

May 2024

# THE HAMMOCK HAPPENINGS



*Del Webb*<sup>®</sup>

SUNBRIDGE<sup>®</sup>

May 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**

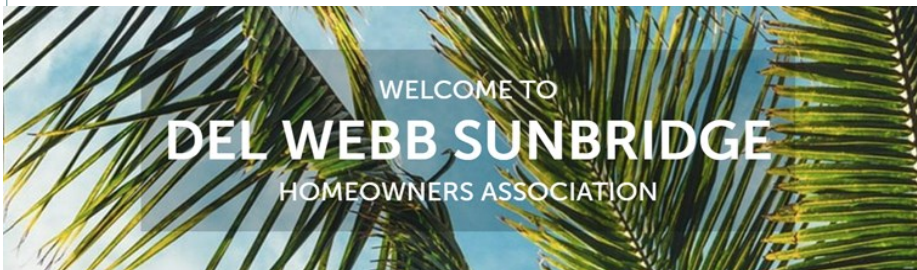
407-944-5000

**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:

#### ARC Application Process

Any changes to the exterior of the home must have written approval from the ARC with Eric Baker's signature on the ARC Application before any work can commence.

The latest version of the application must be used, and it can be found on the website, or you can obtain one from a Front Desk Associate.

Approval can take up to 45 days once the application is considered complete and provided to the reviewing body. The list of information and documents required can be found on the application checklists.

Landscaping enhancements must be completed by one of the six approved vendors and cannot be self-installed.

**Del Webb**  
SUNBRIDGE

Del Webb Sunbridge Homeowners Association, Inc.  
Please email the completed application to Del Webb Sunbridge at [delwebbsunbridge@delwebb.com](mailto:delwebbsunbridge@delwebb.com)  
Please do not include "Del Webb Sunbridge ARC Application" and/or "Del Webb Sunbridge Address List" in the email subject line.  
(Example subject line: Del Webb Sunbridge ARC Application - 12345 Blue Pond Way)

**Cover Page**

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Address: \_\_\_\_\_ Lot #: \_\_\_\_\_ Phase #: \_\_\_\_\_

Resident Body/Architectural Committee Use Only	
Name: _____	Signature: _____
Approved: <input type="checkbox"/> Approved as Noted <input type="checkbox"/> Not Approved <input type="checkbox"/>	
Comments: _____	
Date: _____	
Name: _____	Signature: _____
Approved: <input type="checkbox"/> Approved as Noted <input type="checkbox"/> Not Approved <input type="checkbox"/>	
Comments: _____	
Date: _____	

Office Use Only:  
Received: \_\_\_\_\_  
Submitted to Reviewing Body: \_\_\_\_\_  
Date: \_\_\_\_\_

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Del Webb Sunbridge Homeowners Association, Inc. Architectural Modification Application Form

# HOA MANAGEMENT UPDATE



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

## Hello Del Webb Sunbridge Residents!

We have an eventful May ahead for our community. To kick off summer, we will be celebrating by the pool with an amazing BBQ and live music. A big “thank you” to Pulte for sponsoring this event.

Meetings this month will include an educational and informative presentation from UF and UCF. They will be providing us with an update on the study they are conducting on the types of common landscaping found in Florida and understanding ways we can plant more environmentally friendly landscapes. Please join us on May 7th at 6 pm.

For our monthly Manager Meeting, our guest speakers will be Clint Beaty and Rob Adams from Tavistock. They will provide an update on the Sunbridge Stewardship District and field questions from our residents.

Thank you to everyone who attended our April Town Hall Meeting. Our guest speaker, Patrick Burton, the attorney for our HOA provided a legal perspective on many questions and concerns voiced by residents.

This time of year, we see wildlife become a bit more active. Sandhill Cranes are strolling about the community and alligators are much more visible. Feeding wildlife is strictly prohibited and could be very harmful to the animals and people. The HOA has an active permit for an alligator trapper. You may report aggressive alligators to the HOA office, and we will pass that information

along to the trapper. Please provide location specifics.

