Game on!
College and NFL football starts soon!

College football’s 2019 season officially kicks off on Saturday, Aug. 24 with Florida vs Miami and Arizona vs Hawaii. It’s never too early to think about the first couple weeks of the 2019 season. Here are the top games to watch:

- Florida vs. Miami (Orlando, Fla.)
  Sat., Aug. 24 • 6 p.m. (ESPN)
- Arizona at Hawaii
  Sat., Aug. 24 • 9:30 p.m. (CBS Sports Network)
- Utah at BYU
  Thurs., Aug. 29 • 9:15 p.m. (ESPN)
- Northwestern at Stanford
  Sat., Aug. 31 • 3 p.m. ET (FOX)
- Auburn vs. Oregon (Arlington, Texas)
  Sat., Aug. 31 • 6:30 p.m. (ABC)
- Boise State vs. Florida State (Jacksonville, Fla.)
  Sat., Aug. 31 • 6 p.m. (ESPN)
- Houston at Oklahoma
  Sun., Sept. 1 • 6 p.m. (ABC)

Get Your Game On – With Us!

Game Day Specials
Watch Your Favorite College or Pro Game!

$9 Domestic 60 oz. Jumbo Pitcher and ½ off Select Appetizers
Starts Saturday August 24th
Golf News & Updates

2019 GOLF TOURNAMENTS

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LPGA Golf 101 Clinic Schedules
We recognize that women are not one size fits all, which is why this intro to Golf Program – conducted by Women for Women, follows the overall student-centered LPGA Integrated Performance System to guide you through a comprehensive “Welcome to Golf” 6-week program for new or relatively new female golfers. Through this LPGA program, you will take your first step in your journey to learn, play and enjoy the game of golf. Each session will have a maximum of 8 students and a minimum of 5 to conduct the clinic. The cost of the 6-week program is $125.

Session - Thursday’s 5–6 p.m.
August 1, 8, 15, 22, 29

For information: hillerys@bvvpoa.com or call (479) 855-8133.

“In the Leather” Clinics & Schedules
If you already have the fundamentals down and are looking to fine-tune certain parts of your golf game, sign up for one of these clinics. Each clinic will have a specific focus, so pick the ones that are right for your game. It’s much easier to practice what we’re good at than to spend time on the part of our game that is adding strokes to your score. Wouldn’t it be nice if we were “in the leather” more often? Each clinic will have a maximum of 8 students and a minimum of 4 to conduct the clinic.

August 7 • 3–45 p.m. – Solid Contact
August 13 • 10–10:45 a.m. – Putting, stop those 3 putts
August 19 • 4–4:45 p.m. – Course management, full swing

For information: hillerys@bvvpoa.com or call (479) 855-8133.

Get Golf Ready 1 & 2 Clinic Schedules
In just five sessions, Get Golf Ready is designed to teach players everything they need to know. These co-ed classes will be conducted by the POA’s PGA Professionals, Gavin Smith and Alex Sanford. Each session will focus on various golf skills that are used while playing. In addition to learning the basics, players will be guided onto the golf course to put their skills to the test. Get Golf Ready and the more advanced Get Golf Ready 2 classes began in April. For Information: bellavistapoa.com/golf or (479) 855-5079

Chip & Sips / Swig & Swings
Ready to have some fun? These 45 minute evening clinics include drinks, games and instruction. These clinics are not consecutive so pick and choose. Each clinic will have a maximum of 8 students and a minimum of 4 to conduct the clinic. The cost of a clinic is $20. All clinics are from 4:45–5:30 p.m.

August 12 - Full swing
August 21 - Chipping

For information: hillerys@bvvpoa.com or call (479) 855-8133.

All classes and clinics held at Tanyard Creek Practice Center, 10 Nature Trail Lane, (479) 855-8133.

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Dining News & Updates

BV BAR & GRILL WEEKLY SPECIALS

Monday Family Night - Kids Eat Free All Day on Monday. Two children 10 and under per adult meal.

Tuesday - Chef Jerry’s Prime Rib • 4 p.m. until sold out.

Wednesday - Half Price Appetizers • All day Wednesday.

Thursday - Chicken Fried Steak with smashed potatoes, vegetable medley and pan gravy • $10.

Thirsty Thursdays @
BV Bar & Grill • Lakepoint • Highlands Pub
Happy Hour All Day • Open to close at all three locations!

New Menu Items at BV Bar & Grill!
BV Bar & Grill has added to their daily menu: Flatbread Pepperoni Pizza • Taco Salad • French Dip • Grilled Chicken Sandwich • Muffuletta • Grilled Pork Medallions • Fried Shrimp • Cheesecake.

Delivery Now Available!
BV Bar and Grill and Lakepoint Restaurant have partnered with Bite Squad for home and work delivery. Go to BiteSquad.com or download their app and order today!

