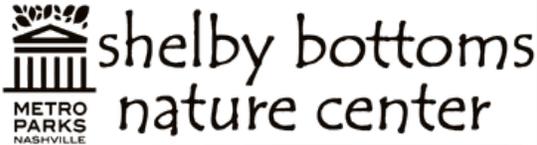


# Spring Programs 2026



1900 Davidson Street  
Nashville, TN 37206  
(615) 862-8539

shelbybottoms@nashville.gov  
sbnc.nashville.gov

## Seasonal Topics

It's our muddy season in the wetlands! Listen for frogs, spot crayfish burrows, search for animal footprints, and look for migrating birds at our seasonal ponds. If you are heading out to enjoy the unpaved trails, plan accordingly with waterproof shoes or boots.



### Shelby Bottoms Nature Center

Tues/Thurs/Sat: 9 am - 4 pm  
Wed/Fri: 12 - 4 pm

### Shelby Bottoms Greenway and Trails

Open dawn to dusk, 365 days a year!

## On Repeat

Contact the Nature Center for ADA accommodations 

### Afternoon Tea



**1st Friday** of the month  
2 - 3 pm  
No Registration Required

Close out the week and enjoy the season with a selection of hot teas from High Garden Tea, featuring the Shelby Bottoms Blend.



### Early Bird Coffee Social

**1st Saturday** of the month  
9 am - 12 pm  
No Registration Required

Enjoy Shelby Bottoms with a hot cup of our "For the Birds" Bird Friendly® certified coffee. Stay and learn about the connection between bird habitat, coffee, and native wildflowers, or take a cup to go into the park.



### Naturalist Station: Cornelia Fort Airpark

**1st and 3rd Sat.** of the month  
8:30 - 10 am  
All Ages  
No Registration Required

Join us at the Cornelia Fort Airpark Trailhead in Shelby Bottoms to learn more about its unique habitat and wildlife. Stop by any time to ask a Naturalist your questions, learn more about active conservation efforts, spot wetland birds, and explore!  
Leader: Perry Haga

### Ask a Master Gardener

**1st Saturday** of the month  
10 am - 12 pm  
All Ages  
No Registration Required

Drop in with your questions and curiosity. Members from the University of Tennessee Extension, Master Gardeners of Davidson County will be available at a table to share their knowledge.  
Leader: Master Gardeners of Davidson County

### Nature Storytime



**1st Wednesday** of the month  
10 am  
No Registration Required

Join us as we read nature-themed books and celebrate the park. All ages welcome!  
Leader: SBNC Staff & Volunteers

### Early Morning Bird Hike

**2nd Saturday** of the month  
8 - 9:30 am  
Ages 15+  
Registration Required

Join us on a guided bird hike at one of the park's trailheads. Binoculars are available to borrow, and all levels of experience are welcome. Registered participants will be notified of the meeting location each month.  
Leader: Lena Friedman

To register, email us at [shelbybottoms@nashville.gov](mailto:shelbybottoms@nashville.gov) or call (615) 862-8539

# March

## 12th Annual Weed Wrangle

Saturday, March 7  
9 - 11:30 am  
Ages 18+



Register at <https://rebrand.ly/FOSwwz6>

Join your community members in the 12th annual Weed Wrangle as we spend time in the woods together, chatting and restoring the ecological health of your public lands! At this volunteer opportunity, we will be removing invasive plant species that are choking out our native forests. This special edition of Friends of Shelby's typical Restore the Forest events is a part of Weed Wrangle, a one-day volunteer initiative to remove invasive plant species. More information on Weed Wrangle can be found at <https://www.weedwrangle.org/>

## Pilates in the Park

Saturday, March 7  
10 - 11 am  
Ages 18+  
Registration Required

Join The Brokerage Pilates for a free Pilates class at the Shelby Bottoms Nature Center! Move, stretch, and connect with nature. Bring your own mat – space is limited, so sign up to reserve your spot. All levels welcome.  
Leader: Marchella Leone ([The Brokerage Pilates](#), Founder/Owner)

