

July 2024

THE HAMMOCK HAPPENINGS



Hammock Club | 2600 Del Webb Blvd. | 407-915-3410

Del Webb[®]

SUNBRIDGE[®]

July 2024

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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

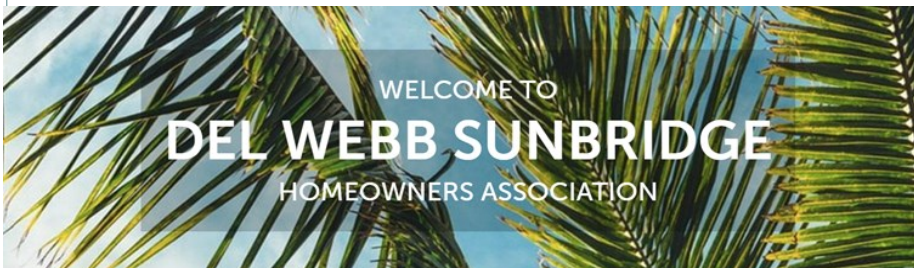
407-944-5000

HomeTeam Pest Defense

407-736-0670

Osceola County Non-Emergency

407-348-2222



Del Webb Sunbridge HOA Website

www.DelWebbSunbridgeHOA.com

Log in for more information



HAMMOCK — CLUB —

HOURS OF OPERATION

Building Hours:

Sunday: 9:00 am—7:00 pm

Monday—Tuesday: 5:00 am—8:00 pm

Wednesday—Friday: 5:00 am—9:00 pm

Saturday: 8:00 am — 9:00 pm

Pool Hours:

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

Children Hours (those under 19):

Sunday—Saturday: 2:00 pm—6:00 pm

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

Sabal Tavern Hours:

Sunday: 10:00 am—5:00 pm

Monday: Closed

Tuesday: 12:00 pm—6:00 pm

Wednesday—Thursday: 12:00 pm—7:00 pm

Friday: 12:00 pm—9:00 pm

Saturday: 12:00 pm—8:00 pm

Your Resident ID Badge with the blue Del Webb Sunbridge lanyard should be on you at all times.

Present ID for purchases at the Tavern.

All hours are subject to change.

RULES & REGULATIONS HIGHLIGHT

FITNESS CENTER/ EXERCISE EQUIPMENT ROOM

vii. Appropriate fitness apparel is required, to include upper body garments and proper footwear. Sandals, shower clogs, or other similar items and street shoes are not acceptable fitness footwear.

ix. Following use, equipment should be wiped down with a towel. All portable equipment (dumbbells, beauty bells, exercise mats) should be returned to their proper storage locations.

x. Food or beverages - with the exception of bottled water or fitness drinks in plastic containers - are not permitted in the fitness center.

xi. Background Audio and television systems may be provided for the convenience and enjoyment of members and guests. Programs will be tuned to satisfy the interests of the majority, but the final decision rests with the Lifestyle Director/Community Manager. Portable radios are permitted, but only with earphones.

HOA MANAGEMENT UPDATE



STACEY PEACH
GENERAL MANAGER

Hello Del Webb Sunbridge Residents!

It is hard to believe that we are already halfway through 2024. This is the time of year that we are in the heat of budget season for the following year. We are reviewing the expenditures for the first six months and compiling a draft budget based on our estimations of the annual expenses, increases expected in 2025 for our current services as well as anticipate the costs for larger projects. With the assistance of our Budget and Finance Committee, we will work on a proposed budget to be approved by the Board in October at our Budget and Annual Membership Meetings. Leading up to that meeting, your Finance Committee will host a few meetings to explain the budget and be available for any questions.

We have also contracted with a company to complete a comprehensive update to the reserve study to include the clubhouse and amenities added since our last study was completed. This information will also be shared with our Finance Committee to include when calculating our 2025 Budget. This company will also be reviewing our maintenance schedule for the major components in our facilities and providing us with an updated preventative maintenance program.

We were thrilled to open the Dog Park in late June. The ribbon cutting ceremony was well attended and the excitement from all the pups running around was a good indication that the Bark Park was a hit! The doggy waste bag dispensers will be installed soon. We are waiting for the meter for the water fountains and will let everyone know as soon as they are installed. We have also did a blanket treatment for pests and will continue to spot treat areas. During the summer months, especially when we get a fair amount of

rain, the Bahai grass can grow quickly. We may mow the park a little more frequently than once per week when needed.

Other projects we are working on include the electrical updates to the fountain, moving the landscape dumpster closer to the model center and installing a fence around it, and installing the fencing along the conservation area in the center of the community (installation date will be scheduled soon).

