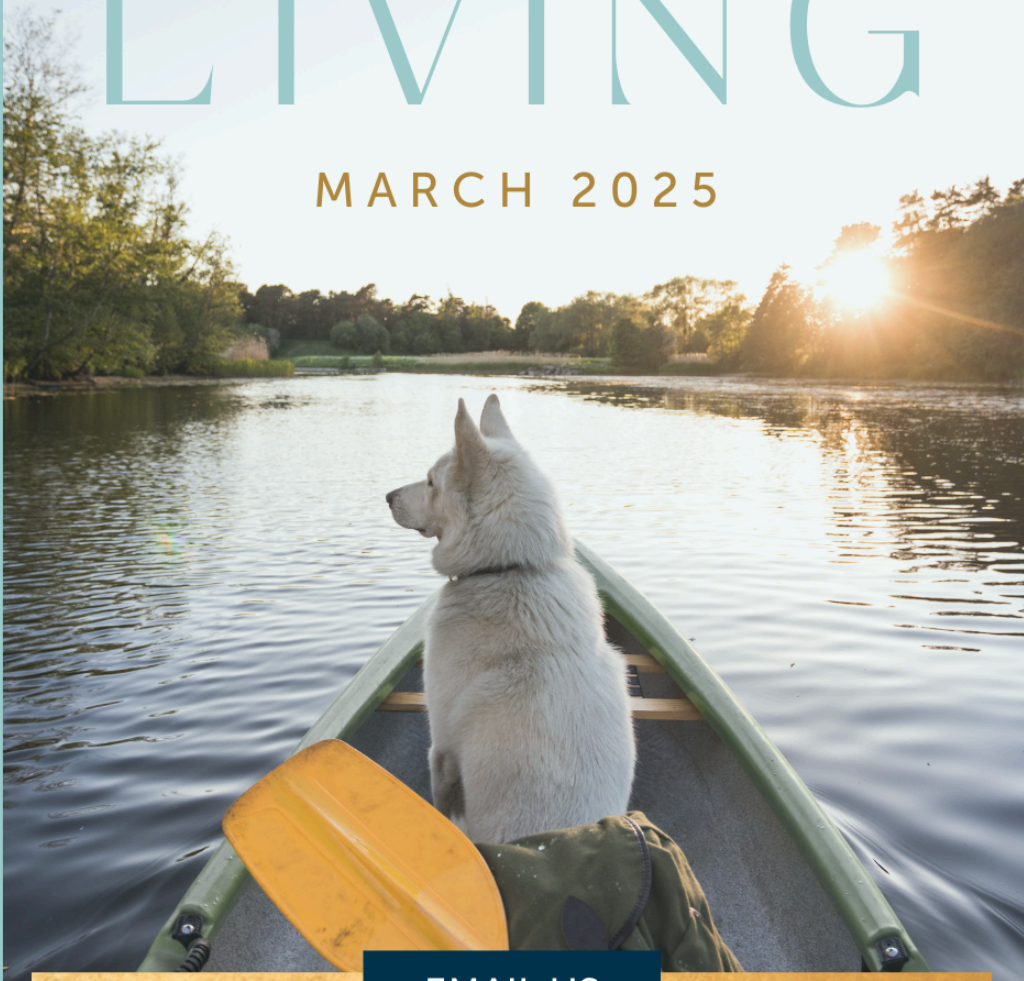


Del Webb<sup>®</sup>  
SUNBRIDGE

# sunbridge LIVING

MARCH 2025



EMAIL US

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](mailto: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.





A MESSAGE FROM  
YOUR

Lifestyle  
Director



Hello! My name is Taylor Smith and I'm excited to step into the role of Community Relations and Lifestyle Director at Del Webb Sunbridge. My background includes event management, community engagement, and sports management. I hold both a bachelor's degree in Tourism, Recreation, and Event Management and a master's degree in Sports Management, both from the University of Florida. Go Gators!

Throughout my diverse career in community event planning and management, I've had the privilege of working for The Villages and the City of Winter Garden, where I played a key role in organizing and executing successful community events. My expertise in fostering relationships, managing large-scale events, and enhancing the overall lifestyle experience has allowed me to help enrich the communities I have served.

I currently live in Winter Garden with my husband, Carson, and our dog, Allie. I'm passionate about creating meaningful connections within my community, and I continue to use my expertise to elevate lifestyle programs and strengthen relationships between residents and their environments. I look forward to meeting everyone & creating exceptional lifestyle programs to the growing community.

