

Del Webb[®]
SUNBRIDGE



Sunbridge LIVING

APRIL 2025

EMAIL OUR TEAM!

Welcome to your connection to all things Del Webb Sunbridge. We've compiled everything you need to know about Del Webb Sunbridge into this one-stop shop monthly newsletter. From upcoming events, resident clubs and groups, and exciting lifestyle updates, its all here! If you see something we missed or have an update for our team, please email life@dwsunbridge.com.

WE WANT TO HEAR FROM YOU!

We are busy planning the future Del Webb Sunbridge lifestyle offerings, and we are curious to hear your thoughts! Your opinion matters to us, so we invite you to take part in this brief survey. We look forward to hearing what interests you and how we may bring it to life.

[CLICK TO TAKE SURVEY](#)



Stay connected! Click here to join our resident-only Del Webb Sunbridge Facebook Group. *This is the only official Del Webb Sunbridge Lifestyle Facebook Page.



UPCOMING
Events

EASTER EGG DECORATING CONTEST

MONDAY, APRIL 1ST | ALL DAY
HAMMOCK CLUB - LOBBY

Want to be featured in the First Annual Del Webb Sunbridge Easter Egg Display? Sign up to decorate an oversized plastic egg in your own creative way for a chance to win!

General Voting: April 15th – 17th
Winners Announced: April 18th

RSVP



LET'S TALK ABOUT BRAIN HEALTH WORKSHOP

TUESDAY, APRIL 2ND | 12:30 PM - 1:30 PM
TECH ROOM

Join K2 Medical Research to learn about how you can keep an active & healthy brain through simple changes. Information about different forms of dementia, your risk factors & how to build your own brain profile.

RSVP

FIRST FRIDAY DANCE PARTY: FLOWER POWER

FRIDAY, APRIL 4TH | 7 PM - 10 PM
MULTIPURPOSE ROOM

An evening of music, dancing, and good vibes! Kick off the weekend with high-energy beats from a DJ spinning 70s and 80s pop hits to groove the night away. Wear your brightest outfits and make it a night to remember!

RSVP





BULLETPROOF YOUR RETIREMENT SEMINAR

TUESDAY, APRIL 8TH | 12 PM - 1 PM
TECH ROOM

Bulletproof your Retirement with help from Lucas Wealth & Retirement. This seminar will feature various topics of mitigating risks, taxes, and maximizing your social security. Sign up to attend this informative presentation today.

[RSVP](#)

MEMORY SCREENING MOBILE CLINIC

WEDNESDAY, APRIL 9TH | 9 AM - 4 PM
HAMMOCK CLUB PARKING LOT

Join K2 Medical Research for a complimentary memory screening event. Take a proactive step towards your brain health and get your memory tested. Sign up for a spot and take advantage of this free service!

[RSVP](#)



STAND UP AT SUNBRIDGE

SATURDAY, APRIL 12TH | 7 PM - 9 PM
MULTIPURPOSE ROOM

Join us for a night of laughter with stand-up comedian Mike Marino! Known around the world as New Jersey's Bad Boy, his sharp humor and relatable jokes will have you laughing all night long.

Cost: \$15 per person

[REGISTER](#)



FOOD TRUCK SOCIAL

MONDAY, APRIL 14TH | 5 PM - 8 PM
HAMMOCK CLUB PARKING LOT

Come hungry to try a variety of dishes from local food trucks. It's the perfect chance to try something new, enjoy live music from a DJ and connect with neighbors. This month's featured trucks include 143 Woodfire Pizza & GringaMex.

RSVP



NEW RESIDENT MIX & MINGLE

MONDAY, APRIL 21ST | 5 PM - 7 PM
MULTIPURPOSE ROOM

Join us for a fun-filled evening every month to meet your neighbors, make new friends, and get familiar with your new community. Light bites will be provided. Please feel free to bring your own beverages. We look forward to meeting you!

RSVP

EARTH DAY COASTER CREATIONS

TUESDAY, APRIL 22ND | 6 PM - 8 PM
WET CRAFT ROOM

Celebrate Earth Day by painting your own eco-friendly coasters! You will create a set of 4 coasters (3X3 inches) through a hands-on workshop. Join us to celebrate nature through art!

Cost: \$30 per person

REGISTER





FEATURE FRIDAYS BY FLORIDA HEADWATERS FOUNDATION

FRIDAY, APRIL 25TH | 11 AM - 1 PM
MULTIPURPOSE ROOM

The Florida Headwaters Foundation is excited to present a series of educational and inspiring nature documentaries that promise to enlighten, inspire and educate.

Featured Film: "Sonic Sea"

[RSVP](#)

LADIES LUNCHEON: DESIGN YOUR DERBY HAT

WEDNESDAY, APRIL 30TH | 12 PM - 2 PM
MULTIPURPOSE ROOM

Saddle up for a fun-filled Ladies Luncheon - Kentucky Derby style! Leading up to the big race, we'll enjoy delicious food, great company, and a fun derby hat-making activity.

