
12	13	14	15	16
17 Mowing Model Park Homes, Sales Center, Residential Homes, and Del Webb Boulevard	18 Mowing Residential Homes, and Del Webb Boulevard	19 Mowing Residential Homes, and Del Webb Boulevard	20 Mowing Residential Homes, Common Areas and Pond Banks	21
22	23	24	25	26

Bulk Service Review

If you ever wondered what is included in your bulk landscaping services you receive from Exclusive Landscaping, we have a list from you as to what you can expect throughout the year.

- **Mowing, Edging and Blowing** | Frequency – 42 times per year
- **Turf & Ornamental Shrubbery Pest Control & Fertilization** | Frequency – 4 times per year
- **Detailing of Planted Areas** | Frequency—1 time per month
- **Weed Control** | Frequency—1 time per month
- **Irrigation System Inspections** | Frequency – 12 times per year
- **Shrub, Tree Pruning, and Trimming (Under 10 ft. tall)** | Frequency—As needed
- **Tree, Palm Tree Pruning, and Trimming (Over 10 ft. tall)** | Frequency—As needed
- **Yearly Mulch Refresh** | Frequency—1 time per year

Landscape Q&A

Q: When does a homeowner need to contact Exclusive Landscaping directly?

A: Homeowners should reach out to Exclusive Landscaping if they need of an irrigation cut/cap or a plant enhancement.

- Karina will assist with making the first connection with Exclusive for an irrigation cut/cap or landscape enhancement after a work order has been placed.
- Exclusive will make arrangements with the homeowner to meet and provide a proposal.
- Since the homeowner is the party contracting with Exclusive for the project, the homeowner is to make arrangements directly with Exclusive to schedule the work after the approval has been received from the Association. The homeowner is responsible for making the payments directly to Exclusive.
- Once the project is complete, the owner will need to notify the Association (Walter and/or Karina) to complete a final inspection to ensure the project was completed per the specifications in the ARC application.

Homeowner Enhancements: Rock Enhancements

The Association Board of Directors has approved homeowners using 3rd-party vendors outside of Exclusive Landscaping for rock enhancements. Homeowners will still need to submit an ARC Application for approval. The three rock options approved for use in the community are (A) tan and white river rock, (B) grey granite chips, and (C) Seminole chip.

(A)



(B)



(C)





Winter to Spring Lawn Health Tips from Exclusive Landscaping Group

Dear Del Webb Sunbridge Residents,

Our Florida rainy season is slowly starting to build into full effect and most of our grass has been dormant for the last four weeks. As Landscapers, our "busy season" is the summer time, but you will not find anyone Exclusive calling this the "off season." The winter is our "diligence season" where we can sow as much preventative care into our maintenance work as possible, to take the burden off our 100°F+ summer days!

As the winter gradually transitions into spring, we make a concerted sprint with our Irrigation and Fertilization & Pest Control teams to build on the health of your lawns to ensure lush and vibrant landscapes throughout the year. The purpose of this letter is to provide our strategy, and some tips/tricks to keep your St. Augustine grass healthy during this seasonal shift.

Reduce the frequency of watering – Not the amount of water! Just the frequency. We are currently watering your community 1 time a week. While this may seem alarming, with the amount of rain we are having, we are drought-proofing your lawns!

- By allowing the grass to experience periods of dryness outside the oppressive heat of the summer, we encourage the roots to grow deeper in search of water.
- Over time this accomplishes 2 things:
 1. Deeper roots capable of acquiring deeper water sitting between the sand and clay bottom soil.
 2. Soil that is erosion resistant, and flood resistant. With deeper roots, the grass knits together the soil, and is able to process large amounts of water with its increased root volume.

Feed the Beast! – St. Augustine is an amazing grass and even in full dormancy (when the blades of grass are no longer conducting photosynthesis), their root systems are hard at work growing, and feeding.

