

March 2024

THE HAMMOCK HAPPENINGS



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



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CONTACT INFORMATION

Hammock Club

407-915-3410

Gate House

407-915-3409

General Manager

Stacey Peach

speach@castlegroup.com

Assistant Property Manager

Walter Beltran

wabeltran@castlegroup.com

Lifestyle Director

Katie Tamanini

ktamanini@castlegroup.com

Landscape Operations Manager

Karina Gonzalez

kgonzalez@castlegroup.com

Senior Landscape Operations Manager

David Dalton

ddalton@castlegroup.com

Castle Group—Resident Services

800-337-5850

Pulte Homes Warranty Department

855-618-0727

Toho Water / US Water

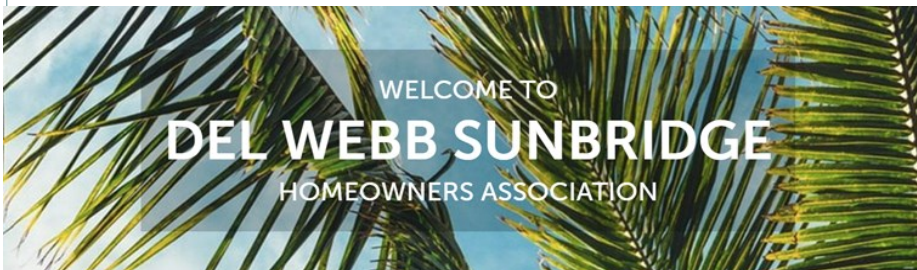
866-753-8292

HomeTeam Pest Defense

407-736-0670

Osceola County Non-Emergency

407-348-2222



Del Webb Sunbridge HOA Website
www.DelWebbSunbridgeHOA.com

Log in for more information



HAMMOCK — CLUB —

HOURS OF OPERATION

Building Hours:

Sunday: 9:00 am—7:00 pm

Monday—Tuesday: 5:00 am—8:00 pm

Wednesday—Friday: 5:00 am—9:00 pm

Saturday: 8:00 am — 9:00 pm

Pool Hours:

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

Children Hours (those under 19):

Sunday—Saturday: 2:00 pm—6:00 pm

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

Sabal Tavern Hours:

Sunday: 12:00 pm—7:00 pm

Monday: Closed

Tuesday: Closed

Wednesday—Thursday: 12:00 pm—7:00 pm

Friday—Saturday: 12:00 pm—9:00 pm

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

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

All hours are subject to change.

RULES & REGULATIONS HIGHLIGHT

LANDSCAPING

Section IV - A:

Landscaping. All Owners of Del Webb Sunbridge are not responsible for maintaining their landscaping and irrigation originally installed by the Declarant or builder on their Lot, in addition lot owners will be significantly restricted on the landscape improvements that they may inquire to undertake on their lot and/or may be required to maintain and replace any additional landscaping approved to be on installed on their lot by the Reviewing Body. Lot Owners, and not the Association or the Association's landscape maintenance contractor, shall be responsible for repair and restoration, including installation of fill and replacing landscaping as necessary, of any areas of the Lots in which landscaping, paved areas or any other improvements are washed out, subject to erosion or settling or otherwise damaged or altered as a result of discharge or runoff of water from rain, storms, pressure cleaning or other sources, including all runoff and discharges of water from roofs, gutters or downspouts or from any paved areas in and around such Lot. Replacement of individual plants or trees with the same species and quantity is permitted without prior approval by the Reviewing Body, though are required to use the Homeowners Associations contracted landscape vendor.

HOA MANAGEMENT UPDATE

STACEY PEACH
GENERAL MANAGER



Hello Del Webb Sunbridge Residents!

Happy Spring Everyone.

I am looking forward to flowers blooming, warmer temps, and lots of sun and fun to enjoy in Sunbridge. Our calendar is packed with all sorts of events and activities this month. Daylight savings time will give you an extra hour in the evening to enjoy our lovely pool.

Eric Baker and I conducted the “Small Group” meetings late last month and we appreciate the many suggestions that are brought to us for consideration. Some included bringing back guest speakers from Tavistock and inviting Toho Water to attend one of our Manager’s Meetings as well. Another initiative we are working on with the input of our resident led-technology leader is purchasing the needed equipment to broadcast our meetings for those who are unable to attend in person.

Speaking of meetings, we have a Town Hall meeting scheduled for April 16th at 6 pm. Eric Baker has invited our HOA attorney to answer questions pertaining to our governing documents, Florida Statutes, and general best practices for an HOA from a legal perspective. If you have any questions for this meeting or our March Manager’s Meeting on the 21st, please send me an email at

speach@castlegroup.com so that we can have them in advance.