The team has been working the Landscape Committee on preparing Standard Operations Guidelines. This will help to clarify the scope of services provided in bulk landscaping services. It will also help residents understand when to anticipate services including fertilization and herbicide treatments, trimming specifications and so much more.

There have been a few changes to the Florida Statutes. The management team at Castle are participating in legal updates and we have sought the opinion of our very own HOA attorney as it relates to our documents. An interesting point to mention, our covenants have language that would suggest that not all law changes would apply to our community.

More daytime small events have been added to our lifestyle programming. You will also notice more things to do and attend in the evenings. Be sure to check out the Lifestyle section.

We look forward to seeing you all enjoying the beautiful Del Webb Sunbridge amenities.

Stacey Peach, LCAM
General Manager

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



BASECAMP AT SUNBRIDGE

The Sunbridge Master Planned Community around us is growing just as quickly as we are! Be sure to visit Basecamp to get all the updates on the surrounding community and to check out all the fun events they are hosting. [Stay in the Know](#) by checking out their website. [What's Happening at Basecamp?](#)



SUNBRIDGE™

TAVISTOCK
DEVELOPMENT COMPANY

MANAGER'S MEETING

July 18 | 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

July 11 & 25 | 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!



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**



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

Exclusive Landscaping accomplished the following throughout the community last month:

Agromony— Due to the hot spots and a few chinch bugs identified in the community, the agronomy supervisor and his team pro-actively applied Meridian to kill chinch bug and Bifen XTS for the chinch bug larvae. The onsite agronomy technician applied fertilizer to individual homes needing a extra treatment this month.

Wet Check— The Exclusive Landscaping irrigation team completed all wet checks in the community. During next month's wet checks they will be adjusting timers running zones at 45 minutes back to 30 minutes to avoid fungus since we have seen some evidence of this.

We want to remind homeowners that the next plant replacement evaluations will start in August for the September/October budgeted plant replacement project. Work orders submitted from now until then will be acknowledged, evaluated, and put on a re-evaluation list for August's inspections. Due to increased temperatures this year, replacements are not prudent until we see cooler temps.

The next budgeted sod replacements are scheduled for November of 2024 when the weather starts to cool down. Exclusive Landscaping and the HOA landscape managers will start the inspections for this project in October. As the inspections are completed homeowners will receive updates via work order if one is open. Work orders submitted from now until then will be acknowledged, evaluated, and re-inspected in October for final consideration. Homeowners will be notified if replacement will take place on their lot before the project begins. If you have any questions please reach out to the landscaping team via email:

David: david.dalton@castlegroup.com or

Karina: kgonzalez@castlegroup.com.

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.

LANDSCAPE INFORMATION



David Dalton

**Sr. Landscape Operations
Manager**

David.Dalton@castlegroup.com



Karina Gonzalez

**Landscape Operations
Manager**

kgonzalez@castlegroup.com

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

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



What projects to expect

Schedule is subject to change.

July

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

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

The Landscape Committee would like to announce their new email address for questions or concerns. This will allow all committee members to have access to your submissions and provide a timely response. If you would like to contact the Landscape Committee, please email the Committee at DelWebbLandscapeCommittee@gmail.com.

WE WANT

YOUR

FEEDBACK

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

Event & Activity
questions
will be included!