- Exclusive's Fertilization and Pest Control team takes advantage of this time of year to strategically apply some product to assist in the prevention of common issues such as root rot¹, brown patch fungus², and pests³ that can pose a threat during the upcoming summer months.
- Our team carefully selects and applies the appropriate products to safeguard your grass and shrubs, ensuring they thrive in the face of whatever Florida can throw at us as it heats up!

Your community is 98% St. Augustine (*stenoctaphrum secundatum*), one of the heartiest and best suited grasses commercially available, and perfectly suited to Central Florida. We have tailored our approach to the unique needs of St. Augustine, taking into consideration Central Florida's unique Zone 8 climate.

If you have any questions or concerns about your lawn care or landscaping needs, please feel free to reach out to us. We are here to support you in maintaining a healthy and beautiful outdoor space.

Thank you for entrusting Exclusive Landscaping Group with the care of your landscapes, we aim to be the professionals you can count on.

Best Wishes,

Sean Dowling

Sean Dowling
Director of Operations

Ian D. Blackmore

Ian Blackmore
General Manager

Jimmy Kenney

Jimmy Kenney
Account Manager

1. "Take All Root Rot" [SS-PLP-16/LH079: Take-all Root Rot \(ufl.edu\)](https://www.ifas.ufl.edu/extension/SS-PLP-16/LH079:Take-all-Root-Rot)
2. "Patch Funguses" <https://gardeningsolutions.ifas.ufl.edu/lawns/problems-and-solutions/large-patch>
3. "Chinch Bugs" <https://gardeningsolutions.ifas.ufl.edu/care/pests-and-diseases/pests/chinch-bugs.html>

CALENDAR OF EVENTS

Del Webb Sunbridge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 <p>BLACK HISTORY MONTH</p>	<p>Put on your Boogie Shoes for our Disco on February 17!</p>	<p>HAPPY LUNAR NEW YEAR</p>  <p>2024</p>	<p>W F C</p>
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong</p>	<p>9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:00am Fitness Orientation* 10:15am Beginner Chair Yoga* 10:30am Fitness Orientation* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 6:00pm Yoga Sculpt* 6:30pm Bunco</p>	<p>10:00am Beginner Tennis 11:00am Mexican Train 1:30pm Canasta/Hand & Foot 3:00pm Beginner Tai Chi* 4:30pm Zumba* 6:00pm Pinochle 7:00pm Cliff Erickson Concert</p> 	<p>9:00a 10:30 12:30 1:30p 2:00p 3:00p 6:30p 7:00p 7:00p</p>
<p>9:00am Leisurely Bike Ride 10:00am Outdoor Adventure Group- Kayaking 2:00pm Mahjong</p> 	<p>9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:00am Fitness Orientation* 10:15am Beginner Chair Yoga* 10:30am Fitness Orientation* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:30pm Lifestyle Meeting 5:45pm Yoga Sculpt*</p>	<p>11:00am Mexican Train 1:30pm Canasta/Hand & Foot 3:00pm Beginner Tai Chi* 4:00pm Backgammon 4:30pm Zumba* 6:00pm Music Trivia 6:00pm Pinochle</p>	<p>9:00a 9:30a 10:30 12:30 1:30p 3:00p 2:00p 5:30p Danc 6:30p 7:00p</p>
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong 1:00pm Pickleball Club BBQ</p>	<p>9:00am Shooting and Archery 9:15am Beginner Chair Yoga* 10:00am Art Meet 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:00pm Trivia Night - Movies 6:30pm Bunco</p> <p>HAPPY PRESIDENTS DAY</p>	<p>10:00am Beginner Tennis 11:00am Mexican Train 1:30pm Canasta/Hand & Foot 3:00pm Beginner Tai Chi* 4:30pm Zumba* 6:00pm Pinochle 7:00pm Pickleball Club</p>	<p>9:00a 10:30 12:30 1:30p 2:00p 3:00p 4:30p 6:00p 6:30p 7:00p 7:00p</p>
<p>9:00am Leisurely Bike Ride 2:00pm Mahjong 1:00pm Sunday Social - Black History Month</p>	<p>9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 1:00 Art Series-Level 2 Watercolors 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 4:00pm Technology Group</p>	<p>8:00am Pickleball Club 11:00am Mexican Train 1:30pm Canasta/Hand & Foot 3:00pm Beginner Tai Chi* 4:00pm Backgammon 4:30pm Zumba* 6:00pm Pinochle 7:00pm Pickleball Club</p>	<p>9:00a 10:30 12:30 1:30p 2:00p 3:00p 6:00p 6:30p 7:00p</p>

