



Beaman Park Nature Center

March and April 2013

Program Schedule



Recurring Events in March & April

Tai Chi on the Deck



Every Saturday
11:30 a.m. - 12:30 p.m.
Age level: Adults
Cost: \$6 per person
Call to register

Slow down, relax and renew with the peaceful forest as your backdrop by practicing the gentle and ancient art of Tai Chi Qigong taught by certified instructor Jani Kendy.

Old Time Music & Bluegrass Jam



Saturday, March 9 & Saturday, April 13
3-6 p.m.
Age level: All ages
Call to register

Informal pickin' on the porch with friends has been a part of life in these parts for a long time. Bring an instrument and join in, or come along and listen to some good ol' toe tappin' tunes. All levels of musicians are welcome. Leader: Bobby Owen

March

To register for programs, please call (615) 862-8580

Hepatica Hunt & Foliage Hike



Saturday, March 2
9:30-11:30 a.m.
Age level: All ages
Call to register

Our friends are back, but not for long! Let's look for early spring wildflowers and the foliage of others that will bloom in the upcoming months. Leader: LinnAnn Welch

Geocaching 101

Friday, March 15
1-3 p.m.
Age level: All ages
Call to register

Let's go on a high-tech scavenger hunt. We'll learn how to use GPS units and then we'll go for a hike on our trails to search for hidden objects using our new skills. Leader: Tony Lance

Yoga at Beaman



Saturday, March 16
9:30-10:45 a.m.
Age level: Adults
Cost: \$8 per person
Call to register

Enjoy your downward facing dog outside in the beautiful serenity of Paradise Ridge with yoga instructor Robin Haynes. Rain or shine, you'll enjoy your workout on our lovely covered deck.

Flowering Trees of Spring



Friday, March 22
1-3 p.m.
Age level: All ages
Call to register

Learn about Beaman Park's spring flowering trees such as serviceberry, redbud, dogwood, azaleas, and the various species of elms. Leader: LinnAnn Welch

Welcome Back Waterthrush



Saturday, March 23
9-11 a.m.
Age level: All ages
Call to register

The Louisiana Waterthrush, a neotropical migrant that nests along the streams in Beaman Park, is returning to its territories. Join Durwood Edwards as we look and listen for this hard-to-spot species.

Mountain Bike Clinic at Cane Ridge Mountain Bike Trail

Saturday, March 23
12-2 p.m.
Age level: 12+
Call (615) 862-8400 to register

This newly constructed 2.0 mile trail section is rated beginner to intermediate and perfect for riders of all skill levels. Bring your own bike and come join us for a group ride to practice the basics of mountain biking! Call or email Neel Deshpande to register. Neel.Deshpande@nashville.gov or call 862-8400

For assistance or accommodation, please contact the Beaman Park Nature Center: (615) 862-8580.



Beaman Park is open 7 days a week from dawn until dusk
Check out programs at the other Metro Parks Nature Centers too.
www.nashville.gov/parks/nature



Beaman Park Nature Center March and April

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Celebrate Wildflowers Week - March 23-30

Wildflower Photo Exhibit Michael Owens, a frequent visitor to Beaman Park, shares a selection of his photos of wildflowers found here. Join us for a reception on Saturday, March 23, from 2-3 p.m. to open the exhibit.

Spring Wildflower Hike Thursday, March 28, 9-11 a.m. Durwood Edwards, a local naturalist and area resident, leads this hike.

Spring Wildflower Hike Saturday, March 30, 8:30-10 a.m., Join Cheryl Medley, a wildflower enthusiast, as we hike the Henry Hollow Loop and see what's blooming at Beaman.

Botany Hike Saturday, March 30 at 10 a.m. TDEC botanist Andrea Bishop has a vast knowledge of Tennessee plants, especially at Beaman Park. Join us for this special program.

Wild Food Display Saturday, March 30th at 11 a.m.-2 p.m. Naturalist Sharen Bracy will display a selection of wild nibbles and discuss how to prepare them.