Del Webb
SUNBRIDGE









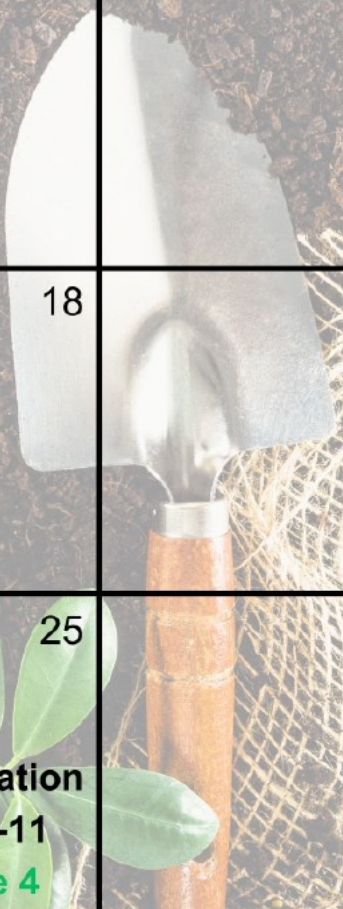




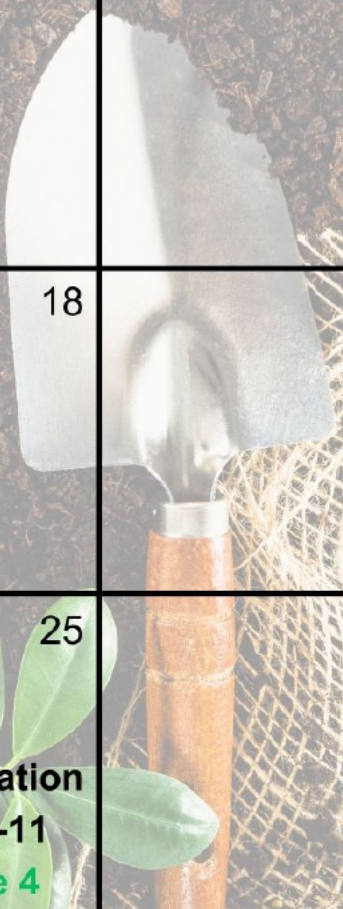





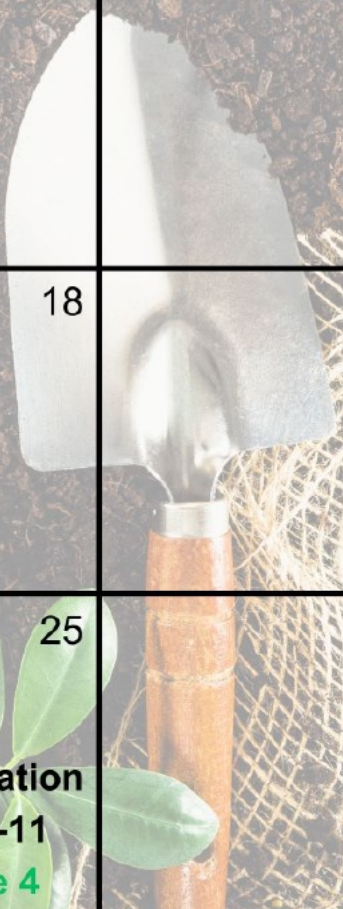





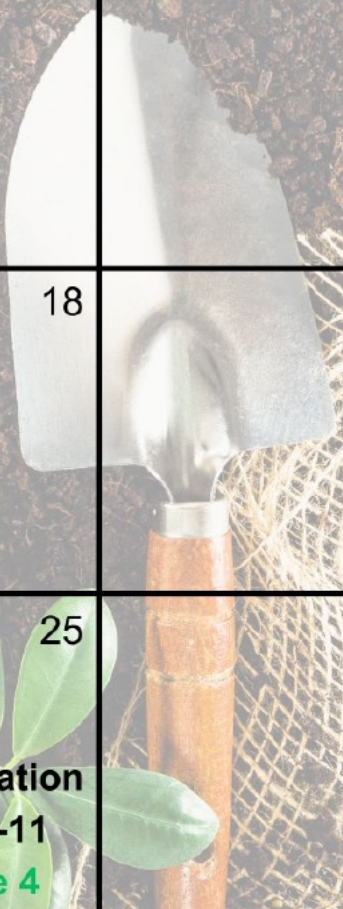


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**Download
Our App**

Download our App to get
the most up-to-date
information on events and
activities happening in
Del Webb Sunbridge!



JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 	3 	4 NO Service in observance of 4th of July	5 
8 	9 	10 	11 	12 
15 	16 	17 	18 	19 
22 Fertilization 24-2-11 Zone 1 	23 Fertilization 24-2-11 Zone 2 	24 Fertilization 24-2-11 Zone 3 	25 Fertilization 24-2-11 Zone 4  	28 
27 	28 	29 	30  	31 



Mowing



Agronomy Treatment

The calendar is subject to change.

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www.kestrafinancial.com/disclosures