I am pleased to announce our new Tuesday hours for the Tavern. We will be open from 12 noon to 6 pm. Our new Sunday Brunch hours have been a hit with our residents. As always, we look forward to your feedback and suggestions.

We would like to extend our gratitude to the members of the Tavern Committee for the many suggestions we have implemented to improve your dining experiences. We regretfully received resignations from several members. I am working with Eric Baker, our Board President on next steps for this committee. At this time, if you have anything in relation to the Tavern, please free to contact me.

The luncheon events that we have on the calendars will proceed as planned and we thank the volunteers who make that happen. We plan on continuing the successful luncheons and will look to additional resident volunteers and new clubs for future events.

We have a lot of projects in the works for May that include: hurricane season preparations, treatments to the pools, windscreen replacements, new signs, replacement mailbox numbers, and several other projects to enhance and beautify our community.

All the best to you,

**Stacey Peach, LCAM**  
**General Manager**



**GLENDY ROCHA**  
**PROPERTY MANAGER**

Glendy Rocha brings an enthusiastic spirit and a wealth of experience to her role as a Property Manager. With years of hands-on experience in both onsite and portfolio management in South Florida, Glendy is committed to serving the Del Webb Sunbridge community with eagerness and dedication. Her proactive approach and willingness to take charge ensure that issues are addressed promptly and effectively, fostering a sense of unity and support among residents. Photography is one of her passions.

## MANAGER'S MEETING

May 16 | 6:00 pm  
Multipurpose Room

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

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

## NEW HOMEOWNER ORIENTATION

May 9 & 23 | 3:00 pm  
Tech Room

We ask that all homeowners attend at least one of these meetings. Rules and Regulations and the Architectural Review Criteria will be reviewed in detail, along with additional information about Del Webb Sunbridge HOA!

## LIFESTYLE MEETING

May 15 | 5:30 pm  
Tech Room

See what's been happening and what's coming up in the Lifestyle programming. If your group would like to present at the meeting, please reach out to us at

[ktamanini@castlegroup.com](mailto:ktamanini@castlegroup.com).



## 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**



**Thursday, June 13 | 12:00 pm**  
**Registration is now open!**  
**Fun, food, and carnival games!**  
**Sign Up now before it's too late!**

## 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

## April 2024 Accomplishments

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



**Soil Samples**—As we move into the growing season, we are working to find ways to ensure we have a healthy and vibrant landscape. During the week of April 18, soil samples were taken throughout the community to identify any deficiencies in the soil here in Del Webb Sunbridge. Soil tests provide valuable insights into the factors affecting the health and appearance of the landscape by addressing issues related to PH balance levels, micro-nutrient deficiencies, and soil compaction. With the results from the soil tests, we can optimize our lawn care treatments to ensure a lush, green lawn that enhances the beauty and value of the community.



**Plant Replacements** — Exclusive Landscape recently completed plant replacements throughout the community. All future plant replacement work orders submitted will be put on the evaluation list for the next scheduled round of Association plant replacements taking place in September 2024.

### SNOWBIRD HURRICANE REMINDER!

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

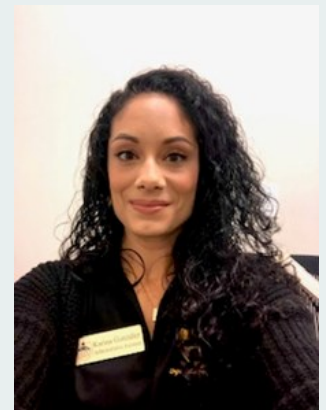
## LANDSCAPE INFORMATION



**David Dalton**

Sr. Landscape Operations  
Manager

[David.Dalton@castlegroup.com](mailto:David.Dalton@castlegroup.com)



**Karina Gonzalez**

Landscape Operations  
Manager

[kgonzalez@castlegroup.com](mailto:kgonzalez@castlegroup.com)

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

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

## What to expect this month

Mowing has returned to the weekly mowing schedule. The order in which each street will be mowed is below.

