



Beaman Park Nature Center

March and April 2016

Program Schedule



Recurring Events in March & April

Tai Chi on the Deck



Most Saturdays
11:30 A.M.-12:30 P.M.
Age level: Adults
Cost: \$8 per person
Email Jani to register

Slow down, relax, and renew by practicing the ancient art of Tai Chi Qigong taught by certified instructor Jani Kendy. jani0607@yahoo.com Sponsored by Friends of Beaman Park.

Yoga at Beaman



Sat. March 12,19,26
Sat. April 9,16,23
9:30 –10:45 A.M.
Cost: \$8 per person; Adults
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.

March

To register for programs, please call 862-8580

Night Hike



Tuesday, March 8
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

Meet The Banjo



Saturday, March 12
2:00-3:00P.M.
Age level: All ages
Call to register.

Join us at Beaman Park 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.

Guided Nature Hike



Friday, March 18
9:30-11:30A.M.
Age level: All ages
Call to register.

Let's explore Beaman Park for signs of Spring. Join us for a 3.5 mile guided hike with a park naturalist. We'll walk the Henry Hollow Loop Trail, starting at the nature center.
Leader: Kevin Sykes

Hepatica Hunt & Foliage Hike



Thursday, March 24
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 Water-thrush!



Saturday, March 26
9:00-1100 A.M.
Age level Adult, 13+
Call to register

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

Friends of Beaman Park Board Meeting

Saturday, March 26
2:00-3:30 P.M.
Call to confirm

Join the Friends of Beaman Park to discuss new projects & to become involved in park activities. Discussions will include electing a new board and future focuses such as barn restoration and updates. All are welcome.
Leader: Nancy Dorman

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**

To register for programs, please call 862-8580



Celebrate Wildflowers Weekend April 8-April 9

Wildflower Photo Exhibit Starting April 5 photographer Theresa Asher shares her wildflower and nature photos by display in the nature center.

Wildflower Hike Friday April 8, 10:00 A.M.-Noon . Alan Powell, local naturalist and wild foods expert, leads this hike to discuss edible wild plants and how to prepare them.

Wildflower Hike Saturday, April 9, 9:00-10:30 A.M. Join park naturalist Kevin Sykes for a nature hike focusing on wildflowers but also touching on local history topics.

Wild Food Display Saturday, April 9, 10:00 A.M.-1 P.M. Naturalist Pandy English of LEAPS will provide a variety of wild edibles for tasting and will also discuss preparation and identification. Drop in any time during these hours.

Wildflower Hike Saturday, April 9, 1:00-3:00P.M. Wildflower enthusiast and long-time park supporter Tom Salter leads this hike to see uncommon flowers not usually seen along the trails.

Tree Hike Saturday, April 9, 2:30-3:30 A.M. Certified TN Master Gardeners/Wilson County, Flo Moore and friends, lead this hike identifying the park's trees.

Wildflower Hike Saturday, April 9, 3:30-5:00 P.M. Beaman Park neighbor and wildflower Aficionado Cheryl Medley leads this afternoon wildflower identification hike.

Wildflower Photo Exhibit Reception Saturday, April 9, 4:30-6:00 P.M. Meet local photographer Theresa Asher as she describes the inspiration for her photos. Photos will be on sale with a percentage of the proceeds benefiting Friends of Beaman Park.

Night Hike Saturday, April 9, 6:00-8:00 PM. Leave your flashlight in your pocket and bring your night vision as we take advantage of the beauty of Beaman in the dark! Beaman Park comes alive at night! All Ages. Call to Register. Leader: Chris Guerin

**Programs above are for all ages and begin at the nature center.
Wildflower weekend sponsored by Friends of Beaman Park.
Programs have limited space. Please register to reserve a spot.**

Proctor Barn Tour



Saturday, April 23
2:00-3:00 P.M.
Age level: All ages
Call to register.

Join park staff at the nature center to learn about our historic Proctor Barn and the efforts to restore it. Then, we'll carpool to the barn for a closer look. Leader: Kevin Sykes

The Galapagos Islands



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

Let's take a virtual trip to the Galapagos Islands of South America. These volcanic islands contain some of the most unique wildlife in the world. Park Naturalist Kevin Sykes will share photos and stories from his travels there, as well as a history of the islands..

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: 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