We have received funding for a few of the non-budgeted enhancement items for the community. You may have noticed additional seating and storage at the pickleball courts and there are a few more items to come around the community.

The dog park is getting close to being finished with landscaping as the last piece. You may have noticed active construction on the cover for the mailboxes. There is also work underway in a small passive park where the developer will be installing a bench swing and pergola. Construction on homes in Phase 2c will begin soon after the street signs installation is completed.

We are also working on improvements to our website. One of the most noteworthy updates includes the ability for homeowners to submit pictures with their service requests. This will be an extra helpful tool. As the saying goes, “A picture is worth a thousand words!”

All the best to you,

Stacey Peach, LCAM
General Manager

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



BASECAMP AT SUNBRIDGE

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

[What’s Happening at Basecamp?](#)



MANAGER MEETING

March 19 | 6 pm
Multipurpose Room
Hear what has been happening around Del Webb Sunbridge at the monthly Managers Meeting. Past presentations and communications are on the website under Board of Directors Communications after logging in or by [clicking here](#).

NEW HOMEOWNER ORIENTATION

March 14 & 28 | 3 pm
Tech Room
We ask that all homeowners attend at least one of these meetings. Rules and Regulations and the Architectural Review Criteria will be reviewed in detail, along with additional information about Del Webb Sunbridge!

TOWN HALL MEETING

April 16 | 6 pm
Multipurpose Room

Del Webb Sunbridge Town Hall Meeting hosted by Eric Baker. We have also invited the HOA's attorney. Some of the topics we will be covering include:

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

For question or clarification on a topic, submit your requests in advance to [Stacey Peach](#). Include "Town Hall Request" in the subject line.

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



ESTATE PLANNING SEMINAR

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

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

Wills ~ Trusts ~ Probate

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

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

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

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



SPRING FORWARD

Remember to set your clock forward one hour for Daylight Savings Time. The time changes on Sunday, March 10, at 2 a.m.

LANDSCAPE INFORMATION



David Dalton
Sr. Landscape
Operations Manager

David.Dalton@castlegroup.com



Karina Gonzalez
Landscape Operations
Manager

kgonzalez@castlegroup.com

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

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

Landscape Monthly Update

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

New Nursery Option Updates

At this time the Association Board has accepted the following additional nurseries to be used in the Del Webb Sunridge for landscaping enhancements on homesites. Plants installed by an outside nursery will not be warranted by the HOA or Exclusive Landscape. Exclusive will continue monthly maintenance.



4928 Fells Cove Ave., Kissimmee
www.eutsconsulting.com
Office Hours: 9:00 am - 5:00 pm



6647 Narcoossee Rd. Suite 120,
Orlando
www.perfectlandscapinganddesign.com
Office Hours: 9:00 am - 5:00 pm
Phone: (407) 730-3238



1550 Tileston Rd. #106, St. Cloud
www.quietguyslawn.com
Office Hours: 9:00 am - 5:00 pm
Phone: (407) 697-8666

VANDER POL NURSERY

CENTRAL FLORIDA NURSERY
AND LANDSCAPING

4898 Starline Dr., St. Cloud
www.vanderpolsnursery.com
Office Hours:
Mon - Thur: 8:00 am - 3 pm
Fri: 8:00 am - 5:00 pm
Sat: 8:00 am - 3:00 pm
Phone: (407) 957-2744

ARC Process for Landscape Enhancements:

Please follow the following steps when submitting your ARC application to ensure your application is reviewed in a timely manner.

1. Contact one of the acceptable vendors to set up an appointment.
2. Once you receive a proposal from the vendor, submit the ARC application including all supporting documents and a \$250 minimum deposit. (Applications submitted incomplete will not be added to the queue for review until completed.)
3. ARC is sent to the board for review. The board has up to 45 days to review.
4. Once the ARC project is completed, the owner shall notify the HOA for a final inspection. If the project is found to be completed per specifications, the deposit will be processed for refund.

Frequently Asked Questions:

What is a pre-emergent fertilizer?

Pre-emergents attack weed seeds before they have a chance to germinate. This means you interrupt the growing process before weeds even become visible. They do this by inhibiting seeds from forming roots, thus killing them as they germinate. With a pre-emergent, preventative measures are being taken.

When Does Pre-Emergent Start Working?

Weeds, like any other plant, start from a seed. Pre-emergents begin their work as soon as a seed “wakes up.”



A Message from the Landscaping Committee

We appreciate all the homeowners who have reached out to us regarding their issues. We have seen improvements, and we will continue to work on getting the landscaping issues resolved.

We also appreciate the cooperation and support of Karina, David, Donald, the Exclusive team, Stacey, and Eric in getting the homeowners issues resolved.

Please, do not hesitate to contact us in the future.