Cost: \$20 per person

[REGISTER](#)



CANCELLATIONS AND REFUNDS

Our cancellations policy is as flexible and understanding as possible. Our events are booked with vendors well in advance, and some residents may have been turned away due to capacity limitations. All cancellations must be made prior to the registration deadline for a full refund (less the processing fee) to allow others on the waitlist a chance to attend. Cancellations made after the registration deadline are not eligible for a refund due to catering costs and restraints.





April 2025

LIFESTYLE EVENTS, CLUBS & GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Easter Egg Decorating Contest Begins (L) Game Club: Backgammon 4-6 PM (MR)	2 Let's Talk About Brain Health 12:30 PM (TR) 12 Stone Group Mustard Seed Group 7 PM (TR) Game Club: Canasta Hand & Foot 7 PM (MR)	3 Game Club: Guess That Song 7 PM (MR)	4 First Friday Dance Party: Flower Power 7-10 PM (MR)	5 Spring Fling Craft Fair 10 AM - 1 PM (MR) Saturday Social Club 5-8 PM (OS)
6	7	8 Bulletproof Your Retirement 12-1PM (TR)	9 Memory Screening Mobile Clinic 9 AM-4 PM (PR) Sunbridge Women's Group 10:30 AM (OS) Game Club: Music Bingo 6:30-8 PM (MR)	10 New Homeowner Orientation 3 PM (TR) Veterans Social Group 6PM (TR) Book Club 6:30 PM (WCR)	11	12 Stand Up at Sunbridge 7-9 PM (MR)
13 DW Pickleball Charter Party 5-7 PM (Pavilion)	14 Food Truck Social 5-8 PM (PR)	15 Easter Egg Contest - Voting (L) Game Club: Backgammon 4-6 PM (MR) Sunbridge Culture Club 6:30 PM (DCR)	16 Easter Egg Contest - Voting (L) 12 Stone Group 7 PM (TR) Mustard Seed Group 7 PM (WCR) Game Club: Canasta Hand & Foot 7 PM (MR)	17 Easter Egg Contest - Voting (L) Manager's Meeting 6PM (MR)	18 Easter Egg Decorating Contest - Winners Announced (L)	19 Brewery Club 1-3 PM (OS) Game Club: Music Trivia 7 PM (MR)
20	21 Shooting & Archery 9-11 AM (OS) New Resident Mix & Mingle 5-8 PM (MR)	22 Earth Day Coaster Creations 6-8 PM (WCR)	23 Del Webb Daubers 5-8 PM (MR)	24 New Homeowner Orientation 3 PM (TR)	25 Feature Fridays - FL Headwater Foundation 11 AM (MR) ABE 5 PM (MR)	26
27	28 Technology Advisory Group 6PM (TR)	29 Game Club: Backgammon 4-6 PM (MR) Game Club: Trivia Night 7 PM (MR)	30 Ladies Luncheon - Design Your Derby Hat 12 - 2 PM (MR)			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mahjong 2-4 PM (MR)	Art Meet Up 10-12 PM (WCR) Mahjong 1-3 PM (MR) Beginner Spanish Class 3PM (TR)	Game Club: Mexican Train 11 AM - 1 PM (MR) Game Club: Canasta Hand & Foot 1:30-3:30 PM (MR) Intermediate Spanish Class 3PM (TR) Tavern Tunes 3-6 PM (T) Game Club: Pinochle 6-8 PM (MR)	Sunbridge Stitchin' Sisters 9 AM -12 PM (DCR) Bridge 10-12 PM (MR) Game Club: Euchre 1:30-3:30 PM (MR) Advance Spanish Class 3PM (TR) Tavern Tunes 4-7 PM (T)	Game Club: Rummikub 11 AM -1 PM (MR) Game Club: Canasta Hand & Foot 1:30-3:30 PM (MR) Sunbridge Singers 4-6 PM (DCR)	Game Club: Dominos 2-5 PM (MR) Bridge 3-5 PM (MR) Tavern Tunes 5:30-8:30 PM (T)	Game Club: Asian Mahjong 2-4 PM (MR)

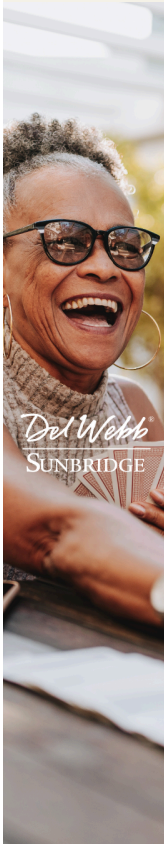
LOCATION KEY

- DCR - Dry Craft Room
- GF - Group Fitness Room
- GRP - The Grill Pavilion
- L - Lobby
- MR - Multipurpose Room
- OP - Outdoor Pavilion
- OS - Off Site
- PC - Pickleball Courts
- PR - Parking Lot
- RP - Resistance Pool
- TC - Tennis Courts
- TR - Tech Room
- T - Tavern
- WCR - Wet Craft Room

