

**June 2024**

# **THE HAMMOCK HAPPENINGS**



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

*Del Webb*<sup>®</sup>

SUNBRIDGE<sup>®</sup>

June 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**

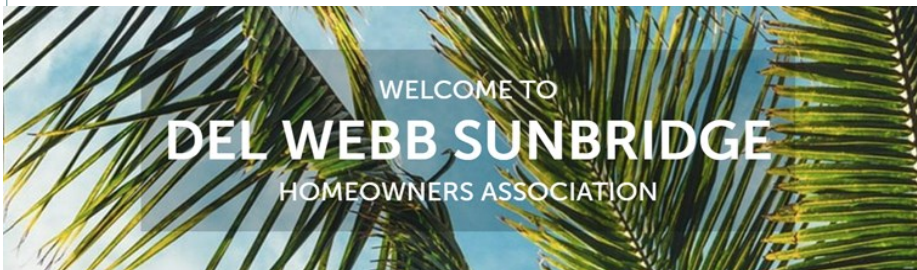
407-944-5000

**HomeTeam Pest Defense**

407-736-0670

**Osceola County Non-Emergency**

407-348-2222



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

### ARC APPLICATION PROCESS:

#### **D. Fees**

Applications may be subject to an application review fee (“Application Review Fee”) and/or completion deposit (“Completion Deposit”) as determined by the management company and Board of Directors for the Association. All fees are subject to change and should be included in the duly executed management agreement between the Association and management company. Nonpayment of this fee or deposit shall result in automatic denial of any application.

A \$2,000.00 debris and damage deposit for Association Property or common area damage and a copy of the contractor’s certificate of insurance will be required pool, spa, water features, driveway extensions/redesigns, outdoor kitchen, fire pits, barbeques, covered patios, patio extension, additions, extensions or doing any concrete work. The deposit is refundable when Association Property, including but not limited to, all roadways, irrigation and landscaping are restored to the original state, in satisfactory condition in the reasonable judgment of the Association.

# HOA MANAGEMENT UPDATE



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

## Hello Del Webb Sunbridge Residents!

I hope you all enjoyed the beautiful weather this past weekend. It was a bit cooler than normal June days as we will see in the much higher temperatures forecasted.

Our team participated in our monthly operations meetings where we reviewed projects and initiatives that we completed last month and what we anticipate for the upcoming month. Here are some of the highlights.

### Completed Items

- PM maintenance and small repairs to the clubhouse roof
- Clubhouse pressure washed
- Construction "No Parking" signs removed in Phase 1
- Cabinet locks installed
- Repainted Pavilion deck
- Sidewalk & curb repairs in Phase 1 completed
- Tavern TV replaced
- Hurricane dry run for preparation
- New signs installed at the spa and resort pool
- Towing company signs installed
- New patio fans installed at the Tavern Patio and Pavilion

### Pending Items

- Mailbox numbers will be replaced
- Sports courts windscreens - in process and expected installation completed by mid-June
- New pool handrail covers have been ordered
- Entry Fountains - electrical issues have been identified and parts have been ordered for repair.
- The reserve study process has been initiated for the upcoming 2025 Budget
- A fence/screen will be installed

around the landscape dumpster in Phase 1. *Please note that this dumpster is not to be use for household or construction-related debris.*

### Upcoming Noteworthy Dates

- June 13th at 6 pm  
Commissioner Booth and Team Presentation
- June 20th at 6 pm  
Monthly Manager Meeting.  
Guest Speaker - Toho Water

*Osceola County is working closely with Tavistock, the developers of Sunbridge, to design and construct a series of road improvements along Cyrils Drive.*

For maps and more information, please visit the Osceola County website page [here](#) or by copying and pasting this address to your web browser

<https://one.osceola.org/cyrilsdrive>

As of June 1<sup>st</sup>, 2024, the Board of Directors officially dissolved the Tavern Committee. We would like to thank the Tavern Committee: Alton Robinson, Jim McGonagle, and Maria Lomangino for their hard work and tireless efforts in positioning the Sabal Tavern toward its future success. It goes without saying that their passion and dedication in making the Sabal Tavern what it has become is truly remarkable. We can't thank them enough for stepping up and raising their hands to get involved in a first-of-its-kind committee for a Del Webb.

**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

June 20 | 6:00 pm  
Multipurpose Room

Hear what has been happening around Del Webb Sunbridge at the monthly Managers Meeting. We will also welcome special guests: Toho Water Authority

Past presentations and meeting notes are posted on our website under Community Documents.

[Click here](#) to view.

## NEW HOMEOWNER ORIENTATION

June 13 & 27 | 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!

