



Beaman Park Nature Center

July and August 2016

Program Schedule



Recurring Events

Yoga



Saturdays in July & August
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 or Kristen Hubbard. Rain or shine, you'll enjoy your workout on our lovely covered deck.

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

Responsible Recreation

Tuesday, July 12
1:30 P.M.-3:30 P.M.
Age level: All ages
Call to register

Discover environmentally-friendly features of the park's outdoor center while learning about the threats posed by invasive species and certain human activities. Leader: Susan Thomas

Guided Nature Hike

Friday, July 15
9:00-10:00 A.M.
Age level: All ages
Call to register

Join us for a leisurely 1.5 mile nature hike, beginning at the nature center. We will look and listen for life in Henry Creek and along Sedge Hill Trail. Leader: Kevin Sykes

Leaf Scavenger Hunt

Friday, July 15
10:00 A.M.-12:00P.M.
Age level: 6+
Call to register

Learn how to identify trees by their leaves when you join a staff naturalist on a hike through the park. Engaging field guides will be provided for kids. Leader: Susan Thomas

Life In the Creek!



Saturday, July 16
2:00-3:30 P.M.
Age level: All ages
Call to register

Come get wet and learn about the cool creatures the creek water holds! We'll look for snails, bugs, and more! Meet at Creekside Parking. Leader: Hannah Homoelle

ADA Accessible Hike

Friday, July 22
10 A.M. -11:30 A.M.
Age level: All ages
Call to register

Join us as we explore the park's natural beauty from the wheelchair-accessible Boardwalk Trail and parking lot. We will discuss the types of trees, plants, and animals we encounter. Leader: Susan Thomas

Trail Work Day

Saturday, July 23
9:00 A.M.-after lunch
Age level: Adult
Call to register

Come volunteer with staff and the Friends of Beaman Park working to repair wet areas along the trail, remove unwanted vegetation, and other general trail maintenance. Leaders: Chris Guerin, Dalton Cooper, & FOBP

Forage the Forest



Saturday, July 23
9:30 A.M.-11:30 A.M.
Age level: All ages
Call to register

Learn what to eat (and *not* to eat!) while exploring the outdoors. We will bring along field guides to demonstrate similarities between edible and poisonous plants. Leader: Susan Thomas

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-and-Recreation/Parks



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July & August

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 You can also register via email or through Facebook.
www.nashville.gov/Parks-and-Recreation/Parks

<p>Night Hike</p> 	<p>Friday, July 29 7:30-9:00 P.M. Age level: All ages Call to register</p>	<p>Being in the woods at night might seem scary, but it can also be exciting if you're in a safe environment. Flashlights for emergencies only. Leader: Chris Guerin & Dalton Cooper</p>
<p>Off-Trail Hike</p>	<p>Saturday, July 30 9:00 A.M.-noon Age level: Adult, 13+ Call to register</p>	<p>Explore Big Hollow with naturalists and see parts of the park not yet open to the public. Expect insects and rough walking, but count on being intrigued by the unspoiled beauty of the park. Leaders: Chris Guerin and Dalton Cooper</p>
<p>How to Identify Trees</p> 	<p>Saturday, August 6 9:30-11:00 A.M. Age level: Adult, 13+ Call to register</p>	<p>Learn to ID trees with a dichotomous key and field guide using the language of tree ID such as lobes vs. teeth and alternate vs. opposite. We'll practice as we hike through the forest. Leader: Hannah Homoelle</p>
<p>Stream Stroll</p> 	<p>Saturday, August 6 1:30-3:00 P.M. Age level: All Call to register</p>	<p>Want a cool hike? This stroll through Henry Creek will cool your feet off for sure! Bring your sandals for this fun water excursion. Leader: Hannah Homoelle</p>
<p>Nature Hike</p>	<p>Friday, August 19 9:00-10:30 A.M. Age level: All ages Call to register</p>	<p>Learn about Nashville native trees and other natural things on this nature hike. We'll ID by bark and early fruits and look for signs of fall. Leader: LinnAnn Welch</p>
<p>Meet the Banjo</p> 	<p>Saturday, August 20 2:00-3:00 P.M. Age level: All ages Call to register</p>	<p>Join us to learn a few things about one of the most uniquely American instruments: the banjo. Kevin Sykes will play some tunes and tell us about the contributions of this important instrument.</p>
<p>Hummingbirds</p> 	<p>Friday, August 26 8:00-10:00 A.M. Age level: All ages Call to register</p>	<p>Stop by any time during our banding hours to learn about hummingbirds, how to feed them, and see them up close. Leader: Sandy Bivens</p>

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

Tuesday - Friday: 12-4 P.M.
 Saturday: 9 A.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