### Mowing Schedule

1. Community Entryway / Model Homes
2. Cliff Way, Shimmering Shores, and Pine Preserve
3. Citrus Grove and Blue Pond
4. River Creek and Sandy Springs
5. Mossy Oak, Nature View, Cherry Blossom, and Ruby Rose

The HOA budgeted sod project was rescheduled to start the week of April 22. Exclusive Landscape will complete this project in two groups, in no particular order. We have notified homeowners having their sod replaced as the project is beginning, as well as what group they are in via email. The anticipated completion timeframe for this project is May 30, 2024.

The agronomy treatment for this month will be a combination of fertilization and moisture treatment. Moisture Manager (TM) is a proprietary blend of hygroscopic and humectant technology combined with an advanced, naturally derived, non-ionic wetting agent designed to manage soil moisture, minimize drought stress, and effectively reduce watering requirements for seed germination and healthy plant growth.



Moisture Manager (TM) will also maximize your watering efficiency for established dry spots and speed up turf repair. Best of all, Moisture Manager (TM) is biodegradable. One application lasts up to three months.

### 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

# May 2024 Landscape Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
29 Mowing Services	30 Mowing Services	1 Mowing Services	2 Mowing Services	3
6 Mowing Services	7 Mowing Services	8 Mowing Services	9 Mowing Services	10
13 Mowing Services	14 Mowing Services	15 Mowing Services	16 Mowing Services	17
20 Mowing Services Zone 1 - Agronomy Treatment	21 Mowing Services Zone 2 - Agronomy Treatment	22 Mowing Services Zone 3 - Agronomy Treatment	23 Mowing Services Zone 3 - Agronomy Treatment	24
27 Mowing Services Zone 4 and 5 Agronomy Treatment	28 Mowing Services	29 Mowing Services	30 Mowing Services	31

The calendar is subject to change.

# STAR

## AIR CONDITIONING

*Hello!*

**It is a pleasure to introduce ourselves to our neighbors in Sunbridge. We are Arleene & Larry Franklin, and we have been living in Cherry Blossom for over 2 years.**

**We are very proud to say that Sunbridge is a great community and that we have great neighbors. Our company, Star Air Conditioning + Heating, has over 24 years of experience servicing Orlando, Kissimmee, Saint Cloud, Sanford, Poinciana, and many other areas.**

**Larry is a USAF veteran, and we take pride in being part of a community that supports other veterans, especially in our community.**

**As the summer months approach, it is crucial to schedule an air conditioning check-up with a professional technician. Neglecting regular maintenance can lead to inefficient cooling, increased energy consumption, and potential breakdowns.**

**We also recommend professional air duct cleaning, which can enhance indoor air quality by removing debris build-up, particularly after home renovations and construction.**

**Cleaning the ducts can restore confidence in your air quality.**

**Studies have shown that the air inside your home can be up to 5 times more contaminated than the air outside your home. We spend over 60% of our lives inside our homes, so it is up to us to maintain a healthy and fresh breathing environment.**

**We would love to help. We can design a package that will accommodate your needs.**

**We have designed a premium club members package, which I am certain you will be interested. Whatever your air conditioning needs are, we are here to serve you.**