Luis Rodriguez: roosterrod@bellsouth.net or (321) 961-2695

Lori Quinlivan: lquinlivan@outlook.com or (612) 759-9942

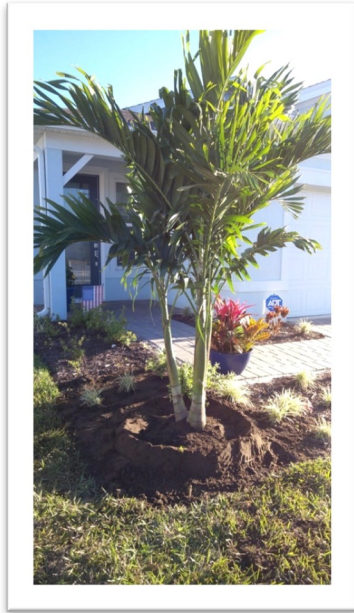
Landscaping Committee Purpose Statement

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



February Accomplishments:


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

- Three palms were replaced on Del Webb Boulevard
- Annual flowers were put in beds at the Hammock Club
- Crepe Myrtle pruning was completed
- Leaning Oak Trees on Del Webb Boulevard were strapped for long term growth
- Fertilization – 20A Pre-Emergent - was applied in the community where needed



How to submit a service request:

- Click on the drop box to find the “General Inquiries” and type in your request. Then click submit.
- Once the front desk receives your request, they will create a work order designating to the appropriate categories, print it, and provide it to the landscape vendor for completion. The homeowner will receive an email confirming their request.
- This symbol means work order has been created 
- This symbol means request has yet to be converted to a work order 
- Request number will be different than your work order number
- When a work order is updated, the homeowner will receive an email from delwebbsunbridge@gmail.com. Homeowners can respond to this email if they need further explanation or updates.
- If you are having trouble submitting a work order, please reach out to the front desk at the Hammock Club, we would be more than happy to assist.



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

Del Webb Sunbridge

SUNDAY	MONDAY	TUESDAY	
(*) Available for registration online. Events may have a deadline and/or fee.	(#) Requires payment to an outside vendor. Order tickets ahead of time.	 	
9:00am Leisurely Bike Ride 2:00pm Mahjong	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:00am Fitness Orientation* 10:15am Beginner Chair Yoga* 10:30am Fitness Orientation* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish Class 5:45pm Yoga Sculpt* 6:30pm "Open Play" Tennis 6:30pm Bunco	10:00am Beginner Tennis Lessons 11:00am Mexican Train 1:30pm Canasta Hand & Foot 3:00pm Beginner Tai Chi* 6:00pm Pinochle 4:30pm Zumba*	9:00 9:00 9:45 10:30 12:30 1:30 2:00 3:00 6:00 6:30 7:00 7:00
3	4	5	
9:00am Leisurely Bike Ride 2:00pm Mahjong	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:00am Fitness Orientation* 10:15am Beginner Chair Yoga* 10:30am Fitness Orientation* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:30pm "Open Play" Tennis 6:00pm Trivia Night	11:00am Mexican Train 1:00pm Art Series- Beginner Acrylic 1:30pm Canasta Hand & Foot 3:00pm Beginner Tai Chi* 4:00pm Backgammon 4:30pm Zumba* 6:00pm Music Trivia 6:00pm Pinochle	9:00 10:30 12:30 1:30 3:00 2:00 4:30
10	11	12	
9:00am Leisurely Bike Ride 9:15am Yacht StarShip Trip 2:00pm Mahjong	9:00am Outdoor Adventure Group 9:00am Shooting & Archery Group 9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:00pm Food Truck Social 5:45pm Yoga Sculpt* 6:30pm Bunco 6:30pm "Open Play" Tennis	10:00am Beginner Tennis Lessons 11:00am Mexican Train 1:30pm Canasta Hand & Foot 3:00pm Beginner Tai Chi* 4:30pm Zumba* 6:00pm Manager's Meeting 6:00pm Pinochle	9:00 10:30 12:30 1:30 2:00 3:00 7:00 7:00
17	18	19	
9:00am Leisurely Bike Ride 2:00pm Mahjong 4:00pm Sunday Social	9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 12pm Bulletproof Retirement 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:30pm "Open Play" Tennis	11:00am Mexican Train 12:00pm Art Series- Acrylic: Water and Rocks - Paint by Knife 1:30pm Canasta/Hand & Foot 3:00pm Beginner Tai Chi* 4:00pm Backgammon 4:30pm Zumba* 6:00pm Guess That Song 6:00pm Pinochle	9:00 10:30 12:30 1:30 2:00 Wa 2:00 6:00
24	25	26	
9:00am Leisurely Bike Ride 2:00pm Mahjong			
31			