## MNPS Spring Break Week at the Nature Center: March 7 - 14

## It's a Mud, Mud World

Tuesday, March 10  
10 - 11:30 am  
All Ages  
No Registration Required

Let's get our hands in the dirt! Meet us in Nature Play to explore the textures of mud and soil, enjoy some messy and imaginative play, and search for any creatures that call the soil their home.  
Leader: Perry Haga

## Spring Song Hike



Tuesday, March 10  
2 - 3 pm  
All Ages  
Registration Required

As the park wakes up from winter, our air fills with the wonderful and varied songs of spring. Come join us for a sound-focused hike through the spring wetlands as we explore how a soundscape can help us learn about and connect to the world around us.  
Leader: Lena Friedman

## Nature Center Puppet Show

Wednesday, March 11  
10 - 10:30 am  
All Ages  
No Registration Required

Enjoy a feature presentation from our cast of puppets at the Shelby Bottoms Nature Center! Titles and topics may be posted the week of the show.  
Leader: SBNC Staff & Volunteers

## Nature Play Adventure Hike

Wednesday, March 11  
10:30 - 11:30 am  
Age 2+  
Registration Required

We will meet and end at Nature Play and adventure as a group, exploring and working on fun challenges.  
Leader: John Michael Cassidy



## Spring Crafts



Wednesday, March 11  
12 - 2 pm  
All Ages  
No Registration Required

Join us for this open-house style craft extravaganza! Several fun, bright spring crafting tables will be set up to get colorful and creative.  
Leader: Hazel Miller

## Bird Banding Station Public Observation

Thursday, March 12  
9 am - 12 pm  
All Ages  
No Registration Required

Come observe the work of the Shelby Bottoms Banding Station team as our federally licensed bird banders work to gather information about avian populations in the park. See wild birds in the hand as they get a small metal leg band and learn about this ongoing research. Banding sessions are subject to cancellation due to weather.

## Dinosaurs in the Park

All Ages  
No Registration Required

We will have fossil casts of dinosaur skulls and actual fossils, including local fossils. Hear about our dinosaur digs in Montana. Bring your fossils and rocks for us to identify.

Open 3/12-3/13 during Nature Center hours

Leader: [Earth Experience](#) Museum



## Writing in the Wild

Friday, March 13  
10 - 11 am  
Ages 18+  
No Registration Required

Join us for this casual writing group! Nature-themed prompts will be provided at each gathering to inspire, with optional time to share at the end. Bring your favorite writing tools and connect with others in the community. All experiences and genres welcome!  
Leader: Volunteer [Kelsey D. Mahaffey](#)

To register, email us at [shelbybottoms@nashville.gov](mailto:shelbybottoms@nashville.gov) or call (615) 862-8539