Sincerely, Your Community Relations & Lifestyle Director

Taylor Smith



# UPCOMING Events

## SIP & SAVOR: MARDI GRAS PAIRING

MARCH 3RD | 6 PM - 8 PM  
MULTIPURPOSE ROOM

Join us for a festive Mardi Gras Wine Tasting, where fine wines meet the vibrant flavors of New Orleans cuisine. Indulge in a curated selection of exquisite wines paired with five courses of delicious Cajun-inspired bites, all set to jazz music and Mardi Gras magic.

REGISTER



## FIRST FRIDAY DANCE PARTY: SHAMROCK SHUFFLE

MARCH 7TH | 7 PM - 10 PM  
MULTIPURPOSE ROOM

An evening of music, dancing, and St. Patrick's Day celebration! Kick off the weekend with high-energy beats from a DJ spinning 70s and 80s pop hits, and get ready to groove. Celebrate in style—green attire and shamrocks encouraged!

RSVP

## FOOD TRUCK SOCIAL

MARCH 10TH | 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 tunes from the DJ and connect with neighbors. This month's featured trucks include Red Panda Noodle & Benny's Burgers.

RSVP





## MEMORY SCREENING MOBILE CLINIC

MARCH 13TH | 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

## CRAFTING CONNECTIONS

MARCH 17TH | 1 PM - 3 PM  
WET CRAFT ROOM

Celebrate St. Patrick's Day by decorating your very own lucky miniature gnome! Whether you're a crafting pro or a beginner, this hands-on workshop will guide you through adding your personal touch to these charming little figures.

REGISTER



## LIFESTYLE MEET & GREET

MARCH 21ST | 11 AM - 1 PM  
MULTIPURPOSE ROOM

Stop by the Hammock Club to meet your new Lifestyle Director! We are excited to connect with you and share a glimpse of all the fun to come. Bring your fun spirit, your friends & a sweet tooth!

RSVP

## SUNDAY SOCIAL

MARCH 30TH | 2 PM - 4 PM

MULTIPURPOSE ROOM

Come explore a variety of clubs and special interest groups that happen right here in the community! It's a great chance to discover new hobbies, meet new neighbors and learn more about the exciting things happening to get involved with.

RSVP



## CANCELLATIONS AND REFUNDS

Our cancellations policy is as flexible and understanding as possible. Our events are booked with our 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.





# March

## LIFESTYLE EVENTS, CLUBS & GROUPS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						1	
2	Sip & Savor: A Mardi Gras Pairing 6-8 PM (MR)	Game Club: Backgammon 4-6 PM (MR)	12 Stone Group 7 PM (TR) Mustard Seed Group 7 PM (WCR) Game Club: Canasta   Hand & Foot 7 PM (MR)	5	Game Club: Guess that Song 7 PM (MR)	7	8
9	Food Truck Social 5-8 PM (PR)	10	11	12	13	14	15
16	Shooting & Archery 9-11 AM (OS) Crafting Connections 1-3 PM (WCR) A&E 5 PM (MR)	17	18	19	20	21	22
23	Technology Advisory Group 6PM (TR)	24	25	26	27	28	29
30		31					
Sunday Social 2-4 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: Dominoes 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**

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

**COLOR KEY**

- Navy - Clubs & Groups
- Teal - Lifestyle Events

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



# March

## 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) Tennis Open Play 6:00 PM (TC) 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) Tennis Ladies Doubles 10:00 AM (TC) 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 Mens Doubles 10:00 AM (TC) Chair Strength & Balance 10:15 AM (GF)

**LOCATION KEY**

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

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

# Save the DATE



STAND UP  
AT SUNBRIDGE

SATURDAY, APRIL 12TH, 2025

SPAZMATICS CONCERT  
FRIDAY, MAY 9TH, 2025



\*Dates and times are subject to change without notice.