## OSCEOLA COUNTY UPDATE

June 13 | 6:00 pm  
Multipurpose Room

Get the latest Osceola County Updates from Commissioner Booth and his staff.



## 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**

## OFF THE CHARTS!!

Live in  
Concert  
JUNE 29TH | 7 PM



## OSCEOLA COUNTY UPDATE

June 13 | 6:00 pm  
Multipurpose Room

Get the latest Osceola County Updates from Commissioner Booth and his staff.

## 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

## May 2024 Accomplishments

**Annual Flowers**—Exclusive Landscape replaced the annual flowers at the Sales Center, community entrance, and the Hammock Club.

**Moisture Treatments** — Landscape moisture treatments help manage soil moisture and reduce watering needs for plants. They can also protect landscapes from drying out between watering cycles. This treatment was done throughout the community.

**Sod Replacements** — All sod replacements were completed throughout the community.

**Wet Checks** — Exclusive Landscape completed all Wet Checks for the month of May.



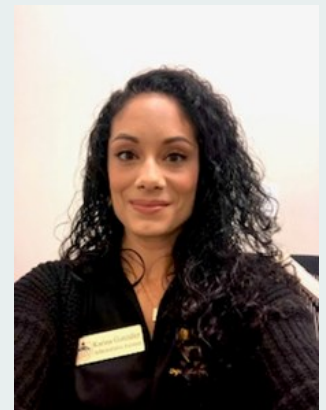
## LANDSCAPE INFORMATION



**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.

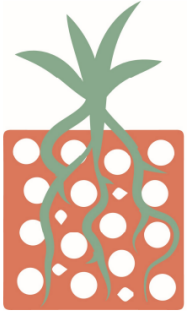
For landscaping inquiries, please use the Member Service Request system on our website or app.

### SNOWBIRD HURRICANE REMINDER!

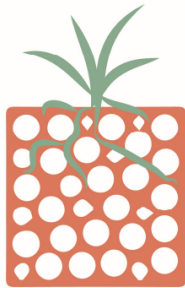
If you are one of our Snowbirds, please make proper accommodations for your home this hurricane season. The HOA management team and vendors will not go onto any owner lots to secure items that might become projectiles in the event of a storm. Preparations can include, but are not limited to, securing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

# Landscape Monthly Update Continued

We are thankful for UF / UCF were able to visit the community last month. They spoke to homeowners about sustainable landscaping solutions for Florida and about the research they have been doing through out Sunbridge, including last summers experiment between Del Webb and Weslyn. If you were unable to attend you can find the presentation on the Association website under the landscape tab that can be found under community information. Find out more about our soil compaction, promoting Ground-Active insects through sustainable practices in a Native Landscape, and more



Natural Soil



Compacted Soil






## What projects to expect

*Schedule is subject to change.*

<p style="text-align: center; font-weight: bold; margin: 0;"><i>June</i></p> <p style="margin: 0;">Agronomy Treatment: 24-2-11</p> <p style="margin: 0;">NO HOA Budgeted Projects</p>	<p style="text-align: center; font-weight: bold; margin: 0;"><i>September</i></p> <p style="margin: 0;">Agronomy Treatment Treatment: TBD</p> <p style="margin: 0;">HOA Budgeted Plant Replacement</p>
<p style="text-align: center; font-weight: bold; margin: 0;"><i>July</i></p> <p style="margin: 0;">Agronomy Treatment Treatment: TBD</p> <p style="margin: 0;">No HOA Budgeted Projects</p>	<p style="text-align: center; font-weight: bold; margin: 0;"><i>October</i></p> <p style="margin: 0;">Agronomy Treatment Treatment: TBD</p> <p style="margin: 0;">HOA Budgeted Sod Evaluations will start the first week of October</p>
<p style="text-align: center; font-weight: bold; margin: 0;"><i>August</i></p> <p style="margin: 0;">Agronomy Treatment Treatment: TBD</p> <p style="margin: 0;">No HOA Budgeted Projects</p>	<p style="text-align: center; font-weight: bold; margin: 0;"><i>November</i></p> <p style="margin: 0;">Agronomy Treatment Treatment: TBD</p>



## Important Lawn Care Tips During Our Current Seasonal Drought

During times of seasonal drought, it is vital to manage our lawns carefully to not only conserve water but also maintain the health and beauty of our green spaces. Here is our philosophy based on the latest research from the University of Florida that can help your lawn thrive with minimal water usage:

- 1. Mow High and less frequently:** Until we get more consistent rain, we are going to adjust the mower settings higher. Mowing less frequently and at the highest recommended height for your grass type is going to reduce the stress on your grass. This promotes deeper root growth, enhancing drought tolerance.
- 2. Keep Our Blades Sharp:** We are doubling up our blade sharpening to 3x weekly. Sharp mower blades need to be sharp to make clean cuts which reduce drought stress and shortens recovery time.
- 3. Water Efficiently:** Our irrigation team is currently working on increasing run times for our irrigation systems across the board. We are also going to closely monitor your lawn when signs of stress appear, such as folded leaf blades or a blue-gray tint. We are going to aim for watering sessions that allow for 1/2 to 3/4 of an inch of water, which should not exceed 60 minutes for rotary and impact sprinklers, or 20 minutes for spray heads. If you notice dry spots in your lawn and would like to help by hand watering these areas, we recommend watering between the hours of 4 am – 7 am or 5 pm – 8 pm for 30 minutes on the days your sprinklers do not run. This can be done by hand or by oscillating sprinkler.
- 4. Water Early in the Morning:** The best time to water is early morning, between 4 a.m. and 7 a.m., to reduce water loss through evaporation and prevent turf diseases.

The Exclusive Team is here to assist you in implementing these practices and making any necessary adjustments to your irrigation systems to achieve optimal watering efficiency. Our team is equipped to help manage your lawn's health during this drought and beyond.

We appreciate your commitment to responsible lawn management and conservation during these dry conditions. Please feel free to reach out to us for any further advice or services—we are here to support you.