<b>Jr. Naturalist: Pond Life</b>	Saturday, March 14 1 - 2:30 pm Ages 6+ Registration Required	What dwells in the ponds of Shelby Bottoms? We'll learn about how scientists study and classify these small bodies of water, then get our hands wet and dirty to see if we can discover what roll they play in our ecosystem here. Leader: Lena Friedman		
	<b>Relaxing Sound Bath</b>	Saturday, March 14 4 - 5 pm Ages 13+ To register, visit <a href="https://rebrand.ly/SBNCsound">rebrand.ly/SBNCsound</a> Leader: Volunteer John Paul ( <a href="#">Sunblink Sounds</a> )		
<b>Crepuscular Critters</b>	Saturday, March 14 6:30 - 7:30 All Ages Registration Required	We all know Shelby Bottoms closes as dusk, but for many of the critters that call this place home their day starts when the guests leave. Join us for an evening stroll as we explore what animals start their daily routines as the sun starts to set. Leader: Jeff Hill (Area Interpretive Ranger with <a href="#">Tennessee State Parks</a> )		
		<b>Volunteer Day: Garden Work</b>	Thursday, March 19 11 am - 12 pm Ages 14+ No Registration Required	Come learn about our garden and help us take care of it! We will be prepping for spring--weeding, mulching, and caring for our garden. Bring your gloves, or use a pair of our own, and get ready to flex that green thumb (not actually required)! Leader: Hazel Miller
<b>Wetlands &amp; Wampus Cats</b>	Friday, March 20 6:30 - 7:30 pm Ages 9+ Registration Required	Come learn the folklore behind some of Tennessee's cryptids and their natural or historical explanations on this fun walk through the forest. Leader: Lena Friedman & Hazel Miller		
<b>Shelby Recreation Open House</b>	Saturday, March 21 10 am - 2 pm		Explore all the ways to play in the park at the Shelby Recreation Open House! This event features many community partners and includes activities, games, visits from the Titans and Sounds, and free hot dogs for the first 400 guests. This event is held at the Shelby Park Community Center and is hosted by Friends of Shelby.	
<b>Tiny Hike</b>		Friday, March 27 10 - 11 am Ages 4 and under Registration Required	Join us on an outdoor adventure as far as our little legs can take us! Tiny naturalists and their caregivers will traipse through the woods together on our guided exploration. Strap on your baby and dress for the weather, no strollers preferred. Leader: Amanda Healan & Julie Henry (Volunteer Naturalists)	
<b>4-H Wildlife Explorers Club</b>	Saturday, March 28 9:30 - 11:30 am Grades 4-12 No Registration Required	Are you a young person curious about the wildlife around you? Join us for activities that may include games, community projects, guest speakers, and participating in community science. Please dress for the weather and be prepared to get a little dirty! Leader: 4-H Volunteers ( <a href="#">UT-TSU Extension</a> )		
<b>Sparkleheart Sound Bath &amp; Karst Studio Pop-up</b>	Saturday, March 28 2 - 3 pm All Ages No Registration Required	Join mother/daughter band Sparkleheart for a family-friendly sound bath experience. Grown ups relax and enjoy the soothing sounds of crystal bowls, gongs, and more. Kids can enjoy art exploration with The Karst Art Studio. Bring a mat or blanket if you want. Leader: <a href="#">Sparkleheart Sound Baths</a> & <a href="#">Karst Studio</a>		
<b>Reading the Forest</b>	Sunday, March 29 9 - 11 am Ages 8+ No Registration Required	Discover the natural history of Shelby Bottoms by reading the forest. This guided hike begins and ends at the Forrest Green Trailhead in Shelby Bottoms. We will gain insight into the history of the land from hidden clues. Leader: Grant England ( <a href="#">Friends of Shelby</a> )		
<b>Homeschool Day: Wetlands</b>	Tuesday, March 31 10 am - 2 pm Grades K - 8	Join us for a day of activities all about our wetland habitats! Enjoy self-guided activities set up by the Nature Center that are available throughout the day and do not require registration, or sign up for a staff-guided activity session (or both!). Find additional details on guided activity sessions and sign up at <a href="https://rebrand.ly/SBNCsignups">https://rebrand.ly/SBNCsignups</a>		

Registration Required for Some Activities

To register, email us at [shelbybottoms@nashville.gov](mailto:shelbybottoms@nashville.gov) or call (615) 862-8539

# April

## Jr. Naturalist: Bird Nests

Saturday, April 4  
1 - 2:30 pm  
Ages 6+  
Registration Required

Birds are some of the coolest architects around! Join us to investigate nest construction and participate in a challenge to build a nest of your own. No beaks or wings needed.

Leader: Perry Haga

## Relaxing Sound Bath

Saturday, April 4  
4 - 5 pm  
Ages 13+

Join certified sound healing facilitator and professional upright bass player John Paul for a vibey sound bath in the Nature Center featuring crystal singing bowls, upright bass, chimes, ukulele and more.

To register, visit [rebrand.ly/SBNCsound](https://rebrand.ly/SBNCsound)

Leader: Volunteer John Paul ([Sunblink Sounds](#))

## Nature Center Puppet Show

Thursday, April 9  
10 - 10:30 am  
All Ages  
No Registration Required

Enjoy a feature presentation from our cast of puppets at the Shelby Bottoms Nature Center! Titles and topics may be posted the week of the show.