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Agronomy ROUTES

Phase 1

Zone 1

Common Areas

Zone 2

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

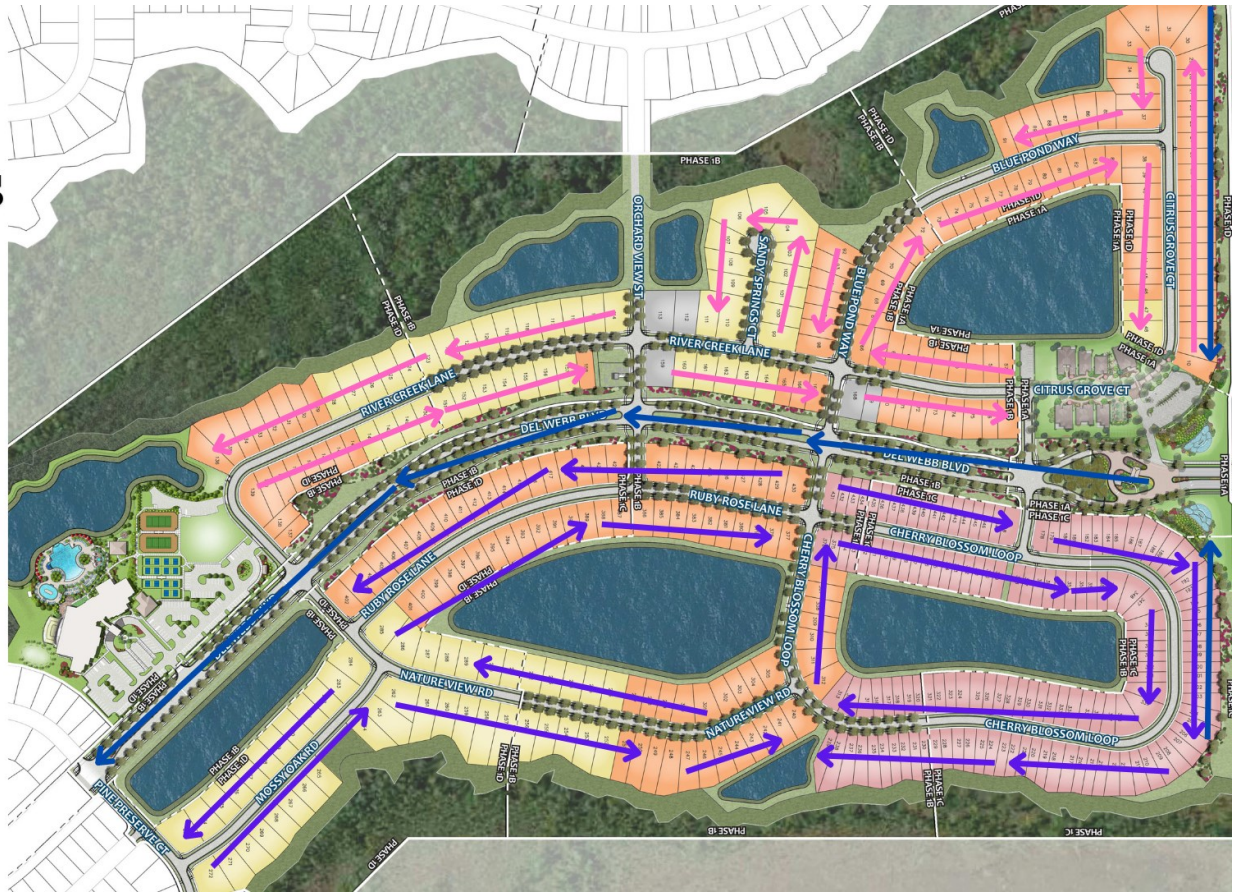
Zone 3

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

Phase 2

Zone 4

Cliff Way, Shimmering Shores, and Pine Preserve



SUMMER SPECIAL



UP TO 20% OFF
OFFER ENDS SOON!

AIR DUCT CLEANING SERVICES

CONSTRUCTION DUST AND DEBRIS CAN EASILY INFILTRATE YOUR HVAC SYSTEM, LEADING TO POOR INDOOR AIR QUALITY AND DECREASED EFFICIENCY.

Improved Air Quality:

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



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UV LIGHTS

SAY GOODBYE TO AIRBORNE POLLUTANTS AND ALLERGENS! OUR UV LIGHT SYSTEMS WORK TIRELESSLY TO PURIFY THE AIR CIRCULATING IN YOUR HOME, KEEPING IT CLEAN AND FRESH FOR YOU AND YOUR FAMILY TO BREATHE.