*Del Webb*<sup>®</sup>  
SUNBRIDGE

# Sabal Tavern

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## SABAL TAVERN SPECIALS THIS MONTH

March 7th

- Fish and Chips

March 15th

- Corned Beef & Cabbage
- Shepard's Pie
- Black & Tan ( Guinness + Yuengling)
- Blacksmith (Guinness + Smithwick's)

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

## DRINK OF THE MONTH

Drunken Leprechaun

- Wine Based Vodka, Blue Curacao, Peach Juice, Orange Juice, Pineapple Juice

## 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 every 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 MARCH  
SPECIALS](#)



# Find your shine

## COMMUNITY GROUPS



### 12 Stones Group

Schedule: First & Third Wednesday | 7 PM  
Location: Tech Room  
Group Contact: John Duffy



### Appetizers & Elixirs (A&E)

Schedule: March 17th | 5 PM - 7:30 PM  
Location: Multipurpose Room  
Group Contact: Glen Spellman



### Advanced Spanish Class

Schedule: Wednesday | 3 PM  
Location: Tech Room  
Group Contact: Dulce De Villa



### Art Meet Up

Schedule: Monday | 10 AM - 12 PM  
Location: Wet Craft Room  
Group Contact: Khris Butt



### Beginner Spanish Class

Schedule: Monday | 3 PM  
Location: Tech Room  
Group Contact: Julia Vazquez



### Book Club

Schedule: Second Thursday | 6:30 PM  
Location: Wet Craft Room  
Group Contact: Mary Lu Williams-Link



### Brewery Crew

Schedule: March 22nd | 1 PM - 3 PM  
Location: Bowigens Beer Company  
Group Contact: Larry Steigrod 954-562-5253



## Game Night

Schedule: Bi-Monthly | 7 PM  
Location: Multipurpose Room  
Group Contact: Nikki & Scott Buccieri



## Intermediate Spanish Class

Schedule: Tuesday | 3 PM  
Location: Tech Room  
Group Contact: Liz Holzhauser



## Mustard Seed Group

Schedule: First & Third Wednesday | 7 PM  
Location: Wet Craft Room  
Group Contact: Sheri Radomsky



## Shooting & Archery

Schedule: Third Monday | 9 AM - 11 AM  
Location: Triple N Ranch  
Group Contact: Steve Bierwirth



## Sunbridge Stitchin' Sisters

Schedule: Wednesday | 9 AM - 12 PM  
Location: Dry Craft Room  
Group Contact: Carmen Eschette



## Sunbridge Women's Group

Schedule: May 15th | 2 PM  
Show: 9 to 5 The Musical  
Location: Osceola Arts  
Group Contact: Jill Gagliardo



## Technology Advisory Group

Schedule: Fourth Monday | 6 PM  
Location: Tech Room  
Group Contact: Thomas Williams



## Veterans Social Club

Schedule: Monthly | Varies  
Location: Multipurpose Room  
Group Contact: Renee Ehrke



## 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



## Choir Club

Schedule: Thursday | 5 PM - 6:30 PM  
 Location: Dry Craft Room  
 Group Contact: Terri Brinegar



## 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 apart 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



## Friends of India Club

Schedule: Throughout the month | Varies  
Location: Multipurpose Room  
Club Contact: Yogesh Amin



## Mah Jongg Club

Schedule: Monday | 1 PM - 3 PM  
Location: Multipurpose Room  
Group Contact: Ann Whitney



## Games Club

Schedule: Daily | Varies  
Location: Multipurpose Room  
Group Contact: Maxine Lopez  
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



## Sunbridge Social Club

Schedule: Second Saturday | 5 PM - 8 PM  
Location: Grill Pavilion & Fire Pits  
Group Contact: Colleen Hutton



## 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 & Thursdays at 6PM

**Mens Doubles**  
Saturday 10AM-12PM

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

**Beginner Lessons**  
Tuesdays 10AM

**Ladies Doubles**  
Fridays 10AM-12PM

**Intermediate Lessons**  
Thursdays 10AM

**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 utilized 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



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# 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 | 8:45 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.

## 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.

## 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

## 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

## 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!

## 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.

## 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

## 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.

## 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.

## 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.

## 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.

## 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 her country she has 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. Specializing in a diverse range of areas including aqua-fit, injury prevention and rehabilitation, prenatal and postpartum fitness, functional fitness, mobility and more! Chelsea is committed to tailoring programs that meet clients at their individual fitness levels. Her passion lies in helping clients progress by creating supportive, effective, and personalized fitness experiences that empower individuals to achieve their 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 20+ years of experience and certifications (Yoga Alliance teacher RYT-200, Ace Group Fitness Instructor, CPR, AED, and First Aid). She 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 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, 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.