EVENTS | FEBRUARY 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CHECK THE WEBSITE FOR DAILY PICKLEBALL CLUB TIMES</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Ladies Luncheon - Heart Health 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta Hand & Foot 4:00pm TapTv Trivia 6:00pm STRONG Nation Fitness*</p> <p>1</p>	<p>10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 300pm Bridge 5:30pm Tavern Live Music - John Harman</p> <p>2</p>	<p>9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 5:00pm Wine Group</p> <p>3</p>
<p>am Stitchin' Sisters am Bridge pm HIIT Fitness* m Body Sculpt* m Euchre m Spanish Class m Open Play Tennis m 12 Stones Group m Canasta Hand & Foot m Mustard Seeds</p> <p>7</p>	<p>8:00am Yoga* 9:00am Intermediate Tennis 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta Hand & Foot 3:00pm New Owner Orientation* 4:00pm TapTv Trivia 6:00pm STRONG Nation Fitness* 6:30pm Book Club 7:00pm Line Dancing* 7:30pm Women's Group</p> <p>8</p>	<p>10:00am Ladies Poker & Texas Holdem 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:00pm Sewing Social Time 1:30pm Barre Before Bar* 2:00pm Dominoes 300pm Bridge 3:15pm Hollerbach's - German Experience</p> <p>9</p>	<p>9:15am Chair Strength & Balance* 10:15am Power Yoga* 11:30am Aqua Fitness* 9:30am AARP Safe Drivers Course 1:00pm Art Series- Asian Watercolor & Ink</p> <p>10</p>
<p>am Stitchin' Sisters am Line Dancing* am Bridge pm HIIT Fitness* m Body Sculpt* m Spanish Class m Euchre m Valentine's Dinner & e m Open Play Tennis m 12 Stones Group</p> <p>14</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta Hand & Foot 4:00pm TapTv Trivia 6:00pm Managers Meeting 6:00pm STRONG Nation Fitness*</p> <p>15</p>	<p>10:00am Sunbridge Volunteers* 10:00am Ladies Poker & Texas Holdem 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p> <p>16</p>	<p>9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 1:00pm Brewery Crew 1:00pm Art Series-Level 1 Watercolors 6:00pm Disco Inferno</p> <p>17</p>
<p>am Stitchin' Sisters am Bridge pm HIIT Fitness* m Body Sculpt* m Euchre m Spanish Class m Canasta/Hand & Foot m Estate Planning Seminar m Open Play Tennis m 12 Stones Group m Mustard Seeds</p> <p>21</p>	<p>8:00am Yoga* 9:00am Intermediate Tennis 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta Hand & Foot 3:00pm New Owner Orientation* 4:00pm TapTv Trivia 6:00pm A&E - Apps & Elixirs 6:00pm STRONG Nation Fitness*</p> <p>22</p>	<p>8:00am OnSpot Dermatology 10:00am Ladies Poker & Texas Holdem 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Art Series- Pencil Drawing 3:00pm Bridge</p> <p>23</p>	<p>9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 12:30pm Art Series - Pastel Cityscape - Charleston 6:00pm Game Night</p> <p>24</p>
<p>am Stitchin' Sisters am Bridge pm HIIT Fitness* m Body Sculpt* m Euchre m Spanish Class m Bingo Night m Open Play Tennis m Canasta Hand & Foot</p> <p>28</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta Hand & Foot 4:00pm TapTv Trivia 6:00pm STRONG Nation Fitness* 6:00pm Guess that Song</p> <p>29</p>	<p>(*) Available for registration online. Events may have a deadline and/or fee.</p> <p>(#) Requires payment to an outside vendor. Order tickets ahead of time.</p>	