WEB: WWW.STARAIRCONDITIONING.COM
TEL: 407-932-1536
600 N THACKER AVE, KISSIMMEE, FLORIDA 34741

Del Webb Sunbridge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 <p>Check the website for daily Pickleball Club play times.</p>	8:30am Aqua Yoga 9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 11:00am Ladies Lunch Planning Meeting 11:30pm Enerchi - Tai Chi* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:30pm Open Play Tennis 1	11:00am Mexican Train 12:00pm Lunch & Learn - Laughter 1:30pm Canasta 4:00pm Backgammon 4:30pm Zumba Gold* 6:00pm Pinochle 2	9:00am Still Life 10:30am Brunch 11:30am Chess 12:30pm HI 1:30pm Bocce 2:00pm Euchre 7:00pm Indian Parade 7:00pm 12 Days of Christmas 7:00pm Carols
2:00pm Mahjong 7	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 2:00pm Monday Movie Matinee 3:00pm Scrabble 4:30pm Beginner Spanish 6:00pm Yoga Sculpt* 6:30pm Bunco 6:30pm Open Play Tennis 8	10:00am Beginner Tennis 11:00am Mexican Train 12:00pm Lunch & Learn - Creativity 6:30pm Sunbridge Culture Club 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:30pm Zumba Gold* 6:00pm Pinochle 9	9:00am Still Life 10:30am Brunch 11:30am Chess 12:00pm Laughter 12:30pm HI 1:00pm Pizzeria 1:30pm Bocce 2:00pm Euchre 7:00pm Carols 7:00pm Music Trivia 7:00pm Trivia
2:00pm Mahjong 14	8:30am Aqua Yoga 9:00am Shooting & Archery Group 9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 11:00am Options Trading Seminar 11:30pm Enerchi - Tai Chi* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 4:30pm Food Truck Social 5:45pm Yoga Sculpt* 6:00pm Healthy Cooking Class 6:00pm Jewelry Workshop* 6:30pm Open Play Tennis 15	10:00am Beginner Tennis 11:00am Mexican Train 12:00pm Lunch & Learn - National Parks 1:30pm Canasta 3:00pm Tax-Free Retirement 4:00pm Backgammon 4:30pm Zumba Gold* 5:00pm Guide to Retirement 6:00pm Pinochle 6:30pm Sunbridge Culture Club 7:00pm Music Trivia 16	9:00am Still Life 10:30am Brunch 11:00am Mahjong 12:30pm HI 1:00pm Diving 1:30pm Bocce 2:00pm Euchre 3:00pm Guacamole 5:00pm Soccer 6:30pm Open Play Tennis 7:00pm 12 Days of Christmas 7:00pm Music Trivia
2:00pm Mahjong 21	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* 6:30pm Bunco 6:30pm Open Play Tennis 22	11:00am Mexican Train 12:00pm Craft Social 12:00pm Ladies Day Out 1:30pm Canasta 4:30pm Zumba Gold* 6:00pm Pinochle 23	9:00am Still Life 10:30am Brunch 12:30pm HI 1:30pm Bocce 2:00pm Euchre 3:00pm Spanish 5:00pm Bingo 6:30pm Open Play Tennis
2:00pm Mahjong 4:00pm Sunday Social Ice Cream Party 28	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 Class Passwords 6:30pm Open Play Tennis 29	11:00am Mexican Train 12:00pm Lunch & Learn - Travel 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:00pm Backgammon 4:30pm Zumba Gold* 6:00pm Pinochle 30	9:00am Still Life 10:30am Brunch 12:30pm HI 1:30pm Bocce 2:00pm Euchre 3:00pm Spanish 4:30pm Carols 6:30pm Open Play Tennis 7:00pm 12 Days of Christmas 7:00pm Music Trivia

CALENDAR OF EVENTS | JULY 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Archin' Sisters Bridge Chair Strength & Balance* FIT Fitness* Jelly Sculpt* Lunch Independence Day Golf Cart Stones Group Canasta</p>  <p>3</p>	<p>8:00am Yoga* 9:00am Intermediate Tennis 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta 3:00pm July 4th Picnic</p>  <p>4</p>	<p>10:15am Chair Strength & Balance* 11:30am Aqua Fitness* 1:00pm Sewing Social Time 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 7:00pm Guess That Song</p>  <p>5</p>	<p>8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength & Balance* 5:00pm Wine Social</p>  <p>6</p>
<p>Archin' Sisters Bridge Chair Strength & Balance* Ladies Lunch Planning Meeting FIT Fitness* Puzzle & Puzzles Jelly Sculpt* Lunch Canasta Stard Seeds Trivia Night</p>  <p>10</p>	<p>8:00am Yoga* 9:00am Intermediate Tennis 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta 3:00pm New Owner Orientation* 4:00pm Poolside Music 6:30pm Book Club 7:30pm Women's Group</p>  <p>11</p>	<p>10:15am Chair Strength & Balance* 11:30am Aqua Fitness* 1:00pm Sewing Social Time 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p>  <p>12</p>	<p>8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength & Balance* 6:00pm Betty Bingo</p>  <p>13</p>
<p>Archin' Sisters Bridge Maximizing Wealth FIT Fitness* Diversifying Your Portfolio Jelly Sculpt* Lunch Guide to the Markets Social Security Basics Men Play Tennis Stones Group Stard Seeds</p>  <p>17</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:00pm Estate Planning Seminar 1:30pm Canasta 6:00pm Managers Meeting 7:00pm Line Dancing Class</p>  <p>18</p>	<p>10:00am Analyzing Client Case Studies 10:15am Chair Strength & Balance* 11:30am Aqua Fitness* 12:00pm Small World Tour Meeting 1:00pm Sewing Social Time 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 7:00pm Movie Night When Harry Met Sally</p>  <p>19</p>	<p>8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength & Balance* 1:00pm Brewery Crew 1:00pm Poolside Music</p>  <p>20</p>
<p>Archin' Sisters Bridge FIT Fitness* Jelly Sculpt* Lunch Spanish Class Go Night - DW Daubers Men Play Tennis</p>  <p>24</p>	<p>8:00am Yoga* 9:00am Intermediate Tennis 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta 3:00pm New Owner Orientation* 7:00pm Line Dancing Class</p>  <p>25</p>	<p>10:15am Chair Strength & Balance* 11:30am Aqua Fitness* 1:00pm Sewing Social Time 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p>  <p>26</p>	<p>8:45am Aqua Fitness* 9:00am Power Yoga* 10:15am Chair Strength & Balance*</p>  <p>27</p>
<p>Archin' Sisters Bridge FIT Fitness* Jelly Sculpt* Lunch Spanish Class Canasta Tournament* Men Play Tennis Stones Group Stard Seeds</p>  <p>31</p>	 <p>Every Thursday starting at 4:00 pm.</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>		