EVENTS | MARCH 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CHECK THE WEBSITE FOR DAILY PICKLEBALL CLUB TIMES</p>	<p>PLAY TAP TV AT THE SABAL TAVERN EVERY THURSDAY STARTING AT 4PM.</p>	<p>7:00am Iron Men of God 10:00am Ladies Poker & Texas Holdem 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 5:30pm Tavern Live Music</p> <p>1</p>	<p>9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 5:00pm Wine Social</p> <p>2</p>
<p>9am OneBlood Blood Drive 9am Stitchin' Sisters 9:55 am Ladies Mini Golf 10am Bridge 10:30pm HIIT Fitness* 11pm Body Sculpt* 12pm Euchre 12pm Spanish Class 1pm Estate Planning Seminar 1pm Stand-Up Comedy Workshop 1pm 12 Stones Group 1pm Canasta Hand & Foot 1pm Mustard Seeds</p> <p>6</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 10:00am Intermediate Tennis Lessons 11:00am Rummikub 12:00pm Men's Lunch 12:00pm Zumba* 1:00pm Circuit Training Class 1:30pm Canasta Hand & Foot 6:00pm STRONG Nation Fitness* 7:00pm Line Dancing Class 7:15pm Thirsty Thursday</p> <p>7</p>	<p>7:00am Iron Men of God 10:00am Ladies Poker & Texas Holdem 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p> <p>8</p>	<p>9:15am Chair Strength & Balance* 10:15am Power Yoga* 11:30am Aqua Fitness*</p> <p>9</p>
<p>9am Stitchin' Sisters 10am Bridge 10:30pm HIIT Fitness* 11pm Body Sculpt* 12pm Spanish Class 12pm Euchre 12pm Canasta Tournament</p> <p>13</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class 1:30pm Canasta Hand & Foot 3:00pm New Owner Orientation* 6:00pm STRONG Nation Fitness* 6:30pm Book Club 7:00pm Byrne Brothers Show 7:30pm Women's Group</p> <p>14</p>	<p>7:00am Iron Men of God 9:30am AARP Safe Drivers Course 10:00am Ladies Poker & Texas Holdem 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p> <p>15</p>	<p>9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness* 1:00pm Art Series- Beginner Watercolor 1:00pm Brewery Crew</p> <p>16</p>
<p>9am Stitchin' Sisters 10am Bridge 10:30pm HIIT Fitness* 11pm Body Sculpt* 12pm Euchre 12pm Spanish Class 1pm 12 Stones Group 1pm Mustard Seeds</p> <p>20</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 10:00am Intermediate Tennis Lessons 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class 1:30pm Canasta Hand & Foot 6:00pm STRONG Nation Fitness* 7:00pm Line Dancing Class 7:00pm Open Writing Group</p> <p>21</p>	<p>7:00am Iron Men of God 9:00am Outdoor Activities Group 10:00am Ladies Poker & Texas Holdem 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:00pm Sewing tips 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p> <p>22</p>	<p>9:15am Chair Strength & Balance 10am Spring Fling Arts and Craft Fair 10:15am Power Yoga* 11:30am Aqua Fitness*</p> <p>23</p>
<p>9am Stitchin' Sisters 10am Bridge 10:30pm HIIT Fitness* 11pm Body Sculpt* 12pm Art Series- Beginner Watercolor 12pm Euchre 12pm DW Daubers Bingo Night</p> <p>27</p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class 1:30pm Canasta Hand & Foot 3:00pm New Owners Orientation 6:00pm STRONG Nation Fitness* 6:00pm A&E Appetizers and Elixirs</p> <p>28</p>	<p>7:00am Iron Men of God 10:00am Ladies Poker & Texas Holdem 10:15am Chair Strength & Balance 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 6:00pm Guess that Song</p> <p>29</p>	<p>9:15am Chair Strength & Balance 10:15am Power Yoga* 11:30am Aqua Fitness*</p> <p>30</p>

PERSONAL TRAINING- MEET YOUR TRAINERS

PERSONAL TRAINING

Call for Times Fitness Center

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

Sabrina: (407) 808-1559

Lisa: (407) 340-6110

Marlene: (321) 217-5311

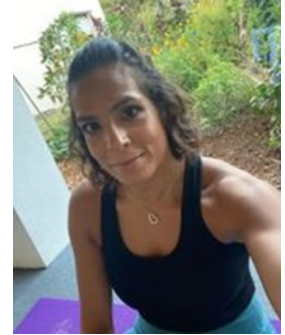
LISA

For over 18 years Lisa has worked as a certified group exercise instructor and currently teaches at Lake Nona Golf & Country Club, Nemours Children's Heath, and is happy to be a part of Del Webb Sunbridge. Her class specialties include indoor cycling, aqua aerobics, HIIT, bootcamp and body sculpt. Lisa is also the owner of Fitness 407, a specialized personal training business that focuses on toning, aerobic and stretching exercises. Her extensive background in the health and fitness industry enables her to create a personalized workout for each individual. As a certified group fitness instructor and results-oriented personal trainer, Lisa enjoys sharing her passion for inspiring others to reach their goals, improve their overall health and well-being, and develop a healthy lifestyle.



