

Shelby Bottoms Nature Center



Winter 2014-15 Program Schedule

Shelby Bottoms Nature Center is open:
Tues/Thurs/Sat – 9 am to 4 pm
Wed/Fri – 12 to 4 pm

Shelby Bottoms Greenway is open
7 days a week from dawn to dusk.

Mailing Address:
Shelby Bottoms Nature Center
1900 Davidson St.
Nashville, TN 37206

Phone: 615-862-8539
Fax: 615-262-0245



Email: shelbybottomsnature@nashville.gov
Website: www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx



Requests for ADA accommodation should be directed to the Nature Center at (615) 862-8539.



Winter Wetland—January 2010
by Mark Hackney

Winter weather hit early this year with temperatures in the teens in early November. Of course made up for it with 70 degree days later in the month. So who knows what's to come for the rest of the season! To accommodate both the in- and outdoor types, we have a mix of both in- and outdoor programs this winter.

For indoor, we have painting classes, Body Works classes (including two evening classes in December), a viewing of the documentary *Hurricane on the Bayou* (with music/food too), visits from wild animals from Walden's Puddle, Picking Parties, Story Times, and two art exhibits. One is a very special showing for one month only in December—*The Nature of Life and Death* by Andy Smith and our own Christie Wiser. It will be followed in January by a new medium for our gallery: quilting. The

Freedom Quilt made by the children and volunteers of East Nashville Hope Exchange will be the centerpiece.

For outdoor programs, we have bike rides, themed hikes, a Woodcock Watch and several other bird programs, an Owl Prowl and Campfire, and more. Check it out!

The Nature of Life and Death

The Tracy Smith Hamilton exhibit

December 1—
December 31
2014



This exhibit is a blend of quotes and images that tell the story of well-known community member and Shelby Park supporter, Tracy Smith Hamilton. Tracy battled cancer for two years while running a local East Nashville business, raising a young child, maintaining a happy marriage, all while keeping an uplifting attitude that she compiled into an inspiring blog called "Its Positively Cancer."

Unfortunately, Tracy's journey on earth ceased in December of 2013. Knowing that all organisms including we humans have a cycle of life that has a beginning and an end, this exhibit highlights the importance of what we can contribute to the earth, environment, and mankind while we inhabit it.

Curated by Andy Smith and Christie Wiser

Nature Painting Night Series

Thursday, December 4
6—8 pm
Ages 21+
Registration required

Though you may not find yourself out in nature as much this time of year, the park still has much beauty to offer during the closing of fall. Take this opportunity to capture something in nature with paint on canvas. All skill levels welcome. \$25.00 materials fee.

Leader: Christie Wiser

Bike Shelby Bottoms

Saturday, December 6
11 am—1 pm
Ages 10+
Registration required

We'll meet at Wave Country's Trailhead across the Cumberland River and then bike 5+ miles on flat/paved paths in Shelby Bottoms, stopping at a few points of interest to look for wildlife.

Leader: John Michael Cassidy

Winter Birding

Saturday, December 6
3—4 pm
All ages
Registration required

Come learn about the common birds of winter. We'll visit the feeding station, take a short hike with binoculars, and learn some ID tips. We'll also share ways to attract the birds you want to your back yard.

Leader: Denise Weyer

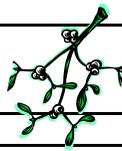
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**Body Works
Candlelight
Solstice Class**

Tuesday, December 9
6—7 pm

Saturday, December 20
6—7 pm

Ages 18+
Registration required

The coming of the winter season and the holidays is a reminder to slow down, take the time to create space for quiet reflection, restoration, and awareness of breath, and to focus on gratefulness and the honoring of the true needs of the body, soul and spirit. Join Carol for 2 very special candle-lit classes to celebrate the season. We will also be collecting healthy canned and boxed goods for Second Harvest Food Bank. Carol's mat class focuses on lengthening, stretching and strengthening the body while centered on the breath and full-range movement. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners. Please bring yoga mat, small towel, and bottle of water.

Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com

**Hurricane
on the Bayou:
Voice of the
Wetlands**

Thursday, December 11
6—8 pm
Ages 21+
Registration required

Join us for some filé gumbo, roots music, and a great documentary. Tab Benoit (playing 12/17 in Franklin) is a Louisiana Roots music legend and wetlands conservationist who started the Voice of the Wetlands, which raises awareness for the importance/loss of wetlands in south LA. *Hurricane on the Bayou* is an IMAX documentary that was released in the fall of 2004, when Hurricane Katrina hit, magnifying the importance of the South's wetlands. Food and beverages will be available for a donation. Leader: JMC

Body Works

Saturday, December 13
10—11 am
Ages 18+
Registration required

This mat class focuses on lengthening, stretching and strengthening the body while centered on breath and full-range movement. Combining core training, yoga, pilates, balance and flexibility, it's especially helpful for cyclist and runners, and also accessible to the general population. Space is limited so reservations are required. Please bring your yoga mat, a small towel, and a bottle of water.

Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com

**Wild Animal
Meet and Greet
with**

Saturday, December 13
12—1 pm

Saturday, December 27
12—1 pm

All ages
No registration

Join our friends from Walden's Puddle Wildlife Rehabilitation and Education Center with one of their Wildlife Ambassadors on the 2nd & 4th Saturdays this winter from 12-1pm! You might meet Maverick, Sowa, Nagini, Micah, River, or whoooo knows whoooooelse! It's a surprise each time! No registration is necessary; just stop by anytime between 12-1 and see whooooo's here! You'll learn about that individual and its species, and have an up close and personal experience!

Leader: Debby Sykes, Walden's Puddle Volunteer



**Winter Solstice
Nature Walk**

Saturday, December 20
10 am—12 pm
All ages
Registration required

We will meet at Cornelia Fort Trailhead and walk 3+ miles on primitive trails through bottomland forest and open fields. Winter is a great time to spot birds of prey, so we'll be on the lookout.

Leader: JMC

**Winter Solstice
Celebration and
Picking Party**

Saturday, December 20
1—3 pm
All ages
Registration required

Crafts, games, snacks, and music will ring in the winter season! We will also include a good ole' picking party in our classroom that will offer the opportunity for musicians to come "pick" around while we mix and mingle!

Host: Christie Wiser and SBNC staff

**Dormant
Nature Hike**

Tuesday, December 23
2—3 pm
All ages
Registration required

It appears as though the "hold" button has been pushed on the activity of many of the plants and animals found in the park. Sounds are still, wildflower stalks and grasses have dried, and the park as a whole seems to be taking a much needed slumber. Join us for a moderate hike where we'll point out the often unnoticed allure of the dormant plants and landscapes. We will also make small dried plant arrangements that you can take home to savor this slower time of year.

Leader: Christie Wiser



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New Year Bike Ride	Saturday, January 3 11 am—1 pm Ages 10+ Registration required	Join us for a leisurely ride around Shelby Bottoms/Park. We will look for some good views of river and active wildlife. Hot beverages and snacks to follow at SBNC. Leader: JMC	
Quilts and Culture: The Art, Tradition and History of Quilt Making	Saturday, January 3 1—3 pm All ages No registration	Quilting is an art form that allows people to tell stories about places, people, life experiences, and more. The center piece for this exhibit is the “Freedom Quilt” created by the East Nashville Hope Exchange . It is an incredible piece with a wonderful story that displays a map of East Nashville, and even Shelby Bottoms. Also included will be handmade quilts created by members of the community. Exhibit runs January and February 2015. Curator: Christie Wiser	
Winter Volunteer Day	Saturday, January 10 11 am—1 pm Ages 12+ Registration required	We’ll do a short introduction on different ways you can help out Shelby Bottoms/ Shelby Park and complete a little work on some ongoing projects around SBNC. Call or email for more info. Leader: JMC	
Body Works	<p><i>Saturday, January 10</i> 10—11 am</p> <p><i>Saturday, January 24</i> 10—11 am</p> <p>Ages 18+ Registration required</p>	<p>This mat class focuses on lengthening, stretching and strengthening the body while centered on the breath and full-range movement. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners, and also accessible to the general population. Please bring your yoga mat, a small towel and a bottle of water.</p> <p>Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com</p>	
Wild Animal Meet and Greet <i>with</i>	<p><i>Saturday, January 10</i> 12—1 pm</p> <p><i>Saturday, January 24</i> 12—1 pm</p> <p>All ages. No registration.</p>	<p>Join our friends from Walden’s Puddle Wildlife Rehabilitation and Education Center with one of their Wildlife Ambassadors on the 2nd & 4th Saturdays this winter from 12-1pm! You might meet Micah, River, or whoooo knows whoooo else! It’s a surprise each time! Just stop by anytime between 12-1 and see whooooo’s here! You’ll learn about that individual and its species, and have an up close and personal experience! Leader: Debby Sykes, Walden’s Puddle Volunteer</p>	
Weird Winter Hike		<p>Saturday, January 10 2—3 pm All ages Registration required</p>	<p>The winter season can often be overlooked or dismissed because of the starkness of trees and fields that will appear to “come alive” once spring arrives. We will take a leisurely stroll around the park to explore some of the interesting natural occurrences the winter season will offer such as galls, dried plants, abandoned nests, and more. Leader: Christie Wiser</p>
Paddling Middle TN	<p>Thursday, January 15 6—8 pm All ages No registration</p>	<p>Join us for a presentation and discussion on some highlighted paddling opportunities around the Nashville area, an Outside Magazine “Best River Town.” We’ll have a number of folks offering insight, answering questions, and sharing their photos/stories. New to the area/paddling or experienced alike, gain some insight on locations, safety, equipment, unique habitats, local outfitters, etc.</p>	
Story Time		<p>Saturday, January 17 10 am All ages No registration</p>	<p>Come to our little library at the nature center for a story time for kids of all ages. We’ll read nature-based stories and then learn a bit about the critters from the stories. Stick around for a snack afterward! Leader: Denise Weyer</p>
Scat Scoot	<p>Saturday, January 24 2—3 pm All ages Registration required</p>	<p>Join us for an easy hike on our paved and primitive trails while we search for “proof” of wildlife activity! And yes, “the proof is in the poop”! We will likely see deer, coyote, and bird “scat” that indicate what animals have been where and what they have been eating. Leader: Christie Wiser</p>	
Star Party <i>with</i>		<p>Saturday, January 24 6:30—8:30 pm All ages No registration</p>	<p>Join us with our partners, the Barnard Seyfert Astronomical Society, for an open house style event held outside of the nature center in the event field. Astronomers from BSAS will have telescopes on hand to view the heavens. Bring your best questions! Cancelled if the weather is not suitable — call ahead or check social media.</p>