MEET YOUR TRAINERS AND INSTRUCTORS

PERSONAL TRAINING

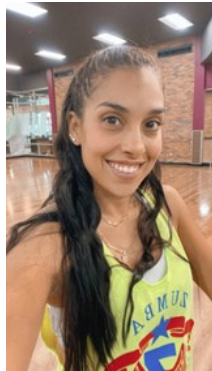
Call for Times Fitness Center

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
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



DANI

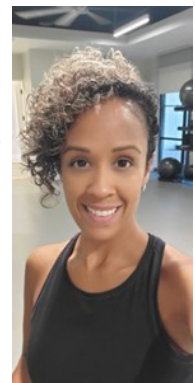
Dani is an accomplished individual who has made significant contributions in the world of dance, fitness, and yoga. Born and raised in Europe, Dani's journey as a professional ballerina took her on a remarkable path. With a deep passion

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 & Saturdays – 11:15 am
Resistance Pool – 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.

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
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**

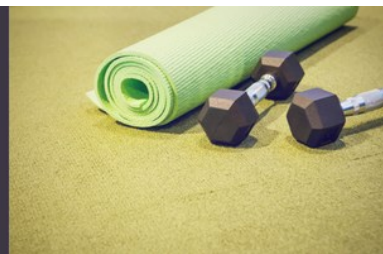
Tone muscles and increase strength by using a combination of weights and floor exercises. Core exercises and gentle stretching included to maximize your workout. Please bring comfortable shoes, water, a towel, a mat and weights if you would like.

CHAIR STRENGTH & BALANCE

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

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



FITNESS CLASSES

CIRCUIT TRAINING CLASS

Wednesdays – 1:00 pm

Group Fitness Room – 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 cool down.

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.

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

July 20 | 1:00 – 4:00 pm
Park Pizza Brewing Company

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.

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

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.



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

SEWING SOCIAL TIME

Every Friday | 1:00 pm
Multipurpose Room
Have you ever wanted to learn to sew but haven't found the time or place. This group is for you! We are a group of sewers who want to share our knowledge and/or provide tips. It is also a place to get to know your sewing neighbors better. We will meet on specific Fridays. We are open to having Fridays for open sewing, please reach out to Brenda Guiver at (916) 801-8780 to discuss.

SHOOTING & ARCHERY

Third Monday | 9 am
Triple N Ranch
595 Donovan Crews Rd
St. Cloud, FL 34773
Meet your neighbors down at Triple N Ranch for some shooting or archery at a Florida FWC Management Area. Questions contact Steve Bierwirth at sbierwirth685@gmail.com or 951-818-9750.

SPANISH CLASSES

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

All Skill Levels
Every Wednesday | 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

July 29 | 6:00 pm
Multipurpose Room
Theme: Passwords
Passkeys are increasingly replacing traditional passwords. This makes logging on to the internet much more convenient and secure. You can create your first passkey in just one minute your phone, tablet, laptop, or computer. Bring your own devices.

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

Second Thursday | 7:30 pm Wet Craft Room

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

All we ask of you is to bring an open mind and a willingness to share with others. We will have homework as we expect you to build upon your goals, regardless of timeline or size of accomplishment.

VOLUNTEER GROUP

Del Webb Sunbridge Volunteers 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 July'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!



THE SABAL TAVERN

JULY 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

July Monthly Specials

CHICKEN POTSTICKERS - \$12.95
PEEL & EAT SHRIMP - \$12.95
CHICKEN COBB SALAD - \$13.95
TURKEY & GOUDA WRAP - \$11.95
SALMON CAKE BURGER - \$13.95
CHICKEN TOSTONES - \$12.95
COCONUT SHRIMP PLATTER - \$15.95

LIFESTYLE EVENTS



INDEPENDENCE DAY GOLF CART PARADE & ROOT BEER FLOATS

Wednesday, July 3 | 7:00 pm

We can't wait to see all the patriotic golf carts and neighbors in their best red, white, and blue! Sign up today if you plan to decorate your golf cart and participate in the parade. At the end of the parade, all residents are welcome to join us inside the Hammock Club for Root Beer Floats!