COLOR KEY

- Navy - Clubs & Groups
- Teal - Lifestyle Events
- Tan - HOA

[CLICK HERE TO VIEW THE FULL CLUBS, GROUPS, AND LIFESTYLE EVENTS CALENDAR](#)



April 2025

SPORTS & FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pickleball Open Club Play 7:00 PM (PC #1-7)	Tennis Open Play 7:30 AM (TC) Pickleball Open Club Play 8:00 AM (PC #1-6) Pickleball Challenge Club Play 8:00 AM (PC #7) Beginner Chair Yoga 9:15 AM (GF) Beginner Chair Yoga 10:15 AM (GF) Pilates 1:00 PM (GF) Stretch & Stress Release 6:00 PM (GF) Tennis Open Play 6:30 PM (TC)	Tennis Open Play 7:30 AM (TC) Pickleball Mens Club Play 8:00 AM (PC #1-4) Pickleball Open Club Play 8:00 AM (PC #5-6) Pickleball Beginners Play Club 8:00 AM (PC #7) Calm & Strong 9:00 AM (GF) Power Walk & Tone 9:15 AM (GRP) Beginner Tennis Lessons 10:00 AM (TC) Lengthen & Strengthen 10:15AM (GF) Zumba 11:45AM (GF) Pickleball Open Club Play 7:00 PM (PC #1-7)	Tennis Open Play 7:30 AM (TC) Pickleball Open Club Play 8:00 AM (PC #1-6) Pickleball Challenge Club Play 8:00 AM (PC #7) Core & Cardio Aerobics 8:15 AM (GF) Aqua Fitness 8:45 AM (RP) Restore & Recover 9:15 AM (GF) Cardio & Strength 10:15 AM (GF) Chair Strength & Balance 11:30 AM (GF) Functional Strength & Mobility Training 12:30 PM (GF) Pilates 1:30 PM (GF) Pickleball Mens Club Play 7:00 PM (PC #1-4) Pickleball Open Club Play 7:00 PM (PC #5-7)	Tennis Open Play 7:30 AM (TC) Pickleball Womens Club Play 8:00 AM (PC #1-4) Pickleball Open Club Play 8:00 AM (PC #5-6) Pickleball Beginners Club Play 8:00 AM (PC #7) Yoga 8:15 AM (GF) Beginner Chair Yoga 9:15 AM (GF) Intermediate Tennis Lessons 10:00 AM (TC) Zumba 11:45 AM (GF) Advance Strength & Balance 12:35 PM (GF) Pickleball Open Club Play 7:00 PM (PC #1-7)	Calm & Strong 7:00 AM (GF) Tennis Open Play 7:30 AM (TC) Pickleball Open Club Play 8:00 AM (PC #1-6) Pickleball Challenge Club Play 8:00 AM (PC #7) Core & Cardio Aerobics 8:15 AM (GF) Restore & Recover 9:15 AM (GF) Chair Strength & Balance 10:15 AM (GF) Aqua Fitness 11:15 AM (GF) Cardio & Strength 11:30 AM (GF) Barre Before Bar 12:30 PM (GF)	Tennis Open Play 7:30 AM (TC) Pickleball Open Club Play 8:00 AM (PC #1-7) Power Yoga 9:00 AM (GF) Tennis Mixed Doubles 10:00 AM (TC) Chair Strength & Balance 10:15 AM (GF) Aqua Fitness 10:30 AM (RP)

LOCATION KEY

- GF - Group Fitness Room
- GRP - The Grill Pavilion
- PC - Pickleball Courts
- RP - Resistance Pool
- TC - Tennis Courts

[CLICK HERE TO VIEW THE SPORTS & FITNESS CALENDAR](#)

Save the DATE



SPAZMATICS CONCERT

FRIDAY, MAY 9TH

ALOHA SUMMER BASH

SATURDAY, JUNE 21ST



*Dates and times are subject to change without notice.



Del Webb
SUNBRIDGE

Sabal Tavern

INDULGE IN OUR APRIL SPECIALS!

Friday, April 4th

- Fish and Chips

Cookies will be 2 for \$2 every Tuesday and Thursday!



DRINK OF THE MONTH

Blueberry Lavender Lemonade

- Vodka, Blueberry Lavender Syrup & Lemonade

RECURRING TAVERN SPECIALS

Happy Hour

- Tuesday to Saturday: 3 PM - 6 PM
- Sunday: 12 PM - 3 PM

Tex Mex Tuesday

- Every Tuesday!

First Friday Fish Specials

- First Friday of the Month!