Thank you,  
Exclusive Landscaping

# JUNE 2024

Monday

Tuesday

Wednesday

Thursday

Friday

3

4

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6

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12

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27

28

Fertilization

24-2-11  
Zone 1

Fertilization

24-2-11  
Zone 2

Fertilization

24-2-11  
Zone 3

Fertilization

24-2-11  
Zone 4



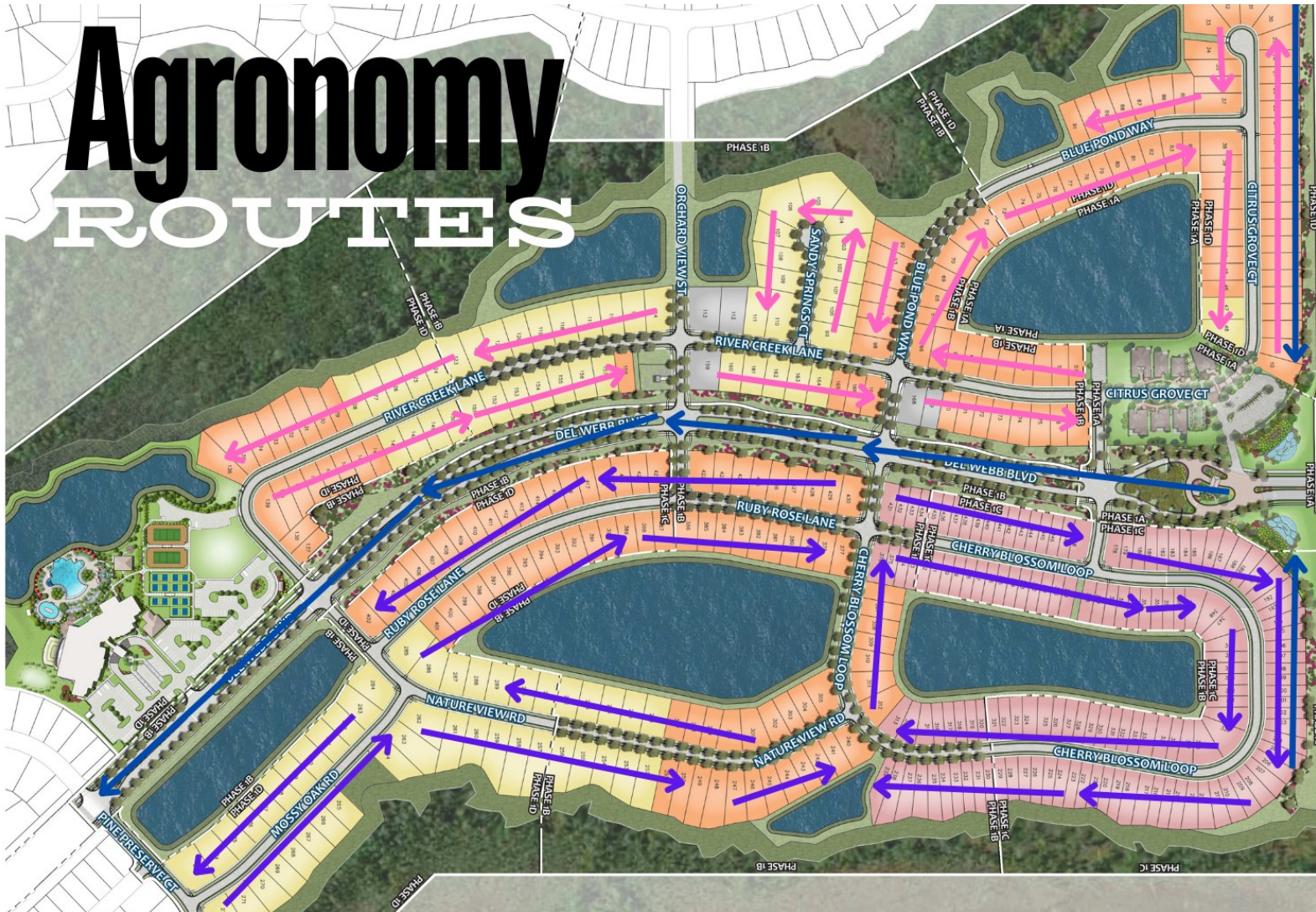
Mowing



Agronomy Treatment

The calendar is subject to change.

# Agronomy ROUTES



## Phase 1

### Zone 1

Common Areas

### Zone 2

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

### Zone 3

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

## Phase 2

### Zone 4

Cliff Way, Shimmering Shores, and Pine Preserve



# SIZZLING SUMMER Special!

**HURRY!**  
**UP TO 20% OFF**  
**OFFER ENDS SOON!**

## PROTECT YOUR AIR DUCTS DURING CONSTRUCTION!

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



## SURGE PROTECTORS

PROTECT YOUR HVAC SYSTEM FROM UNEXPECTED POWER SURGES AND ELECTRICAL DAMAGE WITH OUR SURGE PROTECTOR SOLUTIONS. WITH OUR SURGE PROTECTORS IN PLACE, YOU CAN HAVE PEACE OF MIND KNOWING THAT YOUR VALUABLE HVAC EQUIPMENT IS SAFEGUARDED AGAINST POTENTIAL RISKS.



**INVEST IN THE HEALTH AND LONGEVITY OF YOUR HVAC SYSTEM TODAY WITH UV LIGHTS AND SURGE PROTECTORS**

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

# Del Webb Sunbridge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	(*) Available for registration online. Events may have a deadline and/or fee.	(#) Requires payment to an outside vendor. Order tickets ahead of time.	
2:00pm Mahjong	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 6:00pm Unveil The Truth Behind Annuities 6:00pm Yoga Sculpt* 6:30pm Open Play Tennis	11:00am Mexican Train 12:00pm Lunch & Learn 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:00pm Backgammon 4:30pm Zumba Gold* 6:00pm Pinochle	9:00am 10:30am 11:30am 12:30pm 1:30pm 2:00pm 3:00pm 7:00pm 7:00pm
2:00pm Mahjong 5:00pm Let's Get Curious	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 11:30am Fitness Orientation* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:30pm Bunco 6:30pm Open Play Tennis	11:00am Mexican Train 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:30pm Zumba Gold * 6:00pm Music Trivia 6:00pm Pinochle 6:30pm Sunbridge Trivia Culture Club	9:00am 10:30am 11:30am 12:30pm 1:30pm 3:00pm 2:00pm 5:00pm
2:00pm Mahjong	9:00am Shooting and Archery 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 5:30pm Art Series- Zen Rock Painting Class* 5:45pm Yoga Sculpt* 6:30pm Bunco 6:00pm Live Longer, Live Healthier* 6:30pm Open Play Tennis	11:00am Mexican Train 12:00pm Bring Your Own Craft Party 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:00pm Backgammon 4:30pm Zumba Gold* 6:00pm Pinochle 6:00pm Trivia Night	9:00am 10:30am 11:30am 12:30pm 1:30pm 2:00pm 3:00pm 7:00pm 12:00pm
<b>Father's Day</b>			<b>Juneteenth</b>
2:00pm Mahjong	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:00pm Home Network Class 6:30pm Open Play Tennis	9:00am Beginner Tennis Lesson* 11:00am Mexican Train 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:30pm Zumba Gold* 6:00pm Pinochle	9:00am 10:30am 11:30am 12:30pm 1:30pm 2:00pm 3:00pm 6:00pm 7:00pm
12:00pm Sunday Social 2:00pm Mahjong			

