



Bells Bend Outdoor Center

4187 Old Hickory Blvd.

Nashville, TN 37218

(615) 862-4187

bellsbend@nashville.gov

Tuesday-Friday: 12-4pm

Saturday: 9am-4pm

and by appointment

Please join us on Facebook

Bells Bend Park is open 7 days a week from
dawn until dusk



July & August 2016 Programs

Story of Bells Bend Thursday, July 7
1pm - 2pm
Age level: All ages
Call to register

What makes this horseshoe bend in the Cumberland River so unique? Learn about our rich history and heritage, including the large Native American presence, European Settlement, Civil War, productive farm economy, Clees' Ferry, and more.

Leader: Kevin Sykes

Bells Bend Night Hike



Friday, July 8
8-9:30pm
Age level: All ages
Call to register

Come out for a night hike at Bells Bend. Hear the call of the wild. We will explore and listen for animals of the night.

Leader: Chris Guerin

Archery



Saturday, July 9
10:30am-12pm
Age level: All ages
Call to register

Learn the basics of archery including: safety, gear, and general principles. Bring your own equipment or use ours.

Leader: Chris Guerin

Family Camp Night



Friday, July 15 through
Saturday, July 16
4:30pm-10am
Age level: All ages
Call to register

Bring your family and enjoy camping at Bells Bend Park. Spend the night at our campground for the unique experience of Bells Bend after dark.

Bring your own equipment.

Leader: Chris Guerin

Make Your Own Basket



Saturday, July 23
10am - 2pm
Age level: adult 13+
Cost: \$32
Call to register

Join Basket-maker Janet Lanier as you learn basic basket-weaving techniques and leave with a completed basket of your own creation. Cost is \$32 per person and we only have spots for 8 participants. Materials are provided with program cost, but please bring a bucket and a sharp pair of scissors.

Kite Flying



Saturday, July 23
2pm - 3:30pm
Age level: 5-12
Cost: \$6
Call to register

Come on out to Bells Bend and learn how to make a Kite from start to finish. For added fun we will head out to the open field and fly the kites for the rest of the time.

Leader: Hannah Homoelle



For assistance or accommodation, please contact the Bells Bend Outdoor Center, 615-862-4187.

Please call to register, 615-862-4187.

July & August 2016 Programs

Invasive Plants: Identification and Removal Techniques

Saturday, July 30
9 am -11 am
Age level: adult 13+
Call to register

Several invasive exotic species can negatively change the dynamics of your yard, farm, or property. Learn techniques to combat them and helpful tips for identification and replacement.

Leader: Hannah Homoelle

Sponsored by TN Dept. of Agriculture, Division of Forestry

Geocaching Scavenger Hunt



Friday, August 5
10am - 12pm
Age level: all ages
Call to register

Find out how to geocache with GPS technology. You will learn how to use these devices as you go for a lively scavenger hunt around the Park and search for various park artifacts. Afterward, you will be fully prepared to join the international game of geocaching.

Leader Susan Thomas

Star Party at Bells Bend



Friday, August 5
8:30-10:30pm
Age level: All ages
Call to register

Join members of Nashville's Barnard-Seyfert Astronomical Society for star-gazing. Many telescopes and other displays will be available for up-close star viewing.

Archery



Saturday, August 13
10:30am-12pm
Age level: All ages
Call to register

Learn the basics of archery including: safety, gear, and general principles. Bring your own equipment or use ours.

Leader: Chris Guerin

Haiku Sunset Hike



Saturday, August 13th
6-8pm
Age level: All ages
Call to register

We will read and share poems about nature as we go for a hike around sunset. We will stop along the way to craft poetry, essays, or general musings in the great outdoors. Feel free to bring your own nature-inspired writings along!

Leader: Susan Thomas

Essential Oils for Sports and Fitness: Using EO For the Athletes in Your Family

Saturday, August 27
1 - 2:30pm
Age level: all ages
Call to register

No matter what your level of athletic ability essential oils can aid in relieving sore muscles and even help to increase performance! So if you are a mall walker or a professional athlete you owe it to yourself to experience the benefits of using essential oils before and after your workout or game.

Leader: Maggie Odle

Camp Bells Bend & Beaman

An outdoor adventure day camp is coming to Bells Bend Outdoor Center and Beaman Park Nature Center in 2016! Campers ages 6-12 can enjoy hiking, nature education, crafts, games and outdoor fun while making friends at camp. Sessions will run Monday-Friday 9am-4pm with before and after care and busing options available.

For more information, visit: www.campbellsbendbeaman.com

Please call to register: 615-862-4187

Check out programs at other Metro Parks Nature Centers, too.

For Safety and Security Needs Contact:

Park Police Office: 615-880-3429

Non life-threatening emergencies: 615-862-8600 Life-threatening Emergencies: 911