LUNCH & LEARN

Tuesdays | 12:00 pm
Tech Room

Now is the perfect time to continue your personal growth and development. Join your friends and neighbors as we enjoy a bite and an educational session. Please bring your own lunch/snack or order one from the Tavern. July topics are listed below.

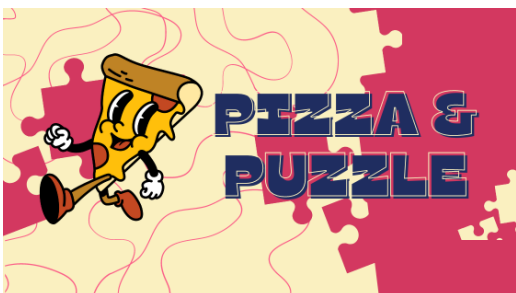
- July 9—Creativity
- July 16—National Parks
- July 30—Travel



MOVIE MADNESS

Monday, July 8 | 2:00 pm—*Independence Day*
Friday, July 19 | 7:00 pm—*When Harry Met Sally*
Doors Open 30 Minutes prior to start time
Multipurpose Room

Doors will open at 6:30 pm so everyone can get comfortable in their seats. Please RSVP if you plan to attend so we can make enough popcorn for everyone. You are welcome to bring your snacks and drinks. If you prefer to bring a lawn chair for the movie, please do so.



PIZZA & PUZZLE

Wednesday, July 10 | 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.

LIFESTYLE EVENTS



POOLSIDE MUSIC

Thursday, July 11 | 4:00–7:00 pm
Saturday, July 20 | 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.

Musicians:

July 11—Kenroy Romans

July 20—John Harman

BETTY BINGO—COMEDY BINGO



Saturday, July 13 | 6:00 pm
Multipurpose Room
Cost: \$5.00 per person

Here at Del Webb Sunbridge, we love comedy and we love bingo, so please help us welcome Betty Bingo! Betty Bingo brings an unforgettable experience to everyone. With her big pink hairdo and even bigger personality, she always leaves the crowd laughing.

Betty brings the fun in so many ways, so sign up today so you don't miss out on this hilarious event!



FINANCIAL SEMINARS WITH RUSSELL & ASSOCIATES

July 15 through July 19
Tech Room

Join Walter Russell for retirement and financial planning seminars on various topics to learn about all the strategies you need to manage your money now and in the future.

Seminars:

July 15 | 11:00 am — Options Trading

July 16 | 3:00 pm & 5:00 pm — Tax-Free Retirement & Guide to Retirement

July 17 | 11 am, 1 pm, 3 pm, & 5 pm — Maximizing Wealth, Investing in Alternatives,
Guide to the Markets, & Social Security Basics

July 18 | 1:00 pm — Estate Planning Essentials

July 19 | 10:00 am — Analyzing Client Case Studies

LIFESTYLE EVENTS

OPEN BEWEL JEWELRY

July 19 | 6:00 pm



one-of-a-kind creations. The cost of the class covers instruction, a choice of two pendant bezels, a leather cord, and a chain or keychain.

OPEN BEWEL JEWELRY WORKSHOP

Monday, July 15 | 6:00 pm

Dry Craft Room

Cost: \$45.00 per person

We will explore the use of UV Resin in open bezels. Participants will learn how to layer dried flowers in clean resin and tint UV Resin in their choice of color, layering Abalone to create beautiful



FOOD TRUCK SOCIAL

Monday, July 15 | 4:30—7:30 pm

Hammock Club Parking Lot—Next to Sports Courts

This month's truck will be Bowls for Tu. 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 Bowls for Tu visit their Instagram page at

<https://www.instagram.com/bowlsfortu/>.

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.

SMALL WORLD TOUR TRIP PRESENTATION



SMALL WORLD TOUR—TOUR PRESENTATION

Friday, July 19 | 2:00 pm

Multipurpose Room

Small World Tours will be holding a meeting to discuss different trips and tour options available to Del Webb Sunbridge residents. Join us to learn about the possibilities and share what trips you are interested in!

LIFESTYLE EVENTS



CRAFTING SOCIAL

Tuesday, July 23 | 12:00 pm
Dry Craft Room
Cost: \$5.00 per person

It's time to craft! We hope you will join us while we make mosaic coaster. We will provide all the supplies.