Tavern Tunes: Live Music

- Tuesdays: 3 PM - 6 PM
- Wednesdays: 4 PM - 7 PM
- Fridays: 5:30 PM - 8:30 PM



[CLICK HERE FOR FULL MENU](#)

[CLICK HERE FOR APRIL SPECIALS](#)



Find your shine

COMMUNITY GROUPS



12 Stones Group

Schedule: First & Third Wednesday | 7 PM

Location: Tech Room

Group Contact: John Duffy, duffyj_1@yahoo.com



Appetizers & Elixirs (A&E)

Schedule: April 25th | 6 PM - 9 PM

Location: Multipurpose Room

Group Contact: Glen Spellman, glenspellman@gmail.com



Advanced Spanish Class

Schedule: Wednesday | 3 PM

Location: Tech Room

Group Contact: Dulce De Villa, devillad@hotmail.com



Art Meet Up

Schedule: Monday | 10 AM - 12 PM

Location: Wet Craft Room

Group Contact: Khris Butt, kaylar74@hotmail.com



Beginner Spanish Class

Schedule: Monday | 3 PM

Location: Tech Room

Group Contact: Julia Vazquez, yina41@aol.com



Book Club

Schedule: Second Thursday | 6:30 PM

Location: Wet Craft Room

Group Contact: Mary Lu Williams-Link, marylu1933@gmail.com



Brewery Crew

Schedule: April 19th | 1 PM - 3 PM

Location: Ravenous Pig Beer Garden

Group Contact: Larry Steigrod, 954-562-5253



Game Night

Schedule: Bi-Monthly | 7 PM
Location: Multipurpose Room
Group Contact: Nikki & Scott Buccieri, nikkibuccieri@msn.com



Intermediate Spanish Class

Schedule: Tuesday | 3 PM
Location: Tech Room
Group Contact: Liz Holzhauser, lizholzhauser@gmail.com



Mustard Seed Group

Schedule: First & Third Wednesday | 7 PM
Location: Wet Craft Room
Group Contact: Sheri Radomsky, sheri.rad@gmail.com



Shooting & Archery

Schedule: Third Monday | 9 AM - 11 AM
Location: Triple N Ranch
Group Contact: Steve Bierwirth, sbierwirth685@gmail.com



Sunbridge Stitchin' Sisters

Schedule: Wednesday | 9 AM - 12 PM
Location: Dry Craft Room
Group Contact: Carmen Eschette, c.eschette@yahoo.com



Sunbridge Women's Group

Schedule: April 9th | 10:30 AM - 2 PM
Location: Pop Stroke Orlando @ Waterford Lakes
Group Contact: Jill Gagliardo, 813-748-6237



Technology Advisory Group

Schedule: Fourth Monday | 6 PM
Location: Tech Room
Group Contact: Thomas Williams, twil68.twiii@gmail.com



Veterans Social Club

Schedule: April 10th | 6 PM
Location: Tech Room
Group Contact: Renee Ehrke, rehrke@earthlink.net



Volunteer Group

Schedule: Shared on Facebook Group - Del Webb Sunbridge Volunteers
Group Contact: Mayra Hung, 848-333-6913



Charter CLUBS



Bridge Club

Schedule: Wednesday | 10 AM - 12 PM, Friday | 3 PM - 5 PM
Location: Multipurpose Room
Club Contact: Helen Wilson, edandhelen1@gmail.com



DW Daubers Bingo Club

Residents must sign up to be a member of the Charter Club to participate. Cash prizes are awarded for winners. Doors Open: 5PM Doors Close: 5:45

Schedule: Fourth Wednesday | Game Start: 6 PM
Location: Multipurpose Room
Club Contact: Maria, 646-732-1410



DW Pickleball Club

Sign up to be part of the Del Webb Pickleball Club. Yearly fees at \$20.00 per person. Other dates and times for lessons and round robins may happen throughout each month and can be found via the community app/website.

Schedule: Program schedules vary. Please see below.
Location: Pickleball Courts
Club Contact: Tresa, 405-441-1550

Mondays: 8:00-10:00 am
Open Club Play (Courts 1-6)
Challenge Club Play (Court 7)

Tuesdays: 8:00 - 10:00 am
Men's Club Play (Courts 1-4)
Open Club Play (Courts 5-6)
Beginner's Club Play (Courts 7)

Tuesdays: 7:00 - 9:00 pm
Open Club Play or Round Robin
(Courts 1-7)

Wednesdays: 8:00 - 10:00 am
Open Club Play (Courts 1-6)
Challenge Club Play (Court 7)

Wednesdays: 7:00 - 9:00 pm
Men's Club Play (Courts 1-4)
Open Club Play (Courts 5-7)

Thursdays: 8:00 - 10:00 am
Women's Club Play (Courts 1-4)
Open Club Play (Courts 1-4)
Beginner's Club Play (Courts 1-4)