# OF EVENTS | JUNE 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CHECK THE WEBSITE FOR DAILY PICKLEBALL CLUB TIMES</b></p>	<p>Every Thursday starting at 4:00 pm.</p> 		<p>8:00am CERT Training Class 9:15am Power Yoga* 10:15am Chair Strength &amp; Balance 11:30am Aqua Fitness* 5:00pm Wine Social</p> <p><b>1</b></p>
<p>Stitchin' Sisters Bridge Chair Strength &amp; Balance* HIIT Fitness* Body Sculpt* Euchre Spanish Class Canasta 12 Stones Group Mustard Seeds</p> <p><b>5</b></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</p> <p><b>D-Day</b></p> <p><b>6</b></p>	<p>10:00am Ladies Poker &amp; Texas Hold'em 10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:00pm Sewing Social Time 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 6:00pm 50s Sock Hop</p> <p><b>7</b></p>	<p>8:00am CERT Training Class 9:15am Power Yoga* 10:15am Chair Strength &amp; Balance 11:30am Aqua Fitness*</p> <p><b>8</b></p>
<p>Stitchin' Sisters Bridge Chair Strength &amp; Balance* HIIT Fitness* Body Sculpt* Spanish Class Euchre Art Series-Watercolor Level 1</p> <p><b>12</b></p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Ladies Lunch* 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta 3:00pm New Owner Orientation* 6:00pm Commissioner Meeting 6:30pm Book Club 7:00pm Line Dancing Class* 7:30pm Women's Group</p> <p><b>13</b></p>	<p>7:30am OnSpot Dermatology 10:00am Ladies Poker &amp; Texas Hold'em 10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:00pm Sewing Social Time 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 5:00pm Art Series-Drawing Class</p> <p><b>Flag Day</b></p> <p><b>14</b></p>	<p>9:15am Power Yoga* 10:15am Chair Strength &amp; Balance 11:30am Aqua Fitness*</p> <p><b>15</b></p>
<p>Stitchin' Sisters Bridge Chair Strength &amp; Balance* HIIT Fitness* Body Sculpt* Euchre Spanish Class 12 Stones Group Mustard Seeds Juneteenth Event</p> <p><b>19</b></p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta 6:00pm Managers Meeting 7:00pm Open Writing Group</p> <p><b>20</b></p>	<p>9:00am OneBlood-Blood Drive 10:00am Ladies Poker &amp; Texas Hold'em 10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:00pm Sewing Social Time 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 7:00pm Movie Night</p> <p><b>21</b></p>	<p>9:15am Power Yoga* 10:15am Chair Strength &amp; Balance 11:30am Aqua Fitness* 1:00pm Brewery Crew-Sideways Brewing Company 6:00pm Game Night</p> <p><b>22</b></p>
<p>Stitchin' Sisters Bridge Chair Strength &amp; Balance* HIIT Fitness* Body Sculpt* Euchre Spanish Class Del Webb Daubers Bingo Night Canasta</p> <p><b>26</b></p>	<p>8:00am Yoga* 9:am Intermediate Tennis Lesson 9:15am Beginner Chair Yoga* 10:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta 3:00pm New Owner Orientation* 6:00pm Guess that Song 7:00pm Line Dancing Class*</p> <p><b>27</b></p>	<p>10:00am Ladies Poker &amp; Texas Hold'em 10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:00pm Sewing Social Time 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p> <p><b>28</b></p>	<p>9:15am Power Yoga* 10:15am Chair Strength &amp; Balance 11:30am Aqua Fitness* 7:00pm Off The Charts Concert</p> <p><b>29</b></p>

# MEET YOUR TRAINERS AND INSTRUCTORS

## PERSONAL TRAINING

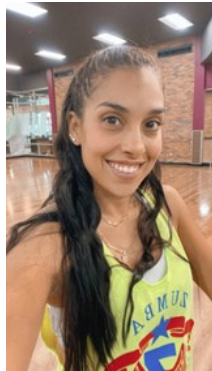
### Call for Times Fitness Center

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 balance between cardio and toning.

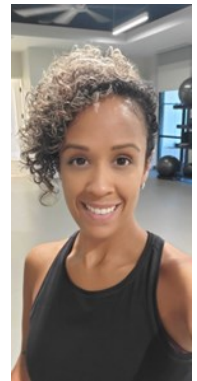


and raised in Europe, Dani's journey as a professional ballerina took her on a remarkable path. With a deep passion for dance and an unwavering dedication to her craft, she honed her skills and became recognized as a talented ballerina. Whether on stage as a ballerina, leading a group fitness class, 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.

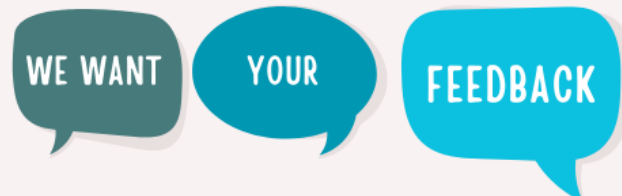
### MARLENE

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 people mind-body and spirit through physical and mental activity.