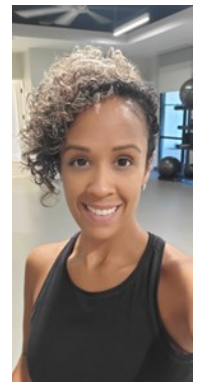
SABRINA

Sabrina loves getting to know people's strengths and challenges when it comes to finding the right program. She tailors your program based on what your needs are. She focuses on long term health and wellness where you can maintain motivation and consistency. She will focus a lot on core strength training and range of motion through functional training. Areas of specialty: Core Strength, Functional Mobility, Yoga, Power Yoga. Education & Certificates: Masters public administration - Keller Graduate School, NASM CPT, Les Mills Core & Body Pump, Barre, AFAA Yoga.



MARLENE

Marlene is an advocate of health/fitness and mindfulness for over 10 years. Her specializations/experiences include: Aquatic personal training, strength and balance training, Pilates and balance training, prenatal and postpartum yoga, Core strengthening yoga, Aerial yoga, Meditation guide, Athletic injuries and rehabilitation, Massage therapy, and weight loss management. Marlene's passion is to help strengthen peoples mind-body and spirit through physical and mental activity.

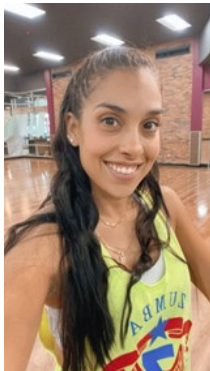


FITNESS CLASSES- MEET YOUR INSTRUCTORS

ALEX

Alexaida is originally from Venezuela. She has two children and studied economics until she started in the world of dance. She loves to dance and since has dedicated herself to it. In her country, she had a Salsa Academy for more than 10 years and had the opportunity throughout to teach thousands of people and train more than 10 instructors. She has been a Zumba instructor for more than 13 years.

Dancing is her passion, but she also loves teaching. She has also taught other modalities of classes like Aqua Fit and Strength and Balance which help to have a balance between cardio and toning.



DELISA

Delisa is an AVEDA Graduate as a Massage Therapist, and a licensed Full Specialist Esthetician. She is certified to teach ZUMBA, ZUMBA Gold, and Yoga Silver Sneakers, and will be adding more certifications to her list.

She is a retired Army wife and mother to a daughter who is an active duty Army Officer. She is a Breast Cancer survivor in remission. Her goals as an Instructor are to help, encourage, and support others to live and maintain a healthy, active life both physically and mentally.



DAVID

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

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

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



JULIO

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

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



FITNESS CLASSES

AQUA FITNESS

Mondays—On Hold for the Season

Fridays & Saturdays – 11:15am

Resistance Pool – With Marlene

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

BARRE BEFORE BAR

Fridays – 1:30 pm

Group Fitness Room – With Lisa

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

BEGINNER CHAIR YOGA

Thursdays – 9:15 am

Group Fitness Room – With Marlene

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

BODY SCULPT

Wednesdays – 1:30 pm

Group Fitness Room – With Lisa

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

CHAIR STRENGTH & BALANCE

Fridays – 10:15 am

Saturdays – 9:15 am

Group Fitness Room – With Marlene

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

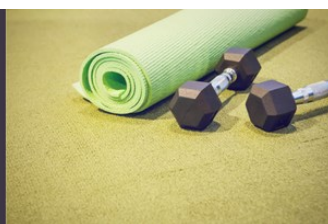
CIRCUIT TRAINING CLASS

Wednesdays – 1:00 pm

Group Fitness Room – With Alex

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

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



FITNESS CLASSES

HIIT FITNESS

Wednesdays – 12:30 pm

Group Fitness Room – With Lisa

High-intensity interval training in a fun and energetic setting, focusing on strength and cardio moves to keep you burning calories to the max! Please bring comfortable shoes, water, towel, and mat. Weights are optional.

