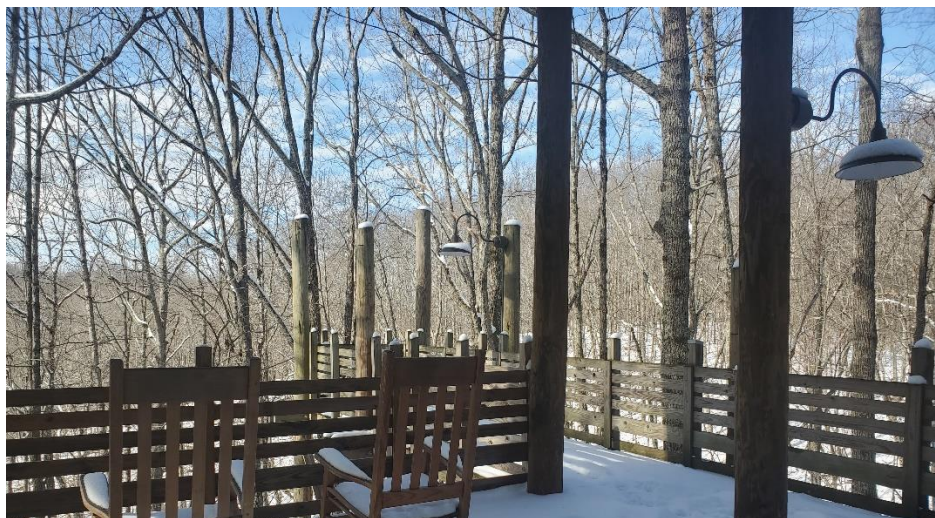


BEAMAN PARK NATURE CENTER



DECEMBER 2025

The quiet of winter may just be the best time to visit Beaman's Highland Rim Forest. We have free programs scheduled throughout the holiday as well as certified instructor-led programs to encourage you to enjoy that quiet on a deeper level.

More information about all of our programs is available on our website at beamanpark.nashville.gov.

4 Full Cold Moon Hike, 5-7 pm
Yoga by the Fire, 9:30

20 Yoga by the Fire, 9:30
FeederWatch With Us,
10-Noon

30 Cocoa & a Campfire, 9-Noon

13 Forest Bathing, 10-Noon

27 Games & Puzzles, 10-2

31 New Year's Hike, 9:30

19 Kids' Survival Skills, 1-4 pm
Campfire and a Show, 6-8 pm