Thursdays: 7:00 - 9:00 pm
Open Club Play (Courts 1-7)

Fridays: 8:00- 10:00 am
Open Club Play (Courts 1-6)
Challenge Club Play (Court 7)

Saturdays: 8:00 - 10:00 am
Open Club Play (Courts 1-7)

Sundays: 7:00 - 9:00 pm
Open Club Play (Courts 1-7)



Fine Arts Club

Schedule: Monthly | Varies
Location: Wet Craft Room
Club Contact: Khris Butt, kaylar74@hotmail.com



Friends of India Club

Schedule: Throughout the month | Varies
Location: Multipurpose Room
Club Contact: Yogesh Amin, dryogeshamin@yahoo.com



Mah Jongg Club

Schedule: Monday | 1 PM - 3 PM
Location: Multipurpose Room
Group Contact: Ann Whitney, whitann@sbcglobal.net



Games Club

Schedule: Daily | Varies
Location: Multipurpose Room
Group Contact: Maxine Lopez, mlopez2720@yahoo.com
Includes: Asian Mahjong, Backgammon, Canasta/Hand & Foot, Dominoes, Music Trivia, Guess that Song, Music Bingo, Trivia Night, Euchre, Mexican Train, Pinochle, Rummikub



Sunbridge Culture Club

Schedule: Third Tuesday | 6:30 PM
Location: Dry Craft Room
Club Contact: Valerie Williams, va.ly.wms@gmail.com



Sunbridge Social Club

Schedule: Second Saturday | 5 PM - 8 PM
Location: Grill Pavilion & Fire Pits
Group Contact: Colleen Hutton, colleenhutton@me.com



Sunbridge Singers

Schedule: Thursday | 5 PM - 6:30 PM
Location: Dry Craft Room
Group Contact: Terri Brinegar, terribrinegar@gmail.com



DWS Tennis Club

The Tennis Charter Group has many different offerings for Del Webb Sunbridge residents. Join the club for just \$20.00 per year. Check out the listing on the next page to see all the Tennis Charter Club offerings. You may also reach out to Joe Greco at 646-918-4011 for more information.

Open Play for Members & Interested Residents
Mondays at 6:30PM

Beginner Lessons
Tuesdays 10AM

Open Tennis Club Play
Monday - Saturday 7:30-10

Intermediate Lessons
Thursdays 10AM

Mixed Doubles
Saturday 10AM-12PM

Open Play for Members & Interested Residents: 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.

Open Tennis Club Play: Reserved Club Member court time is open early, so get outside and enjoy playing Tennis with other members or guests. Have fun playing Doubles (or) Singles whether you're a beginner, intermediate or advanced player. Just hit and practice your shots with another member or guest. Find future hitting partners and/or challenge another member to a friendly or competitive match. Work on your game skills while simultaneously improving your fitness! This reserved court time is for Charter Club members unless courts aren't being used by Members.

Ladies Doubles: Come partner up with other Ladies for some fun Doubles tennis. Combine your strokes w/tactics in lively game sessions with other female members. Get a great workout while improving your game.

Men's Doubles: Come out and play some Doubles and combine your strokes w/tactics in lively game sessions with other male members. Play matches and compete in a Round Robin format. Get a great workout while improving your game.

Beginner Tennis Lesson: Learn about grip, preparation and swing path. Learn basic ground strokes, how to rally & volley. Practice shot placement and develop your game-playing knowledge. A ball machine may be used for some Cardio development. Improve your Tennis game and fitness simultaneously while having fun and meeting neighbors. This class is for beginners or those looking to develop their early Tennis skillset. For players with rating - 0 - 2.5.

Intermediate Tennis Lessons: Develop your ground strokes and basic knowledge of court positioning, shot placement, and game strategies. Explore strokes from a tactical or technical perspective. Practice gameplay tactics, do some drills and utilize a ball machine for some great cardio! Improve your Tennis game and fitness simultaneously while having fun and meeting neighbors. This class is for Intermediate+ players looking to further develop their skillset. For players with rating 2.5 - 4.0 rating

Del Webb®
SUNBRIDGE



fitness SCHEDULE

ADVANCE STRENGTH & BALANCE

THURSDAYS | 12:35 PM
GROUP FITNESS ROOM

This advance class will take you through stretching, balance and strength exercises with elastic bands.

BEGINNER CHAIR YOGA

MONDAY | 9:15 AM & 10:15 AM
THURSDAY | 9:15 AM
GROUP FITNESS ROOM

This beginner chair yoga class will offer you mobility and stretching from a seated position with some standing postures and balancing using the chair.

AQUA FITNESS

WEDNESDAY | 8:45 AM
FRIDAY | 11:15 AM
SATURDAY | 10:30 AM
RESISTANCE POOL

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!

CALM & STRONG

TUESDAYS | 9 AM
FRIDAYS | 7 AM
GROUP FITNESS ROOM

Build stamina, stability and strength the first half of class then find your calm in the second half by stretching, releasing and breathing.

