



Beaman Park Nature Center

September and October 2016

Program Schedule



Recurring Events

Yoga at Beaman



Saturday, Sept. 10, 17, 24
9:30-10:45 A.M.
Age level: 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.

Nature Hiking

Sept. 16 & 23 and Oct. 7 & 28
9:30-11:00 A.M.
Age level: All ages
Call to register

Join our naturalist on some Friday mornings in September and October to hike for exercise among the beauty of Beaman Park. We'll even discuss nature along the way. Leader: Kevin Sykes

September To register for programs, please call 862-8580

Hummingbirds on the Ridge



Friday, September 9
8:30-10:30 A.M.
Age level: All ages
Call to register

Hummingbird migration is in full swing and a huge river of Ruby-throats are journeying southward heading to their winter homes. The ridges of Beaman Park and the porches offer good viewing. Drop by and watch some hummers being banded.
Leader: Sandy Bivens

Guided Nature Hike

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

Join us for a morning hike down the Sedge Hill Trail and Henry Hollow Creek as we enjoy the beauty of nature. This hike is an easy to moderate difficulty level, ~ 2 miles, for all ages. Leader: Kevin Sykes

Night Hike



Tuesday, September 13
7:30-9:00 P.M.
Age Level: All ages
Call to register

Being in the woods at night might seem scary, but it can also be exciting. Join us as we hike the Ridge Top Trail in this safe and fun environment.
Leader: Neel Deshpande

Make 3D Animals and Insects with Paper!

Saturday, September 17
10:00 A.M.-noon
Age level: All ages
Call to register

Learn how to make really cool 3D figures just by folding paper. We can make cicadas, birds, snails, butterflies, flowers, and more! Kids and adults alike can enjoy this crafty hobby.

Backpacking 101

Sat., Sept. 24 & Sun. Sept. 25
Meet 9:00 A.M. Saturday
Age level: Adult, 13+
Cost \$25.00 per person
Call to register

Come to Beaman Park to explore rarely seen beauty and pristine areas of the park. Learn backpacking basics as we hike some of the old logging roads and mail routes to camp where wildlife abounds. Bring your own gear and good hiking boots. Leader: Chris Guerin

Botany Hike



Friday, September 30
9:00-11:00 A.M.
Age level: Adults, 13+
Call to register

Join the park naturalist to enjoy the late summer woods and learn about many flowers, trees, and animals that call the park home. We'll look for the Eggert's Sunflower and other unusual plants.
Leader: LinnAnn Welch



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 Program Schedule

September and October

To register for programs, please call 862-8580

Yoga at Beaman



Saturday, Oct. 1, 8, 22, 29
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.

Whittling for Kids

Thursday, October 6
10:30-11:30 A.M.
Ages: 8-12 years
Call to register

Bring your kids to the park to learn the lost art of whittling.. This is an old school activity for passing time on the porch. We will be using soap to carve to see what can be created. The park will provide all the supplies.
Leader: Chris Guerin

Night Hike



Saturday, October 1
6:30-8:00 P.M.
Age level: All ages
Call to register

Let the moonlight be our guide as we hike the trails of Beaman Park at night.
Leader: Susan Thomas

What's So Special About Our Barn?

Saturday, October 8
1:00-2:30 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

Nature Center Open House



Friday, October 28
5:30-7:30 P.M.
Age level: All ages
Call to register

Campfires, s'mores, and late-night hiking can be enjoyed with park staff as the center is open for a fall evening of fun.
Leader: Neel Deshpande

Trees In Winter



Saturday, October 29
2:00-4:00 P.M.
Age level: Adult, 13+
Call to register

Want to enhance your winter hiking and outdoor experience? Learn to identify trees in winter (e.g. w/o leaves)! Learn prominent winter characteristics in a 45 min. presentation and then we'll hike to look at some species. Prepare for rain or shine! Our leader is Lisa Richardson-Calfee, Pd.D. and former professor with a background in urban forestry and root ecology.

Backpacking 101



Sat., Oct 29 & Sun .Oct. 30
Meet 8:00 A.M. Saturday
Age level: Adult, 13+
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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