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

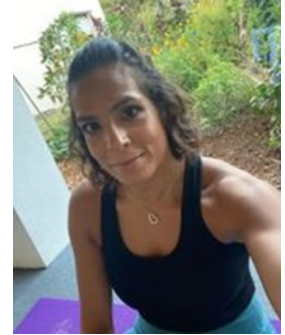
LISA

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.



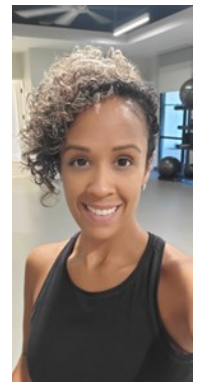
SABRINA

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.

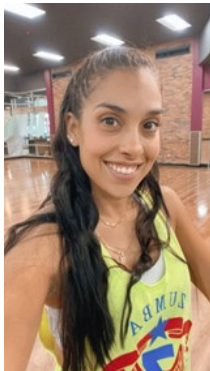


FITNESS CLASSES- MEET YOUR INSTRUCTORS

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.



DAVID

David has been a dancer all his life. He has been doing Zumba since 2007 and became an instructor over 7 years ago. In 2017, when Zumba released Strong Nation, and decided to become an instructor. He enjoys teaching both classes and loves to challenge students to be a better, stronger, happier, healthier self.

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

He is honored to be here and help others get stronger!



JULIO

Julio is a movement teacher with over 30 years martial and movement arts experience, one who helps his students develop greater strength, mobility, and balance. Trained in gymnastics, dance, yoga and various martial arts, Julio teaches his students how to increase their dexterity, confidence, and movement competence, so that they can move powerfully/ authentically through life.

He also teaches them how to heal their injuries, reduce pain and protect themselves from getting injured again. Finally, Julio helps students understand and become more aware of their body and energy, giving them tools for being more effective, productive, and happier in life.



FITNESS CLASSES

AQUA FITNESS

Mondays—On Hold for the Season
Fridays & Saturdays – 11:15am
Resistance Pool – With Marlene

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

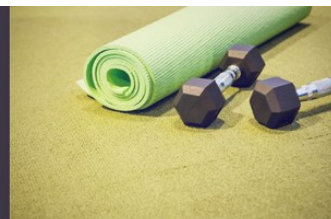
Standing and seated chair exercises for seniors using light weights. Incorporating cardio and strength to increase your cardiovascular levels and challenge your coordination. This class is also great for those with limited mobility. You may bring a water. No mat needed for this class. Chairs will be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

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.

STRONG NATION FITNESS

Thursdays – 6:00 pm

Group Fitness Room – With David

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

TAI CHI

Tuesdays – 3:00 pm & 4:00 pm

Group Fitness Room – With Julio

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

TENNIS LESSONS

Beginners—Select Tuesdays – 10 am

Intermediate—Select Thursdays 9 am

Tennis Courts – DWS Resident Joe Greco

Learn new skills and improve any current skills with free lessons from Del Webb Sunbridge resident, Joe Greco. Get a great workout while improving your tennis game!

YOGA

Thursdays – 8:00 am

Group Fitness Room – With Marlene

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

YOGA SCULPT

Mondays – 5:45 pm

Group Fitness Room – With Marlene

Yoga sculpt is a combination of yoga and strength training. Boost your metabolism and build lean muscle mass combining free weights with core exercises in this power Yoga flow. Incorporating strength training moves like squats, lunges and bicep curls. Weights are optional, recommended weights range from 2lbs-5lb dumbbells. Please bring a mat and water.