**Thank you,  
Larry & Arleene Franklin**



**TEL: 407-932-1536**  
**600 N THACKER AVE, KISSIMMEE, FLORIDA 34741**

**SE HABLA ESPAÑOL**



# Del Webb Sunbridge

SUNDAY	MONDAY	TUESDAY	
<p><b>CHECK THE WEBSITE FOR DAILY PICKLEBALL CLUB TIMES</b></p>	<p>(* Available for registration online. Events may have a deadline and/or fee.</p>	<p>Every Thursday starting at 4:00 pm.</p> 	<p>9:00am 10:30am 11:30am 12:30pm 1:30pm 3:00pm 3:00pm 5:00pm 7:00pm 7:00pm</p>
<p>1:00pm Brew Crew Meets- Cinco de Mayo 2:00pm Mahjong</p>  <p><b>5</b></p>	<p>9:15am Beginner Chair Yoga* 10:00am Art Meet Up 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:30pm Open Play Tennis</p> <p><b>6</b></p>	<p>11:00am Mexican Train 1:00pm Art Series - Painting for the Absolute Beginner* 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:00pm Backgammon 4:30pm Zumba Gold* 6:00pm Pinochle 6:00pm UF Landscaping Presentation</p>  <p><b>7</b></p>	<p>9:00am 10:30am 11:30am 12:30pm 1:30pm 3:00pm 3:00pm</p>
<p>2:00pm Mahjong</p> <p><b>12</b></p>	<p>9:15am Beginner Chair Yoga* 10:00am Art Meet Up 11:30am Fitness Orientation* 10:15am Beginner Chair Yoga* 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 5:45pm Yoga Sculpt* 6:00pm Live Longer, Live Healthier 6:30pm Bunco 6:30pm Open Play Tennis</p> <p><b>13</b></p>	<p>9:00am Beginner Tennis 11:00am Mexican Train 1:00pm Art Series - Basic Color Mixing and Painting - Part 1 1:30pm Canasta* 3:00pm Enerchi - Tai Chi* 4:30pm Zumba Gold* 6:00pm Music Trivia 6:00pm Pinochle</p>  <p><b>14</b></p>	<p>9:00am 10:30am 11:30am 12:30pm 1:30pm 3:00pm 3:00pm 5:30pm 7:00pm 7:00pm</p>
<p>11:00am Outdoor Adventure Group 2:00pm Mahjong 2:00pm Sunday Social</p> <p><b>19</b></p>	<p>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 5:00pm Food Truck Social 5:30pm Art Series - Zen Rock Painting Class* 5:45pm Yoga Sculpt* 6:30pm Open Play Tennis</p>  <p><b>20</b></p>	<p>11:00am Mexican Train 1:00pm Art Series - Basic Color Mixing and Painting - Part 2* 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:00pm Backgammon 4:30pm Zumba Gold* 6:00pm Pinochle</p> <p><b>21</b></p>	<p>9:00am 10:30am 11:30am 12:30pm 1:30pm 3:00pm 3:00pm 5:00pm 5:00pm Bingo M 7:00pm</p>
<p>2:00pm Mahjong</p> <p><b>26</b></p>	<p>10:00am Art Meet Up 11:45am Memorial Day Flag Ceremony 1:00pm Mahjong 3:00pm Scrabble 4:30pm Beginner Spanish 6:30pm Bunco 6:30pm Open Play Tennis</p>  <p><b>27</b></p>	<p>9:00am Beginner Tennis 11:00am Mexican Train 1:30pm Canasta 3:00pm Enerchi - Tai Chi* 4:30pm Zumba Gold* 6:00pm Pinochle</p> <p><b>28</b></p>	<p>9:00am 10:30am 11:30am 12:30pm 1:00pm 1:30pm 3:00pm 3:00pm 6:30pm</p>

