Use the usermod -a -G Development sally command.

-a: append

-G: group

The above way is the best way to accomplish the task, because it will add user sally to the Development group without removing her from any other groups or potentially damaging the /etc/group file.

You can also manually edit the /etc/group file, and change the Development group’s record to Development:501:sally. This method would work, but it is very dangerous to edit an account config file manually instead of using account tools.