BARRE BEFORE BAR

FRIDAY | 12:30 PM
GROUP FITNESS ROOM

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.

CARDIO & STRENGTH

WEDNESDAY | 10:15 AM
FRIDAY | 11:30 AM
GROUP FITNESS ROOM

Incorporating total body conditioning with yoga stretching to release, relax & restore.

CHAIR STRENGTH & BALANCE

WEDNESDAY | 11:30 AM
FRIDAY | 10:15 AM
SATURDAY | 10:15 AM
GROUP FITNESS ROOM

Incorporate cardio & strength to increase cardiovascular levels while challenging your coordination.

LENGTHEN & STRENGTHEN

TUESDAY | 10:15 AM
GROUP FITNESS ROOM

Through a combination of deep stretching, joint opening exercises, and targeted strengthening techniques, you will improve your range of motion, boost mobility, and develop more fluid movement patterns

POWER WALK & TONE

TUESDAY | 9:15 AM
MEET AT PAVILION

Heart-pumping benefits of power walking with intervals of strengthening and stretching exercises for a full-body workout around the community

STRETCH & STRESS RELEASE

MONDAY | 6 PM
GROUP FITNESS ROOM

Restorative yoga practice works to help us unwind and create "space" in both the body and the mind. The class incorporates energizing movements designed to build & maintain functional strength, improve flexibility and range of motion.

CORE & CARDIO AEROBICS

WEDNESDAY | 8:15 AM
FRIDAYS | 8:15 AM
GROUP FITNESS ROOM

Low impact, heart rate-based class that incorporates both aerobic cardiovascular exercises to improve stamina, endurance, and mind-body coordination.

LINE DANCING

MARCH 6TH & 20TH | 7 PM
GROUP FITNESS ROOM

Learn a variety of line dances from various genres of music (oldies, popular, country, etc.). Please wear comfortable closed-toed shoes. Bring your water and a towel and get ready to groove!

POWER YOGA

SATURDAY | 9 AM
GROUP FITNESS ROOM

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.

YOGA

THURSDAY | 8:15 AM
GROUP FITNESS ROOM

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.

FUNCTIONAL STRENGTH & MOBILITY TRAINING

WEDNESDAY | 12:30 PM
GROUP FITNESS ROOM

Focus on movements that mimic everyday activities to improve overall joint mobility and build strength in multiple muscle groups

PILATES

MONDAY | 1 PM
WEDNESDAY | 1:30 PM
GROUP FITNESS ROOM

This Pilates class was designed to strengthen your core, improve flexibility, and enhance overall body awareness. Suitable for all levels.

RESTORE & RECOVER

WEDNESDAY | 9:15 AM
FRIDAY | 9:15 AM
GROUP FITNESS ROOM

A restorative class designed to enhance mobility, flexibility and overall recovery through gentle stretching, dynamic openers, and targeted mobility exercises.

ZUMBA

TUESDAY | 11:45 AM
THURSDAY | 11:45 AM
GROUP FITNESS ROOM

Zumba is a Latin-dance inspired high-energy aerobic fitness class for everyone! Your instructor will show you all the moves and you will learn as you go!

[CLICK HERE TO VIEW FITNESS CALENDAR](#)

MEET THE SUNBRIDGE FITNESS TEAM



ALEX

PERSONAL/GROUP INSTRUCTOR

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

CHELSEA

PERSONAL/GROUP INSTRUCTOR

Chelsea Cherry is a highly experienced personal trainer and group fitness instructor with over 8 years of experience in the industry. Chelsea specializes in a diverse range of areas, including aqua-fit, injury prevention and rehabilitation, prenatal and postpartum fitness, functional fitness, mobility and more! She is committed to tailoring programs to her clients' individual fitness levels. Her passion is helping clients progress by creating supportive, effective and personalized experiences that empower individuals to achieve their fitness goals safely and confidently.



AMY

PERSONAL/GROUP INSTRUCTOR

Amy brings her passion for health and wellness by teaching classes to the residents of Del Webb Sunbridge. With more than 20 years of experience and several certifications (Yoga Alliance teacher RYT-200, Ace Group Fitness Instructor, CPR, AED, and First Aid), Amy aims to create a safe class environment where all levels of students can explore, deepen and expand on what they enjoy about yoga and fitness. You may see Amy around the community, as she is also a resident here at Del Webb Sunbridge.



MARLENE

PERSONAL/ GROUP INSTRUCTOR

Marlene has been an advocate of health, fitness and mindfulness for over 10 years. Her specialties 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, 12 massage therapy, and weight loss management. Marlene's passion is to help strengthen people's mind-body and spirit through physical and mental activity.





SABRINA

PERSONAL/ GROUP INSTRUCTOR

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.