Wild Edible Ramble Saturday, March 30, 2-4 p.m. Tom Salter, a frequent visitor to Beaman Park, will share his knowledge of all the edible and medicinal plants found here.

**Programs above are for all ages and begin at the nature center.
Wildflowers Week is sponsored by Friends of Beaman Park.**

Night Hike



Friday, March 29
6:30-8:30 p.m.
Age level: All ages
Call to register

The moon is bright and the trail beckons. We'll hike the Henry Hollow Loop Trail and enjoy the magic and mystery of Beaman Park in the dark.
Leader: Tony Lance

It's Finally Spring: Canoe or Kayak Big Swan Creek

Saturday, March 30
9 a.m. - 2 p.m.
Age level: 12+
Fee: \$25
Call (615) 862-8400
to register

Just over an hour from Nashville and described as a "classic swift stream paddle," Big Swan Creek is a fantastic 2.5 hour paddle! explore a local river with some of the most beautiful scenery that Tennessee has to offer. Best for intermediate paddlers comfortable with fast moving water and negotiating strainers. Call or email Neel Deshpande to register or for more information.
neel.deshpande@nashville.gov or (615) 862-8400

Beaman Park Nature Center
5911 Old Hickory Blvd
Ashland City, TN 37015 (615) 862-8580
beamanpark@nashville.gov

Wednesday and Friday: 12-4 P.M.
Saturday: 9A.M-4 P.M.
and by appointment
Please visit us on Facebook



For Safety and Security Needs Contact:

Park Police Office: (615) 880-3429

Non life-threatening emergencies: (615) 862-8600 Life-threatening emergencies: 911

Beaman Park Nature Center April

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Campfire Night	Saturday, April 6 5-8 p.m. Age level: All ages Call to register	After an afternoon of hiking there's nothing better than relaxing around a campfire. Stop by the nature center and join us as we sip hot chocolate and listen to live acoustic guitar music.
Owl Prowl	Friday, April 12 7:30-8:30 p.m. Age level: All ages Call to register	Lets hit the trail and search for owls in the park. We will try to call the owls and see if they will answer. Leader: Chris Guerin
Spring Bird Hike 	Saturday, April 13 7:30-9:30 a.m. Age level: All ages Call to register	Spring migrants are just now beginning to return to their breeding grounds. Hike with us as we look for these treetop jewels. Leader: Barbara Harris
Yoga at Beaman 	Saturday, April 13 9:30-10:45 a.m. & Friday, April 26 12-1:15 p.m. Age level: Adults Cost: \$8 per person	Enjoy your downward facing dog outside in the beautiful serenity of Paradise Ridge with yoga instructor Robin Haynes. Rain or shine, you'll enjoy your workout on our lovely covered deck.
Barrens BioBlitz	Saturday, April 20 9:00 a.m.- afternoon Age level: Adults Call to register	TWRA biologist Pandy English, LEAPS Bob English, and Belmont University biologists lead this research program in special habitats called barrens to inventory flora and fauna.
Canoe or Kayak on the Stones River with Mayor Karl Dean	Saturday, April 20 12-2 p.m. Age level: All ages Call (615) 862-8400 to register	Join Mayor Karl Dean on the Stones River for a 1.5 hour float! We will put in at Stone Hall and take out at Heartland Park, paddling alongside the newest Metro Park, Stones River Farm. Call or email Neel Deshpande to register. neel.deshpande@nashville.gov or (615) 862-8400
Family Night Hike 	Friday, April 26 6:30-8:30 p.m. Age level: All ages Call to register	This is a kid-friendly hike intended to help little ones become more comfortable in the dark. We'll take it slow and focus on the sights and sounds of the night. Leader: Tony Lance
Mountain Bike Clinic at Cane Ridge Mountain Bike Trail	Saturday, April 27 1-3 p.m. Age level: 12+ Call (615) 352-6299 after April 12 to register	This newly constructed two mile trail section is rated beginner to intermediate and perfect for riders of all skills levels. Bring your own bike and come join us for a group ride at Cane Ridge where riders can learn the basics of mountain biking. Leader: Lisa King

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