# CALENDAR OF EVENTS | MAY 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Stitchin' Sisters Bridge Chair Strength &amp; Balance* HIIT Fitness* Body Sculpt* Euchre Spanish Class Spring into Summer* 12 Stones Group Canasta Mustard Seeds</p>  <p><b>1</b></p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 9:00am Intermediate Tennis 10:15am Beginner Chair Yoga* 11:00am Rummikub 11:30am Men's Lunch* 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta 6:00pm Trivia Night</p> <p><b>2</b></p>	<p>10:00am Ladies Poker &amp; Texas Holdem 10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge 5:30pm Tavern Live Music with Fred Ramos</p> <p><b>3</b></p>	<p>9:15am Chair Strength &amp; Balance* 10:00am Croquet Tournament 10:15am Power Yoga* 11:30am Aqua Fitness* 5:00pm Wine Social</p>  <p><b>4</b></p>
<p>Stitchin' Sisters Bridge Chair Strength &amp; Balance* HIIT Fitness* Body Sculpt* Euchre Spanish Class</p> <p><b>8</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 2:00pm Estate Planning Seminar 3:00pm New Owner Orientation* 6:30pm Book Club 7:00pm Line Dancing* 7:30pm Women's Group</p> <p><b>9</b></p>	<p>10:00am Ladies Poker &amp; Texas Holdem 10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Art Series - Acrylics* 3:00pm Bridge</p> <p><b>10</b></p>	<p>9:15am Chair Strength &amp; Balance* 10:15am Power Yoga* 11:30am Aqua Fitness* 12:00pm Nurses Luncheon</p>  <p><b>11</b></p>
<p>Stitchin' Sisters Bridge Chair Strength &amp; Balance* HIIT Fitness* Body Sculpt* Euchre Spanish Class Lifestyle Meeting 12 Stones Group Mustard Seed</p> <p><b>15</b></p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 9:00am - Intermediate Tennis 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>16</b></p>	<p>10:00am Ladies Poker &amp; Texas Holdem 10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:00pm AARP Safe Driving 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p> <p><b>17</b></p>	<p>9:15am Chair Strength &amp; Balance* 10:15am Power Yoga* 11:30am Aqua Fitness* 7:00pm Paisley Craze Concert</p>  <p><b>18</b></p>
<p>Stitchin' Sisters Bridge Chair Strength &amp; Balance* HIIT Fitness* Body Sculpt* Euchre Spanish Class Del Webb Daubers Night* Canasta</p> <p><b>22</b></p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 10:00am Fall Prevention Workshop 10:15am Beginner Chair Yoga* 11:00am Rummikub 11:30am Ladies Day Out 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta 3:00pm New Owner Orientation*</p> <p><b>23</b></p>	<p>10:00am Ladies Poker &amp; Texas Holdem 10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p>  <p><b>24</b></p>	<p>8:00am CERT Training Session 9:15am Chair Strength &amp; Balance* 10:15am Power Yoga* 11:30am Aqua Fitness*</p> <p><b>25</b></p>
<p>Stitchin' Sisters Bridge Chair Strength &amp; Balance* HIIT Fitness* Art Series- Watercolor Level 1 Body Sculpt* Euchre Spanish Class Guess That Song</p> <p><b>29</b></p>	<p>8:00am Yoga* 9:15am Beginner Chair Yoga* 9:00am Intermediate Tennis 10:15am Beginner Chair Yoga* 11:00am Rummikub 12:00pm Zumba* 1:00pm Circuit Training Class* 1:30pm Canasta 7:00pm Line Dancing*</p>  <p><b>30</b></p>	<p>9:00am 20/20 On-Site Eye Care# 10:00am Ladies Poker &amp; Texas Holdem 10:15am Chair Strength &amp; Balance* 11:30am Aqua Fitness* 1:30pm Barre Before Bar* 2:00pm Dominoes 3:00pm Bridge</p>  <p><b>31</b></p>	<p>(#) Requires registration &amp;/or payment to an outside vendor. Order tickets ahead of time.</p>

## MEET YOUR TRAINERS AND INSTRUCTORS

### PERSONAL TRAINING

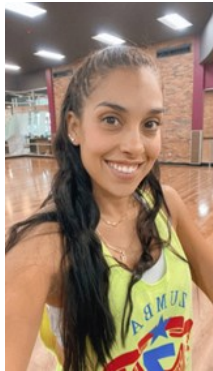
#### Call for Times Fitness Center

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

Sabrina: (407) 808-1559  
Marlene: (321) 217-5311

#### ALEX

Alexaida is originally from Venezuela. She has two children and studied economics until she started in the world of dance. She loves to dance and since has dedicated herself to it. In her country, she had a Salsa Academy for more than 10 years and had the opportunity throughout to teach thousands of people and train more than 10 instructors. She has been a Zumba instructor for more than 13 years. Dancing is her passion, but she also loves teaching. She has also taught other modalities of classes like Aqua Fit and Strength and Balance which help to have a balance between cardio and toning.