MILLIE

GROUP INSTRUCTOR

Millie has been teaching for 25 years, and what a journey it's been! With a background in performing arts and a deep passion for music, she aims to offer classes that are not only memorable but full of joy. Millie's goal is to connect with every participant and create an inclusive, fun environment. She teaches a variety of class formats, including Zumba, Yoga, Sculpt, Core-Toning, and Cycle.



LISA

GROUP INSTRUCTOR

Lisa is a jack of all trades, teaching a variety of fitness classes, including Line Dance, Zumba, Zumba Gold, and Aqua Zumba. She began her fitness journey in 2020 and hasn't looked back since. Outside of teaching, Lisa enjoys working out in the pool and line dancing. When she first discovered dance fitness, she quickly realized it was the perfect way to stay in shape and keep up with her six grandchildren. In her classes, Lisa incorporates a variety of music styles. While she loves all kinds of music, her favorite dance rhythm is bachata.

JOIN US FOR A FITNESS CENTER ORIENTATION!

Every Second Monday | 11:30 AM
Instructor: Marlene

Learn the basics of how to use the Hammock Club Fitness Center equipment properly and safely.

[Click here to register on the Northstar app.](#)





A MESSAGE FROM
YOUR

*Lifestyle
Director*



Hello! I'm Taylor Smith and I'm thrilled to continue my journey as your Community Relations and Lifestyle Director here at Del Webb Sunbridge. Since joining the team, I've been actively working to develop exciting and enriching programs to enhance our vibrant community.

March was filled with great events across the board, including Mardi Gras food pairings, Friday evening dance party, lucky gnome planter crafts, food trucks & much more!

It has been great to see and meet so many of you throughout these events and gatherings at the Hammock Club. Let's keep the momentum going for April, with even more fun and engaging events planned for everyone to enjoy. Summer is just around the corner and I'm already working on even more exciting plans to help us make the most of the warm Florida weather.

Sincerely, Your Community Relations & Lifestyle Director

Taylor Smith



A MESSAGE FROM THE *Manager*

Hello Sunbridge Residents!

The warm temperatures are returning, and so many are enjoying our pool and the beautiful outdoors. We hope to have the new sunshade replacement over the resistance pool soon. Other projects that we will be addressing in the coming weeks include sealing the wood on the ceilings of the gatehouse and clubhouse exteriors and wall repairs and painting on the communities' perimeter walls along Cyrils.

We are happy to announce that we have filled the Property Manager position. Alec Sembrat has been assigned to us from another Castle 55 and Better community. We are in the process of updating our website and more information about Alec will be posted soon so that you can learn a little more about our new Property Manager.

While we are on the subject of website updates, we are working on making more documents available and reorganizing the format a bit. These changes will be available for your review in the "Community Documents" section.

We have our guest speakers lined up for our upcoming Manager Meeting dates. On March 20th at 4 PM (before the manager meeting), Katrina Scarborough will speak about Homestead Exemptions and more. At our meeting on April 17th at 6 PM, we will have representatives from Osceola County providing updates on the road construction in our area. Then, on May 15th, Tavistock will provide an update on the Sunbridge development. Please mark your calendars and reserve your spot.

We have been fielding some questions about the delinquent assessment collection process. I have included an article below that may help answer some questions regarding the standard practice for HOA collections.

All the best to you all!

Stacey Peach

General Manager, LCAM

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Upcoming MEETINGS



NEW HOMEOWNER ORIENTATION

APRIL 10TH & 24TH | 3 PM
TECH ROOM

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

MANAGERS MEETING

APRIL 17TH | 6 PM
MULTIPURPOSE ROOM

At the monthly Manager's Meeting, residents learn about what is happening around Del Webb Sunbridge. Past Managers Meeting presentations and meeting notes are posted on our website under Community Documents.

[Click here](#) to view.

Landscape UPDATES



The Eastern lubber grasshopper is native to Florida and one of the largest grasshoppers in North America.



The young nymphs emerge in early February. The immature stages of the Eastern lubber are typically solid black with a bright red, orange, or yellow strip that runs along the back from the head to end of the abdomen. They change colors as they progress through their molts, and people often mistake the nymphs for another species of grasshopper altogether.

Easter lubbers are rarely a problem in the home landscape. They feed on ornamental plants, as well as a variety of row crops and citrus groves. Their mouthparts are most suited for feeding on broadleaf plants, and they graze on many different plants, though usually create minimal damage.

Plant Replacement

As of January 1, 2025, the HOA will no longer offer biannual plant replacements. Homeowners are welcome to replace dead plants with the same species without requiring ARC approval at their own expense. However, if a homeowner wishes to replace plants with different species, redesign their landscape, or make changes to their plant beds, the standard ARC approval process applies.

Spring Mowing Schedule

We are coming into Spring and the temperatures are rising. In April we will be starting our weekly mowing schedule.