ZUMBA

Tuesdays – 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

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)

February 22 | 6 pm
Multipurpose Room

The February theme is Mardi Gras. Bring a Mardi Gras inspired cocktail and appetizer. Please bring enough of your favorite cocktail and appetizer to share with the group. Costumes are always welcome!

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, chinks, and collage. This group is open to artists of any level.

ART SERIES

Asian Watercolor & Ink — February 10

Beginner Watercolors — February 17

Pencil Drawing—February 23

Pastel Cityscape Charleston—February 24

Beginner Watercolors — February 26

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

BEGINNER SPANISH

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.

SPECIAL INTEREST GROUPS

BOOK CLUB

Every Second Thursday | 6:30 pm
Wet Craft Room
February Book: Trust by Hernan Diaz

BRIDGE

Wednesdays | 10:30 am
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

Park Pizza and Brewing Co
February 24 | 1–4 pm

Park Pizza & Brewing Co. is a welcoming retreat for the community. In the dining room, at the bar, or on the patio, you'll find a place to grab a bite and a pint and enjoy your time there.

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

DOMINOES

Every Friday | 2:00 pm
Multipurpose Room
Tile based game

EUCHRE

Every Wednesday | 2:00 pm
Multipurpose Room
Trick taking card game

SPANISH CLASS

Every Tuesday | 6:45 pm
Tech Room
Join resident Dulce de Villa to sharpen your Spanish skills. All skill levels are welcome.

LEISURLY BIKE RIDE GROUP

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.

SPECIAL INTEREST GROUPS

OPEN PLAY TENNIS

Every Wednesday | 6:30 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.

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

February 11 | 10:00 am

DWS resident Allyson Asher is leading this group on the Kayak trip. On this Manatee and Dolphin Encounter, you will also see many types of birds.

To book your ticket, please visit adayawaykayaktours.com or call 321-268-2655. Cost is \$55.00 per person.

For more information, please get in touch with Allyson at allyson.ascher@gmail.com or 407-252-1103.

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

February 9 | 1:00 pm - Get to Know Your Sewing Machine

March 22 | 1:00pm, - Sewing Tips
Sewing Social Time (SST) is proud to announce that we are going to offer classes led by our local seamstress! This was previously titled Sewing Social Hour or Quilter's Corner.

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.

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

**February 26 | 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

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

**First Friday | 10:00 am
Wet Craft Room**

We are a group of Sunbridge residents who believe in helping others across the community and the greater St. Cloud and Orlando area. They have a Facebook page called Del Webb Sunbridge Volunteers.

WINE GROUP

**First Saturday | 5:00 pm
Fire Pits**

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



THE SABAL TAVERN

FEBRUARY 2024

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

HAPPY HOUR

Wednesday - Thursday
3 - 7 pm
Friday - Sunday
4 - 7 pm

\$4.00 Drinks Including
Draft Wine and Beer,
Sangria, and Margaritas

WEEKLY
SPECIALS
ANNOUNCED
IN BIWEEKLY
EMAILS

PLEASE VISIT THE
SABAL TAVERN PAGE ON
THE ASSOCIATION WEBSITE

SABAL
TAVERN

SABAL TAVERN LIVE MUSIC

TAVERN
LIVE MUSIC



5:30 TO 8:30 PM

FEBRUARY MUSIC

FEBRUARY 2
PERFORMANCE BY
JOHN HARMAN

SABAL TAVERN HOURS:

Sunday: 12:00—7:00pm

Monday: Closed

Tuesday: Closed

Wednesday: 12:00—7:00pm

Thursday: 12:00—7:00pm

Friday: 12:00—9:00pm

Saturday: 12:00—9:00pm

The Sabal
Tavern
Advisory
Committee
Happenings

*“RESIDENTS
WORKING
TOGETHER TO
CREATE
ENJOYABLE
EXPERIENCES
AROUND
DELICIOUS FOOD
AND DRINK TO
FOSTER YOUR
FONDEST
MEMORIES
WITH FRIENDS
AT THE
TAVERN.”*

MESSAGE FROM THE
TAVERN ADVISORY COMMITTEE

Dear Sunbridge Community Residents,

It is with great enthusiasm that we announce the commencement of Sabal Tavern operations for the year 2024. As we embark on a new year, the Sabal Tavern Advisory Committee, extend our heartfelt gratitude to each one of you for your unwavering support throughout the past year. Your enthusiasm and encouragement have been instrumental in making the Sabal Tavern a thriving and vibrant hub within our beloved community.