POWER YOGA

Saturdays – 10:15 am

Group Fitness Room – With Marlene

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

STRONG NATION FITNESS

Thursdays – 6:00 pm

Group Fitness Room – With David

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

TAI CHI

Tuesdays – 3:00 pm & 4:00 pm

Group Fitness Room – With Julio

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

TENNIS LESSONS

Beginners—March 5 & 19 – 10 am

Intermediate—March 7 & 21—10 am

Tennis Courts – DWS Resident Joe Greco

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

YOGA

Thursdays – 8:00 am

Group Fitness Room – With Marlene

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

YOGA SCULPT

Mondays – 5:45 pm

Group Fitness Room – With Marlene

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

ZUMBA

Tuesdays – 4:30 pm – DeLisa

Thursdays – 12:00 pm – Alex

Group Fitness Room

Zumba is a Latin-dance inspired high-energy aerobic fitness class for everyone! No dance experience required. Your instructor will show you all the moves and you will learn as you go! With dances like Salsa, Merengue, Bachata and Cumbia - Zumba Gold feels like more of a party than a workout.

PERSONAL TRAINING



Marlene
321-217-5311



Sabrina
407-808-1559



Lisa
407-340-6110

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

Please call Instructor to make an appointment.

SPECIAL INTEREST GROUPS

12 STONES GROUP

First & Third Wednesdays | 7:00 pm
Tech Room

Men's faith group, all faiths welcome

A&E (APPETIZERS & ELIXIRS)

March 28 | 6:00 pm
Multipurpose Room

March theme is St. Patrick's Day. Bring a St. Patrick's Day inspired cocktail and appetizer. Please bring enough of your favorite cocktail and appetizer to share with the group. Costumes are always welcome!

ART MEET UP

Every Monday | 10:00 am - 12:00 pm
Wet Craft Room

Join in the fun, bring with you any projects you have been working on or haven't started yet like paints, watercolors, pencils, drawings, pastels, chalks, and collage. This group is open to artists of any level.

ART SERIES

Beginner Acrylic — March 12
Beginner Watercolor — March 16
Acrylic: Water and Rocks — March 26
Watercolor Level I — March 27

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

BACKGAMMON

Every other Tuesday | 4:00 pm
Multipurpose Room

Two player board game with counters and dice

BEGINNER SPANISH

Every Monday | 4:30 pm

Learn Spanish or sharpen your skills. This class is on Mondays and is slower paced. Beginner Spanish is taught by DWS resident, Julia.

SPECIAL INTEREST GROUPS

BOOK CLUB

Every Second Thursday | 6:30 pm
Wet Craft Room

March Book: Through the Groves by: Anna Hull

April Book: Cross Down by: Alex Cross

BRIDGE

Wednesdays | 10:30 am

Multipurpose Room

Trick taking card game

BUNCO

Every Other Monday | 6:30 pm

Multipurpose Room

Dice game generally played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice.

BREWERY CREW

Rockpit Brewing Company

March 23 | 1–4 pm

Met your neighbors at one of Orlando's breweries. This Brewery offers craft beers, sours, and wine.

Contact Larry with any questions at 954-562-5253.

CANASTA/HAND & FOOT

Tuesdays & Thursdays | 1:30 pm

First & Fourth Wednesdays | 7:00 pm

Multipurpose Room

Card game in the rummy family

DOMINOES

Every Friday | 2:00 pm

Multipurpose Room

Tile based game

EUCHRE

Every Wednesday | 2:00 pm

Multipurpose Room

Trick taking card game

SPANISH CLASS

Every Tuesday | 6:45 pm

Tech Room

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

LEISURLY BIKE RIDE GROUP

Every Sunday | 9:00 am

Hammock Club Parking Lot

Resident Run Group

MAHJONG

Every Sunday | 2:00 pm

Every Monday | 1:00 pm

Multipurpose Room

Tile based game developed in China

MEXICAN TRAIN DOMINOES

Every Tuesday | 11:00 am

Multipurpose Room

Dominoes based game

MUSTARD SEEDS

First & Third Wednesdays | 7:00 pm

Wet Craft Room

Women's faith group, all faiths welcome.

SPECIAL INTEREST GROUPS

OPEN PLAY TENNIS SOCIAL

Every Tuesday | 6:30—8:30 pm
Sports Courts

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

OPEN WRITING GROUP

Third Thursdays | 7:00 pm
Wet Craft Room

As an open writing group, we welcome all types of writing depending on the needs or desires of the participant. No professional writing experience is necessary. Led by Beth Taormina and other resident writers.

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

OUTDOOR ACTIVITIES GROUP

February 11 | 10:00 am

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

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

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

PINOCHLE

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

RUMMIKUB

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

SCRABBLE

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

SEWING SOCIAL TIME

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

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

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

SHOOTING & ARCHERY

Third Monday | 9 am
Triple N Ranch
595 Donovan Crews Rd
St. Cloud, FL 34773

Meet your neighbors down at Triple N Ranch for some Shooting or archery at a Florida FWC Management Area. Questions contact Steve Bierwirth at sbierwirth685@gmail.com or 951-818-9750.