#### DANI

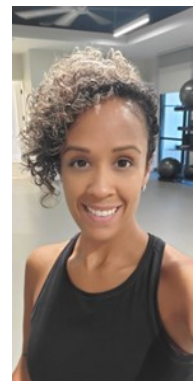
Dani is an accomplished individual who has made significant contributions in the world of dance, fitness, and yoga. Born

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

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

#### MARLENE

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



## 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. Please bring own mat for outdoor classes.

### 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

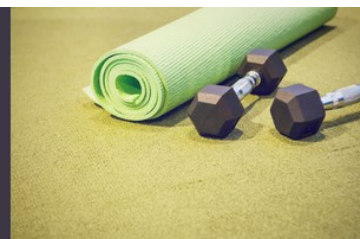
**Zumba Gold Tuesdays – 4:30 pm – DeLisa**

**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

**Painting for the Absolute Beginner— May 7**  
**Acrylics — May 10**

**Basic Color Mixing & Painting P1 — May 14**

**Zen Rock Painting — May 20**

**Basic Color Mixing & Painting P2 — May 21**

**Beginner Watercolors Level 1—May 29**

**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**

May Book: Covenant of Water by: Abraham Verghese

June Book: Looking for Alaska by: John Green

## *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

**May 5 | 1:00 — 4:00 pm**  
**Lime Fresh Mexican Grill**  
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

### 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 PLAY TENNIS SOCIAL

**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*

### 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

**Lake Ivanhoe**

**May 19 | 11:00 am**

**1600 N. Orange Ave., Orlando, FL**

Learn how to paddle board or kayak in gator-free waters. The cost is \$65.00 per person for 1 1/2 hours on the water.

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

### 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

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](mailto: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.

## *SPECIAL INTEREST GROUPS*

### 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**  
**Tech Room**

The next Technology Advisory Group will not be until be June 24. 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

### WINE SOCIAL

**First Saturday | 5:00 pm**  
**Outdoor Pavilion & Fire Pits**

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

### 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.

- A Place for Grace - Kitchen Organizing  
May 13 | 9:00 am
- A Place for Grace - Clothing sorting  
May 21 | 9:00 am

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.



## THE SABAL TAVERN

MAY 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

2:00 - 5:00 pm

SAVE THE DATE FOR THE SABAL TAVERN  
INDEPENDENCE DAY CELEBRATION  
BEING HELD ON JUNE 30, 2024

# LIFESTYLE EVENTS



## SPRING INTO SUMMER

**Wednesday, May 1 | 5:00 - 8:00 pm**  
**Pool & Pavilion Area**  
**Cost: \$10.00 per person**

Celebrate with us as we get ready to Spring into Summer here at Del Webb Sunbridge. Enjoy music, food, contests, and that perfect beach atmosphere. Come dressed in your best beach tourist attire to win a prize. Visit the website for more details. This event is sponsored by Pulte Group, Sales.



## ESTATE PLANNING SEMINAR

**Thursday, May 9 | 2:00 pm**  
**Multipurpose Room**

Please join us to discuss wills, trusts, probate, etc. Seminar hosted by: Daniel Henderson, Esq. of Henderson Sachs, P.A.