Leader: SBNC Staff & Volunteers

## Writing in the Wild

Friday, April 10  
10 - 11 am  
Ages 18+  
No Registration Required

Join us for this casual writing group! Nature-themed prompts will be provided at each gathering to inspire, with optional time to share at the end. Bring your favorite writing tools and connect with others in the community. All experiences and genres welcome!

Leader: Volunteer [Kelsey D. Mahaffey](#)

## Run with Nature



Saturday, April 11  
8:30 - 9:30 AM  
Ages 16+  
Registration Required

A mindful run in nature is a great way to “zone-in” to the world around us. We will meet at the Forrest Green trailhead, warm up together while discussing seasonal features of the park, run (or walk!) a self-paced 30 minutes along the Greenway, and meet back at the trailhead to cool down, reflect, and share observations.

Leader: Perry Haga

## 3rd Annual Crawdad Pluckin' Party



Saturday, April 11  
10 am - 12 pm  
Ages 6+  
Registration Required

For this investigation we will stake a claim amid the merry mounds of a crawfish colony in the shadow of Cornelia Fort. Instructors will discuss the diversity of crayfish in Tennessee and the different habitats they choose before digging in for some old school mudbug excavations! Will we find the same species or something different? Maybe something new to science! Reach out and touch our own inland lobsters!

Leader: State Zoologist David Withers & Hazel Miller

## Wild Basketry



Saturday, April 11  
1 - 3 pm  
Ages 18+  
Registration Required

Join us for a hands-on basket weaving workshop, creating a small round basket from nature's storehouse. Learn about weaving techniques such as over-under weave, spokes, twining, and rims. We will explore weaving materials from nature such as daffodil leaves and stems, cattail, iris, sweetgrass, morning glory, day lilies, and others. All materials will be provided. No weaving experience is required.

Leader: Volunteer Bonnie Stefko-Brown, Association of Michigan Basketmakers

## Volunteer Day: Trail Maintenance

Wednesday, April 15  
10 - 11:30 am  
Ages 14+  
Registration Required

This month's volunteer day is all about clearing, mulching, and maintaining our trails. Many hands make light work!

Leader: SBNC Staff

## Volunteer at Nature Play

Friday, April 17  
2 - 4 pm  
Ages 14+  
Registration Required

Earth Day is upon us, and we will focus on tidying and creating at Nature Play and on campus trails. Afterwards, join us at Fridays By The River hosted by Friends of Shelby to chill under the oaks.

Leader: John Michael Cassidy

## Craft Night: Nature Bookbinding

Friday, April 17  
6 - 7:30 pm  
Ages 13+  
Registration Required

Join us to learn a simple style of book binding and create a nature journal in your own style! At the end, you'll have a new journal you can use to explore, observe, and be mindful in nature - or however else you'd like to use it. No experience needed!

Leader: Lena Friedman & Hazel Miller

To register, email us at [shelbybottoms@nashville.gov](mailto:shelbybottoms@nashville.gov) or call (615) 862-8539

<b>Sparkleheart Sound Bath &amp; Karst Studio Pop-up</b>	Saturday, April 18 11 - 12 am All Ages No Registration Required	Join mother/daughter band Sparkleheart for a family-friendly sound bath experience. Grown ups relax and enjoy the soothing sounds of crystal bowls, gongs, and more. Kids can enjoy art exploration with The Karst Art Studio. Bring a mat or blanket if you want. Leader: <a href="#">Sparkleheart Sound Baths &amp; Karst Studio</a>
<b>Meadow Restoration with Southeastern Grasslands Institute</b>	Saturday, April 18 1 - 2:30 pm Ages 18+ No Registration Required	Join us for afternoon tea with the Southeastern Grasslands Institute to learn about the restoration efforts at the Cornelia Fort Airpark Trailhead in Shelby Bottoms. This presentation will cover Southeastern grasslands ecology and natural history as well as the reconstruction process happening in the park. After the presentation, there will be an opportunity to ask questions about the reconstruction project at Cornelia Fort. Leader: <a href="#">Southeastern Grasslands Institute</a>
		