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Owl Prowl and Campfire	Friday, February 6 7—9 pm All ages Registration required	Join us for a night hike in the natural areas around Cornelia Fort Air Park. After our hike, we will have a campfire with s'mores. We will meet at Cornelia Fort Trailhead Leader: JMC	
Story Time		Saturday, February 7 10 am All ages No registration	Come to our little library at the nature center for a story time for kids of all ages. We'll read nature-based stories and then learn a bit about the critters from the stories. Stick around for a snack afterward! Leader: Denise Weyer
Hike: Muddy Bottom Blues	Saturday, February 7 10 am—12 pm Ages 10+ Registration required	Get your rain boots out, we'll walk some of the muddy/wet trails through the wetland and bottomland forest habitats. If conditions are right, we might do some off-trail exploration. Leader: JMC	
Nature Painting Night Series: For the LOVE of art!	Thursday, February 12 6—8 pm Ages 21+ Registration required	Have a desire to create something that shows how much LOVE you have for art and nature?!? Come solo or bring someone you love! \$25.00 materials fee covers canvas, paint, snacks and beverages. Leader: Christie Wisner	
The Great Backyard Bird Count	Friday, Feb 13 4—5 pm Sat, Feb 14 9—10 am All ages No registration	Join us as we help scientists monitor bird populations, and have fun too. We'll bird watch around the nature center at the last feeding of the day before the birds head to roost. We'll then do another count first thing in the morning. Join for one or both! Art by Charley Harper Leader: Denise Weyer	
Body Works	Saturday, February 14 10—11 am Saturday, February 28 10—11 am Ages 18+ Registration required	This mat class focuses on lengthening, stretching and strengthening the body while centered on the breath and full-range movement. Combining core training, yoga, pilates, balance and flexibility, this will be especially helpful for cyclist and runners, and also accessible to the general population. Please bring your yoga mat, a small towel and a bottle of water. Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com	
Wild Animal Meet and Greet with	Saturday, February 14 12—1 pm Saturday, February 28 12—1 pm All ages. No registration.	Join our friends from Walden's Puddle Wildlife Rehabilitation and Education Center with one of their Wildlife Ambassadors on the 2nd & 4th Saturdays this winter from 12-1pm! You might meet Micah, River, or whoooo knows whoooo else! It's a surprise each time! Just stop by anytime between 12-1 and see whooooo's here! You'll learn about that individual and its species, and have an up close and personal experience! Leader: Debby Sykes, Walden's Puddle Volunteer	
Love Birds Picking Party	Saturday, February 14 2—4 pm All ages No registration	Love is in the air! Drop inside the nature center for one of our picking parties and some hot cocoa. You can also show the nature center how much you love it by donating a bag of bird seed that will be used for some of our educational programs and field trips. Leader: Christie Wisner	
Story Time		Saturday, February 21 10 am All ages No registration	Come to our little library at the nature center for a story time for kids of all ages. We'll read nature-based stories and then learn a bit about the critters from the stories. Stick around for a snack afterward! Leader: Denise Weyer
Woodcock Watch	Wednesday, February 25 5—6 pm All ages Registration required	Join us for an outing around the 1 mile loop in hopes to get the chance to observe the American Woodcocks that can often be seen this time of year! Leader: Christie Wisner	