### DANI

Dani is an accomplished individual who has made significant contributions in the world of dance, fitness, and yoga. Born



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



## 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**

**Mondays—On Hold for the Season**  
**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.

### **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.

### **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.

## ***FITNESS CLASSES***

### **ENERCHI**

**Tuesdays – 3:00 pm**  
**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**

**Beginners—May 14 & May 28 – 9:00 am**  
**Intermediate—May 2, May 16,**  
**and May 30 –9:00 am**  
**Tennis Courts**

**DWS Resident Joe Greco**

Learn new skills and improve any current skills with free lessons from Del Webb Sunbridge resident, Joe Greco. Get a great workout while improving your tennis game! There is no charge for this class.

### **YOGA**

**Thursdays – 8:00 am**  
**Group Fitness Room – 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**

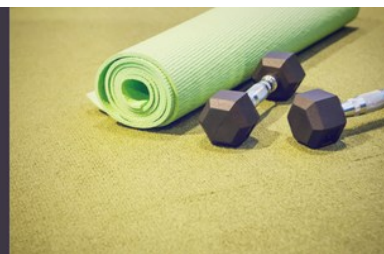
Yoga sculpt is a combination of yoga and strength training. Boost your metabolism and build lean muscle mass combining free weights with core exercises in this power Yoga flow. Incorporating strength training moves like squats, lunges and bicep curls. Weights are optional, recommended weights range from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

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



# 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

**Watercolor Level 1** — June 12 | 5:00 pm —Khris  
**Drawing Class** — June 14 | 5:00 pm —Dulce  
**Zen Rock Painting** — June 17 | 5:30 pm—Khris

**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**  
June Book: Looking for Alaska by: John Green  
July Book: So Big, by Edna Ferber

## *SPECIAL INTEREST GROUPS*

### BRIDGE

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

### BUNCO

**Every Other Monday | 6:30 pm**  
**Multipurpose Room**  
Dice game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice.

### BREWERY CREW

**June 22 | 1:00 — 4:00 pm**  
**Sideways Brewing**  
Met your neighbors at one of Orlando's breweries. Contact Larry with any questions at 954-562-5253.

### CANASTA/HAND & FOOT

**Tuesdays & Thursdays | 1:30 pm**  
**First & Fourth Wednesdays | 7:00 pm**  
**Multipurpose Room**  
Card game in the rummy family

### CULTURE CLUB

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

### DOMINOES

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

### EUCHRE

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

### GRANDMA'S CLOSET

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

### MAHJONG

**Every Sunday | 2:00 pm**  
**Every Monday | 1:00 pm**  
**Multipurpose Room**  
Tile based game developed in China

### MEXICAN TRAIN DOMINOES

**Every Tuesday | 11:00 am**  
**Multipurpose Room**  
Dominoes based game

### MUSTARD SEEDS

**First & Third Wednesdays | 7:00 pm**  
**Wet Craft Room**  
Women's faith group, all faiths welcome.

### 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](mailto:bethtaormina@gmail.com).

### OUTDOOR ACTIVITIES GROUP

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

## *SPECIAL INTEREST GROUPS*

### PINOCHLE

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

### RUMMIKUB

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

### SCRABBLE

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

### 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

**June 24 | 6:00 pm**  
**Multipurpose Room**  
This month will focus on your home network. What is the most important equipment in your home? Find out at this month's meeting.

### 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**

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

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

JUNE 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

Tuesday  
Through  
Sunday

3:00 - 6:00 pm

### June Monthly Specials

CHICKEN POTSTICKERS - \$12.95  
PEEL & EAT SHRIMP - \$12.95  
SOUTHWEST CHICKEN SALAD - \$13.95  
STRAWBERRY SUMMER SALAD - \$11.95  
SALMON CAKE BURGER - \$13.95  
PULLED PORK SANDWICH - \$13.95  
BREAD PUDDING - \$6.95

# LIFESTYLE EVENTS



## UNVEIL THE TRUTH BEHIND ANNUITIES

**Monday, June 3 | 6:00 pm**  
**Multipurpose Room**

Let us treat you to dinner, where we'll delve into essential topics securing your financial future. Don't miss this valuable opportunity to gain expert insights and empower your retirement planning journey!

Class presented by Lucas Wealth.



## LUNCH & LEARN

**Tuesday, June 4 | 12:00 pm**  
**Multipurpose Room**

Now is the perfect time to continue your personal growth and development. Join your friends and neighbors as we enjoy a bite and watch two Ted Talks. We all want to be happy. But how, exactly, do you go about it? The answers in these TED Talks on happiness may surprise you! Please bring your own lunch/snack

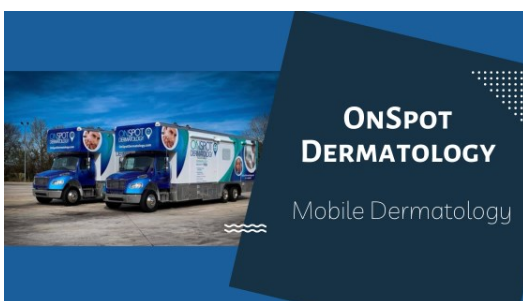
or order one from the Tavern.