## PAISLEY CRAZE CONCERT

**Saturday, May 18 | 7:00 pm**  
**Multipurpose Room**  
**Cost: \$12.00 per person**

If you love 60's music. it doesn't get any better than this! You got to experience Paisley Craze. Paisley Craze covers the music of the 60's in every way. Brit Invasion, Psychedelia, Woodstock Era, Motown, Pop, Rock, Surf, Soul, Stax, Folk, Roots, The Peace Movement, Protest tunes and more. They bring high energy, fun music from the 60's with their tight band featuring strong vocal performances!



## SUNDAY SOCIAL - BAKED GOODS

**Sunday, May 19 | 2:00 pm**  
**Grill Pavilion**

Whether you're a seasoned baker or have never tried your hand at it, we invite you to join us on May 19 for a special celebration. In honor of World Baking Day, we are asking residents to bring their favorite baked goods to our Sunday Social. You're welcome to

bring something sweet or savory. We will have a dedicated space for those who bring gluten-free and sugar-free options. We will test your knowledge with some bake goods Trivia! We are looking forward to seeing you at the event! Please RSVP if you plan to attend. Let's celebrate National Baked Good Day together!

# LIFESTYLE EVENTS



## FOOD TRUCK SOCIAL

**Monday, May 20 | 5 - 8 pm**  
**Hammock Club Parking Lot/Pavilion**

We have partnered with Tampa Bay Food Trucks to bring a food truck to Del Webb Sunbridge on the third Monday of each month. This month's truck will be the Treehouse Truck. You will be able to view their menu and even order online starting a few

days before the event. View the link [here](#). The truck will be parked in the parking lot, and we encourage residents to bring their chairs and drinks and gather by the fire pit and pavilion behind the sports courts.



## Find Your Center

A Fall Prevention Workshop with  
Brain Spine Institute of Lake Nona and Fyzical Lake Nona

May 23 | 10:00 am  
Multipurpose Room

## FIND YOUR CENTER - FALL PREVENTION

**Thursday, May 23 | 10:00 am**  
**Multipurpose Room**

Join Doctors of Physical Therapy Quinard Webb and Matthew Lucena (Brain Spine Institute of Lake Nona/Fyzical Lake Nona) at this workshop to learn about your standing balance and receive a free Fall Risk Assessment. You can take steps to improve

your balance and decrease the chances of falling. Discover the power of balance!



## MEMORIAL DAY FLAG CEREMONY

**Monday, May 27 | 11:45 am**  
**Hammock Club Flag Poles**

Commemorate Memorial Day with your neighbors at the Flag Ceremony as we recognize this day of remembrance and honor to the men and women who died while serving in the military.

Our flag ceremony will start promptly at 11:45 am with special guest speaker, Scott Buccieri.

## 20/20 ONSITE EYECARE

COMING BACK TO  
DEL WEBB  
SUNBRIDGE

**MAY 31**



## 20/20 Onsite Eye Care

**Friday, May 31 | 9:00 am - 4:00 pm**  
**Hammock Club Parking Lot**

We are excited to announce that 20/20 Onsite, the leader in mobile optometry, is returning to Del Webb Sunbridge to provide comprehensive eye exams. It just takes 30 minutes to get a full eye exam AND shop their collection of over 300 styles of glasses

# RESIDENT EVENTS



## TRIVIA NIGHT

**Thursday, May 2 | 6:00 pm**  
**Multipurpose Room**

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



## CROQUET TOURNAMENT

**Saturday, May 4 | 10:00 am**  
**Pavilion Area**

even if you aren't participating. Hosted by DWS Resident: Nikki Buccieri

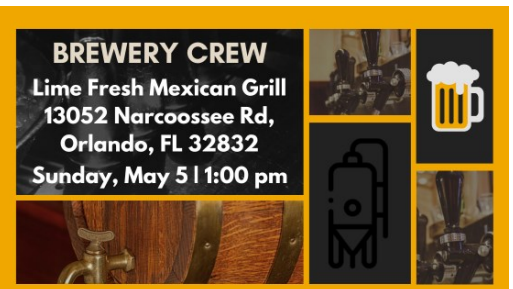
Show off your croquet skills at our first annual Sunbridge tournament! We encourage you to bring something for a potluck picnic. The theme is Kentucky Derby, so you can dress up and wear your best hat! Everyone is encouraged to come and watch



## Wine Social

**Saturday, May 4 | 5:00 pm**  
**Multipurpose Room/Pool Pavilion & Firepits**

Enjoy wine with neighbors outside at the pavilion and firepit near the sports courts.