August 28 - Lakepoint: “Surf & Turf” Buffet • 4–9pm
Call for reservations 479-855-8110 or at: lakepointrestaurant.com
Chef carved roast beef with gravy and horseradish sauce and rolls • Oven poached Atlantic cod topped with mustard dill hollandaise sauce • Seafood pasta with white wine butter sauce, shrimp, scallops, crab & mussels • Grilled cilantro lime shrimp in jicama slaw • Smoked salmon crostini • Sautéed chicken schnitzel with lemon caper butter sauce • Ratatouille casserole • Vegetable cheese stuffed mushrooms • Parmesan garlic green beans with tomatoes & onions • Duchess potatoes • House roasted red potatoes • Tuscan white bean salad • Tomato spinach mozzarella salad • Grilled cilantro lime shrimp in jicama slaw • Smoked salmon crostini • Sautéed chicken schnitzel with lemon caper butter sauce • Ratatouille casserole • Vegetable cheese stuffed mushrooms • Parmesan garlic green beans with tomatoes & onions • Duchess potatoes • House roasted red potatoes • Tuscan white bean salad • Tomato spinach mozzarella salad • Traditional salad bar with toppings and dressings • Assorted cookies and shots of sweetness. No regular menu service. $28 Adults / $14 Ages 4-11 *Menu and schedule subject to change.

For specifics on these and other specials sign up for the Dining Update: bellavistapoa.com/signup

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**Sporting News & Updates**

**Basic Pistol Class**
This course is designed with beginners in mind and will teach the fundamental skills and knowledge necessary for responsibly owning and operating a pistol. Participants will learn about gun safety, pistol parts and operation, ammunition types and will lay the foundations for safe and accurate shooting.

*For more information call John Urquhart at (479) 855-5067 or to register call Member Services at (479) 855-8000, Option 2.*

**Concealed Carry Class**
Concealed carry courses are four hours of classroom time followed immediately by a live fire qualification at the pistol range. The course is designed for those who have experience with firearms and focuses on the laws and procedures one needs to know to apply for a concealed carry permit for the state of Arkansas. This course also meets the requirements for persons that need to renew a permit with the state or transfer a permit from another state.

*For more information call John Urquhart at (479) 855-5067 or to register call Member Services at (479) 855-8000, Option 2.*

**Arkansas Enhanced Concealed Carry Class**
Reintroduces students to the knowledge, skills and attitude necessary for owning and using a handgun for personal protection. Address the responsibilities of carrying a handgun in populated and volatile areas. Students will learn how to correctly and responsibly interact with law enforcement and the general public. This course will also teach what to do when confronted with an active shooting situation and Arkansas Laws pertaining to carrying a concealed handgun.

*For more information call John Urquhart at (479) 855-5067 or to register call Member Services at (479) 855-8000, Option 2.*

**Alcohol Policy on Bella Vista Lakes**
Operation of a watercraft under the influence of alcohol or drugs is prohibited. Arkansas law, pursuant to alcoholic beverages and open containers, apply to boats, as well as motor vehicles. The Bella Vista lakes have a zero tolerance policy regarding alcoholic beverages.

**No Wake Zones and Signs**
No wake zones are declared in lakes near the shore. Boaters, please be aware of our no wake signs. Operation at such a rate of speed as to create hazardous wake or wash upon approaching or passing vessels is prohibited. Operation at a speed exceeding 5 mph “idle speed” within 150 feet of a designated recreation area, dock, pier, raft, float, boat, dam intake structure or other obstruction is prohibited.

**Gun Range Class Dates**
Enhanced Concealed Carry: August 10 • 8 a.m.–5 p.m.  
Maintenance & Construction, then Gun Range for qualifying  
Regular Concealed Carry: August 11 • 12:30–5 p.m.  
Maintenance & Construction, then Gun Range for qualifying  
Basic Pistol: August 13, 15 and 17 • 5–9 p.m.  
Maintenance & Construction, then on Saturday, August 17 Gun Range for qualifying at 8–10 a.m.  
*For more information call John Urquhart at (479) 855-5067 or to register call Member Services at (479) 855-8000, Option 2.*

**Trap and Skeet Hours**
Wed: 10 a.m.–6 p.m.  •  Thur: 10 a.m.–6 p.m.  •  Sat: 10 a.m.–5 p.m.

**Rifle & Pistol Range Closings**
Closures during POA Classes are as follows: August 10, 11 and 17.
**Recreation News & Updates**

**Metfield Pools Close for Season - August 12**
The Metfield Swimming Pools will close for the season Sunday, August 11 at 8 p.m. with the start of school on August 12. Kingsdale Pools will remain open through Sunday, September 15. Please see below for Kingsdale Pool Hours.

**Kingsdale Pools Limited Hours - August 12**
Starting Monday, August 12, the Kingsdale pools will be open with limited staff as many of our team heads back to college and high school. The pools will be available for use with no lifeguard on deck during the weekdays. Lifeguards will be on deck during the weekends. The hours of operation Monday – Sunday from August 12 through September 15 will be 11 a.m–7 p.m. daily.

**Beach Hours through Labor Day**
The Beach at Lake Avalon will be open Monday through Thursday from 10 a.m–7 p.m. and 10 a.m–8 p.m. Friday, Saturday and Sunday until school starts Monday, August 12. Once school starts, the Beach will be open only on weekends through Labor Day. The Beach will be open on Saturday and Sunday from 10 a.m.–7 p.m., August 17, 18, 24, 25, and Labor Day weekend August 31 through September 2. After Labor Day the Beach will be closed for the season.