## LADIES LUNCH—CARNIVAL TIME

**Thursday, June 13 | 12:00 pm**  
**Multipurpose Room**  
**Cost: \$17.95 per person**

Come join us for fun food & treats and fun games & prizes! Check the app for the menu and the games we will play.



## ONSPOT DERMATOLOGY

**Friday, June 14 | 7:30 am**  
**Hammock Club Parking Lot**

OnSpot Dermatology is a full-service dermatology practice that makes it convenient to get the dermatology care you need by coming directly to you. Offering a complete range of general, cosmetic, and surgical dermatology procedures, their COVID-safe

medical clinic is coming straight to us! To schedule your appointment: Call OnSpot at 941-444-0011 or visit them online at [www.onspotdermatology.com/sunbridge](http://www.onspotdermatology.com/sunbridge).

# LIFESTYLE EVENTS



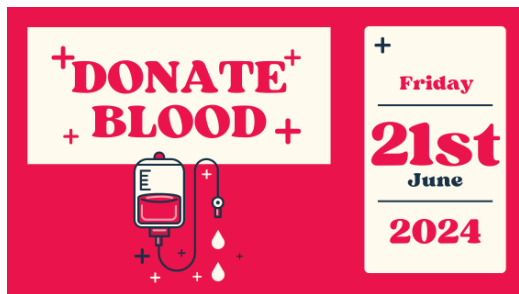
## BRING YOUR OWN CRAFT SOCIAL

**Tuesday, June 18 | 12:00 pm**  
**Dry Craft Room**

*Bring Your Own Craft Social*  
**TUESDAY, JUNE 18 | 12:00 PM**  
**DRY CRAFT ROOM**

Do you have a craft project that you keep putting off completing, or are you ready to start a new project? Crafts are always better when doing them with friends. We encourage you to bring a craft project down to the Hammock Club and craft with your

neighbors. Sign up today if you plan to join us for a creative afternoon!



## ONE BLOOD—BLOOD DRIVE

**Friday, May 21 | 9:00 am**  
**Hammock Club Parking Lot**

When you give blood, you give someone another sunrise, another smile, and another chance at life. We have partnered with OneBlood to bring their OneBlood mobile to Del Webb Sunbridge once per quarter. We encourage you to help save

someone's life at these drives! More information on how to register will be posted on the website. All donors will receive a gift from OneBlood.



## MOVIE NIGHT—MY BIG FAT GREEK WEDDING

**Friday, June 21**  
**Doors Open at 6:30 pm—Movie Starts at 7:00 pm**  
**Multipurpose Room**

Kick off summertime with a movie night with your neighbors at the Hammock Club. Doors will open at 6:30 pm so everyone can get comfortable in their seats and enjoy some Greek Salad before

the movie starts at 7:00 pm. Please RSVP if you plan to attend so we can have enough salad and popcorn for everyone. You are welcome to bring your own snacks and drinks.



## OFF THE CHARTS CONCERT

**Saturday, June 29 | 7:00 pm**  
**Multipurpose Room**

**Cost: \$5.00 per person**

Join fellow resident Dave Twarog and his band, Off the Charts, while we sing and dance the night away!

# RESIDENT EVENTS

## SUNDAY SOCIAL—BAKED GOODS



**SUNDAY  
SOCIAL HOUR  
BAKED GOODS**

**JUNE 30 | 12:00 PM**

**Sunday, June 30 | 12:00 pm  
Multipurpose Room**

Whether you're a seasoned baker or have never tried your hand at it, we invite you to join us for this month's Sunday Social. So many of our residents enjoy baking so it's time for them to show off your talents. We ask that those attending bring a baked good, sweet or savory, to share. We'll have a dedicated space for gluten-free and sugar-free options.

We will test your knowledge with some Bake Goods Trivia! We're looking forward to seeing you at the event! Please RSVP if you plan to attend.

<b>SAVE</b>  <b>JULY</b> <b>2024</b>  <b>Date</b>	<b>EVENTS AND ACTIVITIES</b>	<b>July Events &amp; Activities</b> <b>July 3</b> – Independence Day Golf Cart Parade <b>July 4</b> – 4th of July Picnic* <b>July 13</b> – Betty Bingo <b>July 15</b> – Jewelry Workshop <b>July 23</b> – Pizza & Puzzles <b>July 26</b> – Olympic Opening Ceremony *– Resident-Run event
	<b>THE</b>	
	<b>2600</b> Del Webb Blvd.	