## BREW CREW MEETS CINCO DE MAYO

**Sunday, May 5 | 1:00 pm**  
**Lime Fresh Mexican Grill**  
**13052 Narcoossee Rd, Orlando, FL 32832**

Celebrate Cinco de Mayo with the Brew Crew. Met your neighbors at this local restaurant and enjoy great Mexican food and drinks. Check out Lime Fresh's offerings on their website. Contact Larry with any questions at 954-562-5253.

# RESIDENT EVENTS

## Nurses Luncheon May 11 | 12 - 2 pm



### NURSES LUNCHEON

**Saturday, May 11 | 12:00 pm**  
**Multipurpose Room**

Please save the date for Nurses Week Celebration and Luncheon at our Hammock Club. Nurses Week this year is 5/6 to 5/12/24 according to the National Nurses Association.

We have many nurses here at Del Webb Sunbridge to celebrate their years of dedication and commitment, working and retired. Please register on our DWS app as soon as you can!

## Live Longer, Live Healthier PLANT-BASED COOKING



MAY 13 | 6:30 PM  
RSVP REQUIRED

### LIVE LONGER, LIVE HEALTHY

**Monday, May 13 | 6:00 pm**  
**Multipurpose Room**

On May 13, we will continue our six-part series of discussions with experts and Sunbridge residents to explore this topic.

This second session will focus on the Blue Zone of Okinawa, Japan. This session will reveal the second secret of a longer, healthier life: moving naturally. The world's longest living people do not pump iron or join gyms; instead, they keep their bodies moving naturally. What are the benefits of an active body? How can we gain these benefits without a rigorous workout schedule? RSVP in the Sunbridge app if you would like to attend.



### MUSIC TRIVIA

**Wednesday, May 14 | 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.



## Safe Driving Class

### AARP SAFE DRIVING

**Friday, May 17 | 1:00 pm**  
**Tech Room**

Please bring a check or cash to the class. If you have a Supplemental AARP United Health Insurance card, bring it to the class and you don't have to pay. Also, bring your AARP card if you are a member.

# RESIDENT EVENTS

## LADIES' DAY OUT

LADIES' DAY OUT!  
AT JUST A GLAZIN'

**Thursday, May 23 | 11:30 am**  
**Just a Glazin' Pottery / Fused Glass**  
**1109 B 10th Street, St. Cloud**

This is a wonderful opportunity to learn fused glass or just select a piece of pottery. We are required to spend at least \$22.00 each and must have at least 10 participants to rent the studio for two hours. We can all pay separately for the pieces we choose. Pattie Stahl has paid a \$50.00 fee for the room, which will be split between all who sign up for this fun experience.

Informal lunch will follow at Beef O Brady's (10 minutes away from Just A Glazin). The restaurant's address is 2926 13th St., St Cloud, FL 34769. Carpooling is recommended. If you are planning to drive your own car, please try and coordinate with others. For more info contact Pattie Stahl at (407) 202-4664.

## GUESS THAT SONG



**Wednesday, May 29 | 6:30**  
**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. Hosted by DWS resident, Nikki!

## LET'S GET CURIOUS



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

Come join us for a Sunbridge Social at Curious Cork. Reserved for 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.

Limited capacity; sign up by May 26. Please wear your name tag.

Please contact Hilda with any questions at [hildapellis@gmail.com](mailto:hildapellis@gmail.com).



## 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.



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Medicare,  
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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 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 Night—May 22

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 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

