



# Beaman Park Nature Center

## March and April 2015

### Program Schedule



### Recurring Events in March & April

#### Tai Chi on the Deck



Saturday March 7,14&28  
11:30 A.M.- 12:30 P.M.  
Call for April dates  
Age level: Adults  
Cost: \$8per 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.

#### Yoga at Beaman



Saturday, March14 &  
Saturday, March 28  
9:30 –10:45 A.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.

### March

To register for programs, please call 862-8580

#### Night Hike



Tuesday, March 3  
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: Neel Deshpande



#### Wrenched: Ed Abbey BioPic

Friday, March 6  
6:00-8:00 P.M.  
Age level: All ages  
Call to register  
\$5 suggested donation

Nashville's first screening of the new documentary about legendary environmental advocate and author Edward Abbey featuring exclusive interviews with some of his closest associates and the man himself.

#### Invasive Exotic Plant Workshop

Saturday, March 21  
9:00 A.M.-1:00 P.M.  
Age level: All ages  
\$10/person, 12&under free  
Call (615)532-0431 to register

Learn to identify invasive plants, why they are bad, and how to control them. Classroom instruction followed by a hike to find and remove examples.  
Leader: Brian Ross, TDEC Division of Natural Areas Middle TN Stewardship Ecologist.



#### Pictograph Time

Wednesday, March 25  
10:00-11:00 AM  
Age level: All ages  
Call to register.

Learn about Native American pictographs then create some of your own for all to enjoy! All materials provided, just bring your imagination.  
Leader: Jeremy Childs

#### Hepatica Hunt & Foliage Hike



Thursday, March 26  
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

#### Welcome Back Waterthrush!



Saturday, March 28  
8:00-10:00 A.M.  
Age lever: Adult, 13+  
Call to register

Durwood Edwards, local naturalist and Beaman Park expert, leads this hike for birds and flowers, too!

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](http://www.nashville.gov/parks/nature)



# Beaman Park Nature Center **March and April**

To register for programs, please call 862-8580



## Celebrate Wildflowers Weekend April 2-April 4

**Wildflower Photo Exhibit** Starting April 4 photographer Theresa Asher shares her wildflower and nature photos by display in the nature center.

**Wildflower Hike** Thursday, April 2, 10:00 A.M.-Noon John Froeschauer, TDEC Middle TN Regional Naturalist, leads this wildflower and bird hike which meets at the Creekside Paring Area.

**Tree Hike** Saturday, April 4, 10:00-12:00 A.M. Certified TN Master Gardeners/Wilson County, Flo Moore and Sandy Oxford, lead this hike identifying the park's trees.

**Wild Food Display** Saturday, April 4, 11:00 A.M.-1 P.M. Naturalist Sharen Bracy will display a selection of wild nibbles and talk on how to prepare them. A short hike will follow.

**Wildflower Hike** Saturday, April 4, 2:00-4 P.M. Wildflower enthusiast and long-time park supporter Tom Salter leads this hike to see uncommon flowers not usually seen along the trails.

**Photo Exhibit Reception** Saturday, April 4 5:00-6:30 P.M. Meet photographer Theresa Asher as she displays a new photo exhibit featuring Beaman Park in the nature center.

**Full Moon Hike** Saturday, April 4, 6:00-8:00 PM. Leave your flashlight in your pocket and bring your night vision as we take advantage of April's plenilunium! Beaman Park comes alive at night! All Ages. Call to Register. Leader: Jeremy Childs

**Programs above are for all ages and begin at the nature center unless otherwise noted.**

**Wildflower weekend sponsored by Friends of Beaman Park.**

### Great Hikes in Tennessee



Saturday, April 18  
10AM—12PM  
All Ages  
Call to Register

Learn some insider tips on special places, new ways to tie your laces, and cool places to meet smiling faces from long-time Tennessee hiker Jeremy Childs. Learn about our numerous parks and how to enjoy them comfortably. Bring your boots for a guided hike after.

### Canoe or Kayak the Beautiful Harpeth

TBA  
1:00 - 5:00 P.M.  
Age level: 10+  
Fee: \$25  
Call to register:  
Neel Deshpande at  
(615) 429-3549

Spend your Saturday afternoon learning to canoe or kayak on the beautiful Harpeth River. This trip is designed to introduce participants to canoeing or kayak in a fun, safe, and scenic environment and is guided by Metro Park staff! Email or Call Neel Deshpande for more Information, [neel.deshpande@nashville.gov](mailto:neel.deshpande@nashville.gov)

### Walden's Puddle



Saturday, April 25  
10:00-11:00AM  
All Ages  
Call to Register

Get to know some of our misunderstood friends like spiders, snakes, and opossums during a visit from our neighbors at Walden's Puddle Animal Rehabilitation. Leaders: Carolyn Pendarvis & Jeremy Childs

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

Tuesday-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**

