Beaman Park Nature Center  
March and April 2020  
Program Schedule

Recurring Events in March & April

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Age Level</th>
<th>Description</th>
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<tbody>
<tr>
<td>Yoga at Beaman</td>
<td>Saturday, March 7 &amp; 28</td>
<td>9:30 - 10:45 A.M.</td>
<td>Adults</td>
<td>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.</td>
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<tr>
<td>Nature Book Club</td>
<td>Saturday, March 14</td>
<td>1:00 - 2:00 P.M.</td>
<td>Adults</td>
<td>Join staff in reading The Overstory by Richard Powers to begin a new nature book club at Beaman and Bells Bend Parks. We’ll enjoy the fire and refreshments as we discuss the book in the nature center. Please register by March 7. Leaders: LinnAnn Welch and Susan Standbrook</td>
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<tr>
<td>Guided Nature Hike</td>
<td>Thursday, March 19</td>
<td>9:30 - 11:00 A.M.</td>
<td>All ages</td>
<td>Join us for a 2 mile hike down the Sedge Hill Trail and along Henry Hollow Creek as we enjoy the beauty of nature and look for wildflowers. Leader: Kevin Sykes</td>
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<tr>
<td>Hepatica Hunt &amp; Foliage Hike</td>
<td>Thursday, March 5</td>
<td>9:00 - 10:30 A.M.</td>
<td>All ages</td>
<td>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</td>
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<tr>
<td>Strategy Board Games</td>
<td>Saturday, March 7</td>
<td>1:00 - 3:00 P.M.</td>
<td>10+</td>
<td>Board gaming is more than just Monopoly and Scrabble. Come learn and play fun strategy board games like Carcassonne, Dominion, Settlers of Catan, and more. We will make hot cocoa and maybe even have a fire going! Leader: Kevin Sykes</td>
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<tr>
<td>Night Hike</td>
<td>Wednesday, March 11</td>
<td>6:30 - 8:30 P.M.</td>
<td>All ages</td>
<td>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: Jon Dodson</td>
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<tr>
<td>Welcome Back Waterthrush!</td>
<td>Saturday, March 21</td>
<td>9:00-11:00 A.M.</td>
<td>Adult, 13+</td>
<td>Join Barbara Harris of the Tennessee Ornithological Society to look for the first waterthrushes of the season as well as other spring migratory birds.</td>
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<tr>
<td>Meet The Banjo</td>
<td>Saturday, March 28</td>
<td>1:00-2:00 P.M.</td>
<td>All ages</td>
<td>Join us at Beaman Park to learn all about the banjo. Kevin Sykes will play some tunes and tell us about the contributions of this important folk instrument.</td>
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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
Wildflower Weekend - April 10 and 11

Wildflower Photo Exhibit - We will have an ongoing exhibit of wildflower photos from local nature enthusiast and long-time park supporter Tom Salter. To view the exhibit, stop by the nature center anytime during regular opening hours during the month of April.

Wildflower & History Hike - Friday April 10, 11:30 A.M.-1:00 P.M. Join park naturalist Kevin Sykes for a nature hike focusing on wildflowers but also touching on local history topics.

Night Hike - Friday, April 10, 7:30-9:00 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! Leader: Chris Guerin

Wildflower Hike - Saturday, April 11, 9:00 - 11:00 A.M. Join naturalist Cheryl Medley for a walk in the woods to look for and learn about our spring ephemeral wildflowers.

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

Wildflower and Plant Use Hike - Saturday, April 11, 1:00 - 3:00 P.M. Wildflower enthusiast and long-time park supporter Tom Salter leads this hike to see uncommon flowers not usually seen along the trails. He will also cover the uses of more common plants.

Backyard Foraging Basics - Saturday, April 11, 2:00-3:00 P.M. Interested in learning to identify commonly-found edible and medicinal plants? Join park naturalist Kevin Sykes for a short walk around the Nature Center and boardwalk to look for plants and go over the basics.

Wildflower Fun For Kids - Want to get the kids interested in wildflowers, too? We will have wildflower bingo and wildflower-themed coloring pages available for your enjoyment throughout the week during regular nature center open hours.

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

Nashville City Nature Challenge
Saturday, April 25
8:00 A.M.-noon
Age level: All ages
Call to register

Biodiversity is everywhere, even in thriving cities. Because a few scientists can’t catalog all the plants and animals, we need YOU to be a citizen scientist to document nature in your backyard, schoolyard, or local park. During April 24-27, snap a photo and upload your nature observations to iNaturalist. Visit the park on April 25 to help staff document as many species as possible. Coordinators: Cumberland River Compact & Metro Parks Nature Centers.

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: 9 A.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