

BEAMAN PARK NATURE CENTER



Spring 2024 Program Schedule

Beaman Park Nature Center is located at
5911 Old Hickory Boulevard
Ashland City, Tennessee 37015
615-862-8580
beamanpark@nashville.gov
beamanpark.nashville.gov
The Nature Center is open
Tuesday through Friday from
noon-4 p.m. and 9 a.m.-4 p.m.
on Saturdays.

Beaman Park is open dawn to dusk every day.

Follow us on Facebook
@beamanpark

Wonderful Wildflowers of Spring

It's that time again: the forest is waking up from a snowy winter! Trees and wildflowers are starting to bloom, and birds are actively singing. Hike with our naturalists as well as specialists from all over middle Tennessee to celebrate spring at Beaman Park.

Wildflower Week is April 13-20, and you can enjoy not only wildflowers but also mosses of Beaman with the community.

Registration is required for most programs; register by calling or emailing the Nature Center. Park and program updates can be found on our [Facebook page](#) and our [website](#).

Please note that programs may have different meeting places, so make sure to register to get all the details!


If you would like to get more involved by volunteering or donating, visit www.friendsofbeamanpark.org.



Recurring Programs

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| Yoga on the Deck | Saturdays, March 9 & 23, April 13 & 27, and May 11 9:30-10:45 a.m. Age level: Adults, 13+ \$12 cash/check/Venmo | Friends of Beaman Park invites you to enjoy your downward facing dog outside in the beautiful serenity of Beaman Park. Please bring your own mat to enjoy gentle yoga that is appropriate for all experience levels. Instructor: Robin Haynes |
| Senior Hike with Friends of Beaman Park | Thursdays, March 28, April 25, May 23 11 a.m.-1 p.m. | Hit the trail for a leisurely 3.2-mile senior group hike led by Friends of Beaman member, Terry Griffith. Enjoy a scenic stroll through Beaman Park's serene trails while building connections with others. This guided hike offers a gentle exploration of our local ecosystem, perfect for seniors seeking outdoor adventure at a relaxed pace. Meet at the Nature Center. Leader: Terry Griffith |
| Trailhead Baristas | Saturdays this Spring | Volunteer on a Saturday morning at Highland trailhead greeting hikers, handing out hot beverages, and sharing a little info about Friends of Beaman Park. For more information, contact friendsofbeamanpark@gmail.com . |

April

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| Proctor Barn Litter Cleanup | Saturday, April 6 10 a.m.-2 p.m. Age level: Adults, 13+ | Join Friends of Beaman Park and Responsible Stewardship to clean up old dump sites at Beaman's Proctor Farm property. Let's restore our environment and promote responsible land management together. Make a difference for a cleaner, greener future! Leaders: Friends of Beaman Park and Responsible Stewardship |
|  Beaman Spring Walk: Nature Center Campus | Friday, April 12 11:30 a.m. Age level: All ages | Take a guided stroll with a naturalist, exploring the wonders of spring in our unique ridgetop ecosystem. Don't miss the chance to connect with nature amidst the beauty of spring. Keep an eye out for migrating birds and blooming flowers—binoculars and/or nature journals encouraged! Meet at the Nature Center. Leader: Nature Center Staff |

WILDFLOWER WEEK AT BEAMAN PARK April 13-20, 2023



**Friends of Beaman
Park Wildflower Bingo** Saturday, April 13
10 a.m.-2 p.m.
Age level: All ages

Drop by Creekside Trailhead and grab a Wildflower Bingo sheet to celebrate spring wildflowers!
Leaders: Friends of Beaman Park

What Moss is That Wildflower Growing On?

Tuesday, April 16
10 a.m.-Noon

Age level: Adults, 13+

Take a leisurely walk to discover the mosses that grow in association with spring wildflowers. Mosses are often overlooked in the landscape but play an important role in nature and are beautiful in their own right.

Leader: J. Paul Moore, the "Moss Man"



**7.5 Mile Laurel Woods
Wildflower Hike** Wednesday, April 17
9 a.m.-1 p.m.
Age level: Adult, 13+

Explore the front half of the Laurel Woods Trail on a 7.5-mile hike for a wildflower hunt. This adventure promises an unforgettable journey through Beaman's hollows and ridges. Bring your curiosity and keen eye for nature's beauty. Meet at the Highland Trailhead.
Leader: Friends of Beaman Park

**Family Wildflower
Hike** Thursday, April 18
5-6 p.m.
Age level: All ages

Henry Creek is as colorful as ever with spring wildflowers blooming! Meet at Creekside to hike a short, flat mile along the creek.
Leader: Nature Center Staff

**Blooming Trees of
Beaman Park** Friday, April 19
9-11 a.m.
Age level: Adults, 13+

There are flowers in the trees as well as on the forest floor! Celebrate spring during this hike specifically focused on trees.
Leader: Nature Center Staff

Nature's Table Tasting Saturday, April 20
Drop by between
11 a.m.-1 p.m.
Age level: All ages

Sample an assortment of food and drink prepared from local, seasonal, foraged plants and take a look at recipes to recreate them yourself. This lineup will feature chickweed, violet, and dandelion along with a few other wild plants.
Presenter: Leslie Gossett, Tennessee Master Naturalist

**Wildflowers of Henry
Hollow** Saturday, April 20
1-3 p.m.
Age level: Adults, 13+

Walk in the woods with a naturalist to look for and learn about our spring ephemeral wildflowers.
Leader: Cheryl Medley



Saturday, April 15 from 9 a.m.-3 p.m.

Spend the day in Bells Bend Park for the 11th Annual Nashville Outdoor Recreation Festival & Expo. Come out and see the latest and greatest equipment, ask questions from the pros, attend a guided hike or workshop, or maybe even try a new activity!

Bells Bend is located at 4187 Old Hickory Boulevard, 37218

For more information call, (615) 862-4187 or email bellsbend@nashville.gov

Pink Moon Hike

Wednesday, April 24
7-9 p.m.
Age level: 8+

Hike the ridges of Beaman Park to bask in the glow of the Pink Full Moon.

Leaders: Heather Gallagher and Volunteers

[City Nature Challenge: The Power of iNaturalist](#)

Saturday, April 27
Noon-2 p.m.
Age level: 8+

Learn all about [iNaturalist](#) and the fascinating Beaman Park wildlife inventory from our guest speaker, Cameron Council. Afterward, join us for hands-on training on how to use the app in the field, as we celebrate City Nature Challenge. Enhance your nature observation skills and become part of a global community dedicated to biodiversity exploration and conservation!

Leaders: Cameron Council

May

Celebrate the Beautiful Birds of Beaman Park

Saturday, May 4

Drop in anytime between 10 a.m.-2 p.m.

Age level: All ages welcome

While Cardinals, Goldfinches and other seed-eaters will visit our sunflower feeder in the morning, let's check out ways to identify them. Project FeederWatch is just one of many citizen science projects to inventory the birds in your backyard. As the Sun rises high in the sky, the insects will climb out of their hiding places of leaves, tree trunks and the forest floor, and hungry migrants will begin the chase for lunch! We hope to see warblers, tanagers, grosbeaks, and maybe even a hummingbird.

Registration is not required. Binoculars and other materials will be supplied.

Hosts: The Nature Conservancy of Tennessee, Nature Center Staff, and Friends of Beaman Park



Beaman Spring Walk: The Wildflower Garden

Friday, May 10
9-11 a.m.
Age level: All ages

Stroll the Wildflower Pollinator Garden at the Nature Center during this easy walk.

Leader: Nature Center Staff

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