A warm welcome goes out to our new residents who have joined us in Phase 2 of community development. Your presence adds to the rich tapestry of Sunbridge, and we are delighted to have you as part of our extended family.

To our long-time residents, we extend a special thank you. Your continuous support has been the bedrock upon which we have built and launched new initiatives and positive changes for the Tavern. It is your enduring commitment that allows us to grow and evolve as a community gathering space.

As we embark on the exciting journey that 2024 promises, we kindly ask for your continued patience and understanding. We have some exciting initiatives and improvements planned for the Sabal Tavern, and your support and patience are invaluable as we work towards making these ideas a reality. However, we recognize that these transformations may require some adjustments. Your support is invaluable, and we assure you that every effort is being made to ensure a seamless and positive experience for all.

We look forward to creating more memories, fostering connections, and building upon the sense of community that makes Sunbridge truly special. If you ever have suggestions, feedback, or thoughts to share, our doors—and ears—are always open.

Thank you once again for being the heartbeat of the Sabal Tavern.

Warm regards,

Alton Robinson – Chair
Maria Lomangino – Events Coordinator
Jim McGonagle – Operations and Sales
Sabal Tavern Advisory Committee

CLIFF ERICKSON CONCERT

CONCERT ON 2.6.2024

SHOW STARTS AT 7 PM
COST: \$10.00 PER PERSON
 INCLUDE SNACK PACK
OPENS TO GUESTS:
 FEBRUARY 2

HOLLERBACH'S

A TRUE GERMAN EXPERIENCE

FEB 9 2024

3:15 - 9:30 PM

COME TO ENJOY EXPERTLY PREPARED GERMAN FOOD AND EXPERIENCE THE GERMAN "GEMUETLICHKEIT".

LIFESTYLE MEETING

February 12, 2024

At 5:30 pm

Multipurpose Room

DISCO Inferno

FEBRUARY 17 | 6 PM

COST: \$15 PER PERSON
INCLUDES ONE DRINK TICKET

OPENS TO GUESTS:
FEBRUARY 7

DJ JOE MAGIC WILL BE SPINNING ALL YOUR FAVORITE SONGS VINYLs

SPECIAL VISIT FROM JOHN TRAVOLTA IMPERSONATOR

Trivia Night

MONDAY, FEBRUARY 19 | MULTIPURPOSE ROOM

THIS MONTH'S THEME: MOVIE TRIVIA

TRIVIA STARTS AT 6 PM

RSVP ON THE APP




ESTATE PLANNING SEMINAR



FEBRUARY 21

SEMINAR HOSTED BY:
AVENTUS LAW GROUP


ONSPOT DERMATOLOGY
Mobile Dermatology

February 23
7:30 am - 3 pm

Head over to the app for details on how to secure your spot.



SUNDAY SOCIAL HOUR




BLACK HISTORY MONTH

LEARN ABOUT THE HISTORY OF BLACK HISTORY MONTH. LIGHT REFRESHMENTS WILL BE SERVED.

FEBRUARY 25
1 - 3 PM

**+ DONATE +
+ BLOOD +**



**+
Wednesday
6th
March
2024**

Save someone's life with a drop of your blood!

Drive hosted by
OneBlood

BYRNE BROTHERS SHOW



SHOW ON 3.14.2024
SHOW STARTS AT 7 PM

COST: \$14.00 PER PERSON
REGISTRATION:
OPEN TO RESIDENTS
GUESTS: FEBRUARY 29



**Take Control of
Your Retirement**

MARCH 25 | 12 PM

Lunch will be provided along with information on an informed retirement.