**Tai Chi Classes Coming Soon!**
A free demo class of Tai Chi Form will be offered on Monday, September 9, 5:30 p.m. at Metfield Clubhouse, 3 Euston Rd.
A free demo class of Tai Chi for Balance will be offered on Wednesday, September 11, 4:00 p.m. at Branchwood Recreation Center, 222 Glasgow Rd.

Tai Chi Form has been scheduled Monday at 5:30 p.m. beginning September 16 through October 21 at Metfield Clubhouse, 3 Euston Rd. During this 6-week class session learn Tai Chi form and train martial arts with focus on basic movement and health benefits. Tai Chi Form is open to advance levels with moderate difficulty level. A maximum of 32 students will be accepted per session, while a minimum of 8 students is required to schedule class. Register at Metfield Clubhouse, cost to POA Members is $54 and Guests $65 per 6-week class session.

Tai Chi Form - Advanced 6-week class will be offered at 6:30 p.m. Monday evening at Metfield Clubhouse beginning September 16 through October 21. Tai Chi Form - Advance is open to all with previous martial arts experience and have completed the beginner Tai Chi class, level is moderate to difficult. A maximum of 32 students with prior Tai Chi experience will be accepted and a minimum of 6 students per 6-week class session.

A 6-week class session of Tai Chi for Balance has been scheduled Wednesday at 4:00 p.m. beginning September 18 through October 23 at Branchwood Recreation Center. This class is open to all levels and appropriate for seniors with no pressure to memorize form. Tai chi poses and movements for better balance and health will be introduced and practiced. A maximum of 32 students will be accepted per session, while a minimum of 8 students is required to schedule class. Register for this class at Branchwood, cost to POA Members is $54 and Guests $65 per 6-week class session.

These classes are brought to you by Erik Hardin, L. Ac, Master of Acupuncture and Oriental Medicine, Ozark Integrative Medicine and Bella Vista POA Recreation Department.

**Tennis Mixed Doubles Night Out**
Kingsdale Tennis Center team is planning a fun night of social tennis on Thursday, August 15 from 6 p.m–9 p.m. for Mixed Doubles Night Out. Join us for a fun night of social tennis, food and beverages will be provided, $15/person. Call the Tennis Center at (479) 855-8174 or email tennis@bvvpoa.com to register.

**Indoor Cycling Class Returns to Metfield**
Looking for a challenging class that will push you to new fitness highs? Our indoor cycling class will get you there - it’s an interval class based on cycling drills and set to energetic music. Classes are held Monday & Wednesday evenings from 5:45–6:30 p.m. beginning September 16 at Metfield Clubhouse Fitness Center.

On Wednesday evenings, an optional core strength floor exercise phase is offered following the cycling portion. Note: This is a high intensity cycling class and is not recommended for those who may need to start with building a basic level of fitness. Each class can accommodate 11 participants (first-come, first-served) and pre-registration for each class is suggested by calling the Metfield Clubhouse at (479) 855-8165.

Fees are $4 per drop-in class or you may purchase a 10-class Universal Fitness Punch Card for $32.55. If you do not have a POA Photo ID card, you will also pay a $2.50 facility use fee per class.

**Branchwood Water Fitness Classes**
Water Fitness and Power H²O classes will resume at Branchwood Recreation Center the week of September 16 after being held outdoors during the summer months.

Water Fitness class is included in Silver Sneakers & Silver & Fit memberships. All others, cost is $4.00 or a punch off a $32.55 10-class punch card with POA photo ID. Without photo ID, you will also pay $2.50 facility fee.

Power H²O class is free to Silver & Fit members. All others, cost is $4.00 or a punch off a $32.55 10-class punch card with POA photo ID. Without photo ID, you also pay $2.50 facility fee.

Silver Splash class to continue Monday, Wednesday & Friday, 11 a.m. at Branchwood.

**Flea in the Park – Family Friendly Event October 12**
Mark your calendars for Saturday, October 12 to head over to Blowing Springs Park for the 3rd annual vintage flea market which will include live music and food trucks, vintage car & RV show, and a kid’s fun zone. There will be something for everyone and you’ll be able to get the t-shirt, too. The event runs from 9 a.m.–5 p.m. and admission is free!

If you’re a vendor who specializes in vintage furniture, junk, upcycled materials or are an artisan food vendor – spots are still available. 10’ x 10’ spaces are $50. 10’ x 20’ spaces are $90 or 20’ x 20’ for $120.

Email berniep@bvvpoa.com for a vendor application. New this year is the option of adding Sunday, October 13, 9 a.m.–2 p.m. flea market hours for an additional $15 per space. We will need a minimum of 20 vendors to commit to the additional Sunday hours to extend the flea market an additional day.
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With 31+ years experience in Real Estate, and her family moving to Bella Vista in 1965, Annette’s Father was an Engineer for Cooper Development and he helped design the Bella Vista Community.