Work Orders: For any inquiries related to work orders, please contact vmorrell@castle.com & david.dalton@castlegroup.com

Agronomy Applications

April's application will be a shrub/tree fertilizer 8-10-10 going on the plant material and treating for damage insects and disease in shrubs as well as a complete fertilizer with herbicide treatment.

[CLICK HERE FOR
AGRONOMIC INFORMATION](#)

Community COMMITTEES



LANDSCAPE COMMITTEE

Landscape 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 impacting 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 evolving needs.



DelWebbLandscapeCommittee@gmail.com
Lori Quinlivan, Luis Rodriguez,
Kenneth Mickelsen

Thank you for the emails you are sending to the Landscape Committee. We appreciate them! As we see questions/comments with a common theme, (e.g., weeds), we may post information on the Del Webb Sunbridge Neighbors Facebook page to keep everyone informed.

[CLICK HERE FOR THE LANDSCAPE COMMITTEE'S MONTHLY MESSAGE](#)

HELPFUL COMMUNITY HOW-TOS

We understand that sometimes using technology can be confusing, and that questions can frequently arise on how to navigate community specific websites. If you are having questions regarding our website, your Sabal Tavern Credit Book, or cancelling events, please click the button below!

[CLICK HERE FOR
HELPFUL HOW-TOS!](#)

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EVEN MORE TO EXPLORE!



WILD NIGHTS AT THE PRESERVE

Saturday, April 12th | 5 PM - 8 PM
4235 Rambler Ave, St Cloud, FL 34772

As the sun sets, Amazing Animals Inc. transforms into a captivating world of nocturnal wonder. It's an immersive evening to connect with nature & learn more about wildlife conservation. Enjoy exclusive animal encounters, live music, food, silent auction & much more!

[Click here](#) for more information.

WINE WALK IN THE CLOUD

Saturday, April 19th | 2 PM - 7 PM
The Black Squirrel Bookstore
1118 New York Avenue, St. Cloud, FL 34769

Get ready for a delightful day of wine tasting in Downtown St. Cloud! The Wine Passport will be your ticket to sample various wines, visit participating businesses with featured discounts and go home with a keepsake wine glass!

[Click here](#) for more information.





COMMUNITY RESOURCES

Stacey Peach, General Manager	speech@castlegroup.com
Alec Sembrat, Property Manager	asembrat@castlegroup.com
Veronica Ortiz, Administrative Assistant	vortiz@castlegroup.com
Frank Fernandez, Food & Beverage Manager	ffernandez@castlegroup.com
David Dalton, Senior Landscape Operations Manager	david.dalton@castlegroup.com
Taylor Smith, Community Relations & Lifestyle Director	life@dwsunbridge.com
Hammock Club Front Desk	407-915-3410
Gatehouse	407-915-3409
Castle Group Resident Services	800-337-5850

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AMENITY HOURS OF OPERATION

HOA Website	https://www.delwebbsunbridgehoa.com/
HOA Office Hours	Monday-Friday, 9 AM-5 PM
Front Desk Hours	Monday-Tuesday, 8 AM-8 PM Wednesday-Saturday, 8 AM - 9 PM Sunday, 9 AM - 7 PM
Hammock Club Hours	Monday, 5 AM - 8 PM Tuesday, 5 AM - 8 PM Wednesday, 5 AM - 9 PM Thursday, 5 AM - 9 PM Friday, 5 AM - 9 PM Saturday, 8 AM - 9 PM Sunday, 9 AM - 7 PM
The Sabal Tavern Hours	Monday, Closed Tuesday, 12 PM - 6 PM Wednesday, 12 PM - 7 PM Thursday, 12 PM - 7 PM Friday, 12PM - 9 PM Saturday, 12 PM - 8 PM Sunday, 10 AM - 5 PM
Pool Hours	Daily, Dawn - Dusk Children (under 19) Hours: 2PM-6PM
Tennis & Pickleball Courts	Daily, Dawn - Dusk

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INTERESTED IN ADVERTISING?

Here at Del Webb Sunbridge we love to spotlight offers from Local Businesses. If you own a business, or know of a local business who may be interested in advertising, please click the button below, and email us!

[CLICK HERE TO EMAIL US](#)



The business and services contained herein have not been reviewed or verified by the Association, its Board of Directors, Management or Officers. The Association has no opinion of the quality of services offered and their inclusion in this directory is not an endorsement of any kind. All users must perform their own due diligence and investigation prior to employing any individual or entity included herein.

[CLICK HERE TO VIEW OFFERS FROM LOCAL BUSINESSES](#)



FACILITY RENTALS

Need a place to hold your next family gathering, or get together with neighbors? Look no further! Please click the button below to email the lifestyle team to learn more about how you can reserve a space at The Hammock Club!

[CLICK HERE TO EMAIL THE LIFESTYLE TEAM](#)



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SHARING YOUR
SUNBRIDGE MOMENTS