SPECIAL INTEREST GROUPS

SUNBRIDGE STITCHIN' SISTERS

**Every Wednesday | 9:00 –12:00 pm
Dry Craft Room**

The Sunbridge Stitchin' Sisters are evolving and expanding! We are now starting new projects for a number of different charities and we want you to join us. No sewing skills required! We're making things for the Lake Nona VA Hospital; Operation Smile (for children with cleft palates); nursing homes, and more. We are also needing and accepting fabric and sewing notions for these and future projects.

TECHNOLOGY ADVISORY GROUP

**February 26 | 6:00 pm
Tech Room**

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

THIRSTY THURSDAYS

**Every Thursday | 7:15 pm
Community Locations**

BYOB. Enjoy an evening with your fellow residents, meet new friends, and enjoy good conversation. Each group will have a different meeting location, **residents are welcome at all groups no matter where they live.**

Cherry Blossom South: Grassy area at top of pond

Cherry Blossom North: North-East corner

Ruby Rose: Inlet street

River Creek & Sandy Springs: Grassy area by lift station

Blue Pond & Citrus Grove: Cul-de-sac

Nature View & Mossy Oak: Grassy Area on Mossy Oak

Cliff Way– Various driveways

THRIVING IN THIS NEW PHASE OF LIFE

**Second Thursday | 7:30 pm
Wet Craft Room**

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

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

VOLUNTEER GROUP

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

Upcoming events will be:

-Lasagna Love

-Ronald McDonald Nemours Hospital Meal preparation (April 9)

-A Place for Grace Thrift Shop assistance

-Give Kids the World various opportunities

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

WINE GROUP

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

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



THE SABAL TAVERN

MARCH 2024

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

HAPPY HOUR

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

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

WEEKLY
SPECIALS
ANNOUNCED
IN BIWEEKLY
EMAILS

PLEASE VISIT THE
SABAL TAVERN PAGE ON
THE ASSOCIATION WEBSITE

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SABAL TAVERN LIVE MUSIC

TAVERN
LIVE MUSIC



5:30 TO 8:30 PM

MARCH MUSIC

MARCH 1
PERFORMACE BY
FRED RAMOS

MESSAGE FROM THE TAVERN ADVISORY COMMITTEE

SABAL TAVERN HOURS:

Sunday: 12:00—7:00pm

Monday: Closed

Tuesday: Closed

Wednesday: 12:00—7:00pm

Thursday: 12:00—7:00pm

Friday: 12:00—9:00pm

Saturday: 12:00—9:00pm

The Sabal Tavern Advisory Committee Happenings

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

As we bid farewell to February as the month of love, February at Sabal Tavern - sponsored activities has been a vibrant tapestry of events filled with the passionate hue of red. Our Women's Luncheon, centered around Heart Awareness, and the Valentine's Day Elegant Dinner and Dance were not only visually striking but also unforgettable experiences for all who attended.

Women's Luncheon: Painting the Town Red for Heart Awareness

The Women's Luncheon that radiated with the color red, symbolizing not just the celebration of love but also the commitment to heart health awareness. The event brought together our incredible community of women in a spirited gathering that emphasized the importance of cardiovascular well-being. The venue was adorned with red decorations, from special tablecloths to heart-shaped centerpieces, creating an atmosphere of warmth and camaraderie.

We extend our heartfelt gratitude to everyone who attended, making this occasion a resounding success. Your enthusiasm and support for such crucial health initiatives truly embody the spirit of our community.

Valentine's Day Elegant Dinner and Dance: A Night of Romance and Rhythm

Our February festivities continued with a spectacular Valentine's Day Elegant Dinner and Dance, a soirée that left hearts aflutter. The MP Room was transformed into a haven of romance, with centerpieces, ambient lighting, and exquisite decor setting the stage for an enchanting evening. The event featured a delectable buffet that catered to diverse tastes, ensuring a culinary journey as rich and varied as the colors of love.

Fred Ramos serenaded us with his enchanting melodies, turning the dance floor into a realm of connection and joy. The success of the night was evident in the laughter, smiles, and graceful dance moves that filled the air. We express our deepest appreciation to Fred Ramos for providing the perfect musical backdrop to our celebration.

Gratitude to Maria Lomangino: The Maestro Behind the Scenes


A special thank you is due to Maria Lomangino, the brilliant mind and meticulous planner behind both of these exceptional events. Maria, the Sabal Tavern Advisory Committee's Event Coordinator, worked tirelessly to ensure every detail was seamlessly executed. Her dedication, creativity, and organizational prowess are invaluable assets to our community, and we are fortunate to have her leading the charge.