**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®

.....

**Download Our App**

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

# RESIDENT EVENTS



## LET'S GET CURIOUS

**Sunday, June 9 | 5:00 pm**  
**Curious Cork - 14383 Narcoossee Rd.**

Experience Curious Cork just for Del Webb Sunbridge residents! Curious Cork offers small plates, Appetizers, and wine and beer by the ounce. There are other drinks available at the bar (sorry, no hard liquor). All are available for purchase. Curious Cork will

provide free sweets. Please wear your name tag. Please contact Hilda with any questions at [hildapellis@gmail.com](mailto:hildapellis@gmail.com). **This event is currently at capacity.**



## MUSIC TRIVIA

**Wednesday, June 11 | 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.



## LIVE LONGER, LIVE HEALTHIER

**Monday, June 17 | 6:00 pm**  
**Multipurpose Room**

On June 17, we will continue our six-part series of discussions with the Sunbridge residents to explore this topic. The third session will focus on the Blue Zone of Nicoya, Costa Rica. This session will reveal the third secret of a longer, healthier life: Right Outlook

including, 'know your purpose' and 'slow down.'

After viewing a clip from the Netflix Blue Zones program, Mary Lu Williams and Shubbi Jain will lead a discussion on this topic. Afterwards, participants will enjoy a scrumptious dinner together, with a cooking demonstration of a plant-based meal inspired by the diet of Costa Rica.



## TRIVIA NIGHT

**Tuesday, June 18 | 6:00 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.

# RESIDENT EVENTS



## JUNETEENTH

**Wednesday, June 19 | 12:00 pm**  
**Multipurpose Room**  
**Cost: \$23.50 per person**

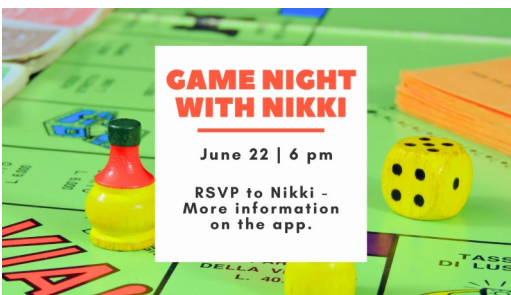
Juneteenth marks our country's second independence day. Although it has long celebrated in the African American community, this monumental event remains largely unknown to most Americans. Check the website for the menu. We will be playing card games and Jenga, so bring your best card game. Please RSVP by June 7.



## BREWERY CREW

**Saturday, June 22 | 1:00 pm**  
**Sideways Brewing Company—210 N Bumby Ave., Suite C, Orlando, FL 32803**

Sideways Brewing Company is located in a renovated 100-year-old warehouse in Orlando's Milk District neighborhood. The beer changes constantly, and there is a full kitchen serving house-made everything. There is also a covered outdoor seating area so you can kick your feet up. For more information about Sideways Brewing, visit: <https://sidewardbrewing.com/>. RSVP today to join the crew. Contact Larry with any questions at 954-562-5253.



## GAME NIGHT

**Saturday, June 22 | 6:00 pm**  
**Multipurpose Room**

Private event of playing multiple predesignated games in 1 night. Please contact Nikki at 720-839-5357 to RSVP with her. Plan on bringing yourselves, a snack to share (if you want) and something to drink.



## GAME NIGHT

**Thursday, June 2y | 6:00 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!



## 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  
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Medicare  
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Prescription  
Drug Plans



Dental  
Plans

Additional Coverage  
Available:

- Cancer Insurance
- Short-Term Care
- Final Expense

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

Mark & Jan Goldberg

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

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

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

Go to Resident Services > My Profile > My Settings

Scroll to the bottom and unclick "Hide Profile". Then, click any information you would like to share in the member directory 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](mailto:delwebbsunbridge@gmail.com)

[www.delwebbsunbridgehoa.com](http://www.delwebbsunbridgehoa.com)

## View Your Sabal Tavern Credit Book

App: Click Menu > Click Credit Book

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

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

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

Resident Services > My Settings > Show My Statements > Show My Credit Books > click SAVE.

## Cancelling Events

As a reminder, if you cannot make an event that you signed up for, please cancel your reservation so others can participate. You can do this both on the website and the app.

Website: Click on the event > View Details > View Existing Reservation > Cancel Reservation.

App: Click Upcoming Reservations, then click the red trash can next to the upcoming event you want to cancel.

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

## 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—June 26, 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