SUNDAE SOCIAL HOUR



SUNDAY, JULY 28 | 3:00 PM

SUNDAY SOCIAL HOUR

Sunday, July 28 | 3:00—4:00 pm
Multipurpose Room

It's time for an ice cream party! Come by to cool off with a ice cold treat on a hot Sunday afternoon, meet neighbors, and chat with members of the management staff.



MURDER MYSTERY DINNER

Friday, August 23 | 7:00 pm
Multipurpose Room

Get your detective hats ready, because it's time to solve a mystery! More information on the mystery we will be solving will be coming soon. Stay tuned for cost and dinner menu.

SAVE AUGUST 2024 Date	EVENTS AND ACTIVITIES	August Events August 1 - Ladies Lunch August 6, 13, 20, & 27 - Lunch & Learn August 8 & 17 - Poolside Music August 10 - Paint & Sip - Wine Glasses August 14 - Pizza & Puzzles August 16 & 26 - Movie Madness August 18 - Sunday Social August 19 - Food Truck Social August 23 - Murder Mystery Dinner
	THE	
	2600 Del Webb Blvd.	

RESIDENT EVENTS



GUESS THAT SONG

Friday, July 5 | 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, Nikki!



WINE SOCIAL

Saturday, July 6 | 6:00 pm
Location for July: Multipurpose Room

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



TRIVIA NIGHT

Wednesday, July 10 | 7:00 pm
Multipurpose Room

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



LIVE LONGER, LIVE HEALTHIER

Monday, July 15 | 6:00 pm
Multipurpose Room

On July 15, we will continue our six-part series of discussions with the Sunbridge residents to explore this topic. The fourth session will focus on the Blue Zone of Ikaria, Greece. The session will reveal the fourth secret of a longer, healthier life: Concept of belonging including family, faith and fellowship!

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 inspired by the diet of Ikaria, Greece.

RESIDENT EVENTS



MUSIC TRIVIA

Tuesday, July 16 | 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.



BREWERY CREW

Saturday, July 20 | 1:00 pm
Park Pizza Brewing Company—Lake Nona Town Center,
6941 Lake Nona Blvd, Orlando, FL 32827
parkpizzalakenona.com

Park Brewing's state-of-the-art system is tended to with old-fashioned care by their in-house Head Brewer. Every pizza begins with their housemade dough topped with signature tomato sauce and finished with premium extras. Contact Larry with any questions at lsteigrod@gmail.com.

LADIES DAY OUT

Tuesday, July 23 | 12:00 pm
Multipurpose Room
Verse Orlando—5250 International Dr, Orlando, 32819
Cost: \$55 per person



Are This is a wonderful opportunity to experience A MYSTICAL HOLOGRAPHIC STORY at Verse Orlando.

The ticket provides you unlimited time within our reserved timeframe in two exhibits of your choice. Plus, we will get a professional group photo! Please sign up at the link listed on the app.



CANASTA TOURNAMENT

Wednesday, July 31 | 4:30 pm
Multipurpose Room

Are you ready to put your Canasta skills and knowledge to the challenge? Join the Canasta Hand & Foot Tournament. Registration is required by 1 pm Monday, July 29. The theme is Summer BBQ. A \$10 gift card required to participate (due at check-in). Teams and table assignments will be assigned. Come join the FUN! Players are encouraged to bring a shareable appetizer or drink. Additional information is available during regular Canasta sessions.



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 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.

If you are having any issues with your member log in, please reach out to a Front Desk Team.

delwebbsunbridge@gmail.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.

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.

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—July 24, 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



Thursdays: 7:00 – 9:00 pm

Courts #1-7 OPEN Club Play

Fridays: 8:00- 10:00 am

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

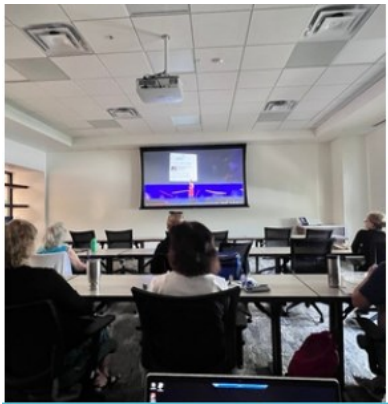
Saturdays: 8:00 – 10:00 am

Courts #1-7 OPEN Club Play

Sundays: 7:00 – 9:00 pm

Courts #1-7 OPEN Club Play

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



Sunbridge Snapshots



Chocolate Mini-Muffins

- Gluten free
- Sugar free
- Soy free

Potential allergens: nuts (almond flour, coconut flour), eggs, coconut oil, butter

Sweeteners: allulose, erythritol, stevia, monk fruit (liquid)

Chocolate type: Cacao powder