As we revel in the memories of these February events, let us carry the spirit of unity, love, and good health throughout the coming months. Thank you to everyone who contributed to the success of these gatherings, and we look forward to more shared moments in the vibrant tapestry of Sabal Tavern life. On to March Madness, Breakfast Brunch and St Patty's Day!

With warm regards,

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

**+ DONATE +
+ BLOOD +**



**+
Wednesday
6th
March
2024**

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

Drive hosted by
OneBlood

**ESTATE PLANNING
SEMINAR**



MARCH 6

SEMINAR HOSTED BY:
AVENTUS LAW GROUP

**LINE DANCING
CLASSES**

**MARCH 7 & MARCH 21
APRIL 4 & APRIL 11
AT 7 PM**



MULTIPURPOSE ROOM

**BYRNE
BROTHERS
SHOW**



SHOW ON 3.14.2024

SHOW STARTS AT 7 PM

COST: \$14.00 PER PERSON

REGISTRATION:
OPEN TO RESIDENTS
GUESTS: FEBRUARY 29

YACHT STARSHIP



Saint
PATRICK'S DAY CRUISE

MARCH 17 | 9:15 AM - 4:45 PM

Top O' the morning! Come aboard the Yacht StarShip in your best green attire to celebrate the luck of the Irish on the water! Enjoy a festive lunch buffet with Irish fixings and entertainment that will keep you moving!

FOOD TRUCK SERIES



MARCH 18 - CHICKEN TRUCK
APRIL 15 - PASTA & GRILL
MAY 20 - TREEHOUSE TRUCK


TRUCKS WILL BE ONSITE FROM 5 - 8 PM

SUNDAY SOCIAL HOUR



WE'LL BE MIXING AND MINGLING AT THIS MONTH'S SUNDAY SOCIAL. WILL WE SEE YOU THERE?

MARCH 24
2 - 3 PM



Bulletproof Retirement

MARCH 25 | 12 PM

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

Paint & Sip
eee

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

Space is limited

New Homeowner Orientation

2nd & 4th Thursday at 3 pm

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

CAROL STEIN & FRIENDS PRESENT
Del Webb Sunbridge Spring Concert

FEATURING
KATIE PINDER BROWN
April 27, 2024 | 7 pm

Del Webb[®]
SUNBRIDGE[®]
NAME TAGS

To order, Please email us with the names needed.

Name tags are \$10.00 each.

Checks can be dropped off at the Hammock Club.

Email Address:
delwebbsunbridge@gmail.com

GENERAL
Trivia Night
WITH NIKKI

MARCH 11 | 6 PM

MUSIC TRIVIA

March 12
at 6:00 pm

Music Trivia
Hosted by Don

Del Webb Daubers
Bingo Night

March 27, 2024
Doors Open at 5:00 pm
Doors Close at 5:45 pm
Game Starts at 6 pm

Multipurpose Room

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

GUESS THAT SONG

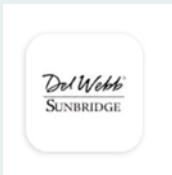
MARCH 29
6 PM

HOSTED BY NIKKI

HOW TO ADD YOURSELF TO THE RESIDENT DIRECTORY ON THE WEBSITE

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

Look for this logo when downloading the Del Webb Sunbridge app



Del Webb Sunbridge HOA
Northstar Technologies Inc • Lifestyle
📄 Installed

Back Notifications (1)

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

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

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

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

DELETE ALL

READ ALL

WEBSITE INFORMATION

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

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

wabeltran@castlegroup.com

www.delwebbsunbridgehoa.com

View Your Sabal Tavern Credit Book

App: Click Menu > Click Credit Book

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

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

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

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

Canceling Events

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

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

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

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

DEL WEBB SUNBRIDGE CHARTER CLUBS

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



Bingo Nights happen the 4th Wednesday of each month.

Cash prizes are awarded.

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

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

Daily Pickleball Play Hours:

Mondays: 8:00-10:00 am

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

Tuesdays: 8:00 - 10:00 am

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

Tuesdays: 7:00 – 9:00 pm

Courts #1-7
OPEN Club Play or Round Robin

Wednesdays: 8:00 - 10:00 am

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

Wednesdays: 7:00 – 9:00 pm

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

Thursdays: 8:00 – 10:00 am

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



Thursdays: 7:00 – 9:00 pm

Courts #1-7 OPEN Club Play

Fridays: 8:00- 10:00 am

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

Saturdays: 8:00 – 10:00 am

Courts #1-7 OPEN Club Play

Sundays: 7:00 – 9:00 pm

Courts #1-7 OPEN Club Play

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



Sunbridge Snapshots