**Del Webb Sunbridge
SPRING FLING
ARTS & CRAFTS FAIR**



**SATURDAY,
MARCH 23
10 AM - 1PM**

VENDOR APPLICATIONS
ACCEPTED THROUGH
MARCH 3

dwsraftshows@mail.com

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.

Cash prizes are awarded.

You must sign up are a member of the Charter Club to participate and register for the desired event on the calendar to participate.

Please contact Maria for more

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

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 #1-4 WOMENS' Club Play

Courts #5-6 OPEN Club Play

Court #7 BEGINNER Club Play

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



ESTATE PLANNING SEMINAR

R.S.V.P. to Henderson Sachs, P.A.
(407) 850-2500

Please join us to discuss Wills, Trusts, Probate, and much else!
Or call to schedule your complimentary estate planning consultation.


Wills ~ Trusts ~ Probate

Long Term Care Planning ~ Medicaid Planning
VA Benefits ~ Contracts ~ Real Estate ~ Business

Daniel S. Henderson, Esq. ~ Joshua M. Sachs, Esq. ~ Andrew M. Berland, Esq.

8240 Exchange Drive, Suite C6, Orlando, FL 32809 ~ (407) 850-2500

The hiring of a lawyer is an important decision that should not be based solely upon advertisements.
Before you decide, ask us to send you free written information about our qualifications and experience.



When it comes to Medicare, You have choices

Providing guidance and support on your Medicare journey

Whether you are new to Medicare and making these decisions for the first time or have current coverage and would like to make sure you are currently in the best plan for your situation, we would like to help.

We specialize in the following plans:



Medicare Supplement



Medicare Advantage



Prescription Drug Plans



Dental Plans

Additional Coverage Available:

- Cancer Insurance
- Short-Term Care
- Final Expense

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

Mark & Jan Goldberg

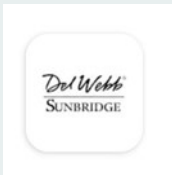
Phone: (407) 909-4774 | Text: (321) 420-4653

mark@insurancesource321.com

HOW TO ADD YOURSELF TO THE RESIDENT DIRECTORY ON THE WEBSITE

Go to Resident Services > My Profile > My Settings
 Scroll to the bottom and unclick “hide profile.” Then click any information you would like to share in the member directory.
 Click SAVE.

Look for this logo when downloading the Del Webb Sunbridge app



Del Webb Sunbridge HOA
 Northstar Technologies Inc • Lifestyle
 ☑ Installed



WEBSITE INFORMATION

The website and app are both sources with so much information. On the website you can find all your forms, documents, meeting minutes, newsletters, FAQs, and contact information.

If you are having any issues with your member log in, please reach out to a Front Desk Team or Walter at wabeltran@castlegroup.com

www.delwebbsunbridgehoa.com

View Your Sabal Tavern Credit Book

App: Click Menu > Click Credit Book

Website: Resident Services > My Hammock Club Account > Credit Book

You can also view monthly statements and recent charges to your credit card from the Sabal Tavern in My Hammock Club Account.

Give others in your household permission to view statements and credit books on the website:

Resident Services > My Settings > Show My Statements, Show My Credit Books. Click SAVE.

Canceling Events

Updated Event Cancellation Policy

- All paid Lifestyle and Sabal Tavern events, outside of fitness classes, have a registration and cancellation date of seven days prior to the event date if not otherwise stated on the event details.
- Six days before the event, the credit cards on file of all registrants' will be charged the event fee.
- If you need to cancel for any reason after the event registration has closed, there will be no refunds.
- If you would like to transfer your registration to another resident, you will be responsible for any transactional details between you and the other party.
- If you find someone to take over your reservation, you will need to email us at delwebbsunbridge@gmail.com to inform us of the change so that we may check-in your replacements.

This policy will be effective starting March 1, 2024.