## FITNESS CENTER ORIENTATION

Every Second Monday | 11:30AM  
Instructor: Marlene

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

Register on the Northstar app





# COMMUNITY RESOURCES

Stacey Peach, General Manager	<a href="mailto:speach@castlegroup.com">speach@castlegroup.com</a>
Veronica Ortiz, Administrative Assistant	<a href="mailto:vortiz@castlegroup.com">vortiz@castlegroup.com</a>
Frank Fernandez, Food & Beverage Manager	<a href="mailto:ffernandez@castlegroup.com">ffernandez@castlegroup.com</a>
David Dalton, Senior Landscape Operations Manager	<a href="mailto:david.dalton@castlegroup.com">david.dalton@castlegroup.com</a>
Taylor Smith, Community Relations & Lifestyle Director	<a href="mailto:life@dwsunbridge.com">life@dwsunbridge.com</a>
Hammock Club Front Desk	407-915-3410
Gatehouse	407-915-3409
Castle Group Resident Services	800-337-5850

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SUNBRIDGE

## AMENITY HOURS OF OPERATION

HOA Website	<a href="https://www.delwebbsunbridgehoa.com/">https://www.delwebbsunbridgehoa.com/</a>
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

*Del Webb*  
SUNBRIDGE

# A MESSAGE FROM THE Manager

Hello Del Webb Sunbridge Residents!

While February was a short month, the team packed in a lot last month. As many of you know, our Lifestyle program has been in transition, and we are excited for what OnVie has in store for our residents. We wished Katie a fond farewell on the 28th of last month and have been working with Taylor Smith and the OnVie team over the past several weeks.

We also would like to announce that Glendy Rocha will be moving out of the area, and her last day will be March 6th. Please join me in wishing her all the best in her future endeavors. Castle Group is actively seeking a replacement, and once the candidate selection has been finalized, we will be making an announcement introducing your new Property Manager, who will assume the responsibilities for ARC application processing, covenant enforcement, and account payable management, just to name a few responsibilities that fall under that role.

Our next monthly manager meeting will be held on March 20th at 6 pm. Please be sure to mark your calendars to attend and hear the latest updates. As always, we welcome your questions and input so we are certain to cover topics that are meaningful for our residents. Currently, I am working on scheduling our guest speakers for the upcoming months. Katrina Scarborough, Osceola County Property Appraiser, is tentatively scheduled for March 20th. Once this is confirmed, I will send an email with the details. We have confirmed that Tavistock Development will be in attendance at our Manager Meeting in May, and we are excited to hear about their updates. I am also waiting for word from the Osceola County Transportation Department and know they are looking forward to confirming a date to meet with our residents.

I also want to express my gratitude to our diligent and committed Landscape Committee, HOA landscape team, and our new management team with Exclusive. The appearance of our landscaping throughout the community is improving, and we have these hard-working folks to thank for it.

I hope you all have a wonderful March enjoying our beautiful amenities and fabulous activities at the Hammock Club.

Sincerely,

*Stacey Peach*

General Manager, LCAM

*Del Webb*<sup>®</sup>  
SUNBRIDGE



# Upcoming MEETINGS



## MANAGERS MEETING

MARCH 20 | 6 PM  
MULTIPURPOSE ROOM

Hear what is happening around Del Webb Sunbridge at the monthly Managers Meeting. Past Managers Meeting presentations and meeting notes are posted on our website under Community Documents.

[Click here](#) to view.

## NEW RESIDENT ORIENTATION

MARCH 13 & 27 | 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 HOA!

## 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!](#)

# 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 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 evolving needs.



[DelWebbLandscapeCommittee@gmail.com](mailto:DelWebbLandscapeCommittee@gmail.com)

Lori Quinlivan - First Chair

Luis Rodriguez - Secretary

Kenneth Mickelsen - Second Chair

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](#)

## 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](#)

Del Webb®  
SUNBRIDGE

# Around TOWN

EVEN MORE TO EXPLORE!



## LAKE NONA FARMERS MARKET

March 5th & 19th | 5 PM - 8 PM  
Laureate Park Village Center

Creating a hub of community and culture through vibrant gathering of farmers, artisans, and Lake Nona residents. The farmer's market brings local flavors, produce and makers to your community and is hosted every 1st and 3rd Wednesday of every month. [Click here for more information.](#)

## CELTIC FESTIVAL

March 22nd | Downtown St. Cloud

Enjoy live music, delicious food, and unique vendors as we come together to honor the rich traditions of Irish heritage. It's an event for all ages to enjoy! [Click here for more information.](#)