<b>Nature Play Story &amp; Build</b>	Wednesday, April 22 2 - 3 pm All Ages Registration Required	At Nature Play, we will start with a story under the pavilion and have fun trying to help our stuffed animal characters through obstacles and challenges.  Leader: John Michael Cassidy

**The Nature Center will be CLOSED 4/25 for the Rock 'n' Roll Marathon**

<b>Nashville Neighbors for Native Plants Co-Op Pick-Up</b>	Sunday, April 26 Cornelia Fort Airpark at Shelby Bottoms	Create pollinator pathways across town one yard at a time! Support native pollinators and wildlife with Nashville Neighbors for Native Plants by participating in this spring plant pick-up at the Cornelia Fort Airpark Trailhead.	
Learn more at <a href="https://www.neighbors4nativeplants.org/">https://www.neighbors4nativeplants.org/</a>			

<b>Migratory Bird Walk to Shelby Park</b>	Thursday, April 30 6:30pm - Dark Ages 14+ Registration Required		Starting at the Nature Center, we will walk to Lake Sevier and surrounding uplands during peak migration. Binoculars are available to borrow.  Leader: John Michael Cassidy
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**May**

<b>Pilates in the Park</b>	Saturday, May 2 10 - 11 am Ages 18+ Registration Required	Join The Brokerage Pilates for a free Pilates class at Shelby Bottoms Nature Center! Move, stretch, and connect with nature. Bring your own mat – space is limited, so sign up to reserve your spot. All levels welcome. Leader: Marchella Leone ( <a href="#">The Brokerage Pilates</a> , Founder/Owner)
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<b>Creative Flower Arrangement</b>	Saturday, May 2 1 - 2:30 pm Ages 18+ Registration Required		Join us as instructor ShuMei shares her knowledge of flower arrangement throughout the seasons at this special workshop, hosted by CAAN as part of AAPI Heritage Month. Please bring a vase, small basket or other small container to arrange flowers in.  Leader: <a href="#">Chinese Arts Alliance Nashville (CAAN)</a> Instructor ShuMei Lee
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<b>Exhibit Opening: Bird Friends of Shelby</b>	Saturday, May 2 3-5 pm All Ages No Registration Required		Ariel is a local birder and will share her experiences in a mixed media collection including photography, print making, and painting. Her experience and knowledge of various habitats, birds, and natural history in Shelby Park & Bottoms is unique, deep, and a great example of a connection to space and place.  Leader: Ariel Dunham & <a href="#">Bird Friends of Shelby</a>
			

<b>Beginners Bird Walk</b>	Tuesday, May 5 7 - 8 pm All Ages Registration Required		Who decided migratory birds only deserve a one-day celebration! Join us as we celebrate with a week full of bird programs to celebrate World Migratory Bird Day. This beginner friendly bird walk will introduce guests to out feathered friends that call Shelby Bottoms home. Binoculars are available to borrow. Leader: Jeff Hill (Area Interpretive Ranger with <a href="#">Tennessee State Parks</a> )
			

To register, email us at [shelbybottoms@nashville.gov](mailto:shelbybottoms@nashville.gov) or call (615) 862-8539

## Writing in the Wild



Friday, May 8  
10 - 11 am  
Ages 18+  
No Registration Required

Join us for this casual writing group! Nature-themed prompts will be provided at each gathering to inspire, with optional time to share at the end. Bring your favorite writing tools and connect with others in the community. All experiences and genres welcome!  
Leader: Volunteer [Kelsey D. Mahaffey](#).

## World Migratory Bird Day

Saturday, May 9  
Celebrations all week!



May 9th is World Migratory Bird Day, and we're excited to celebrate with lots of bird-themed happenings both on the day and in the week leading up! In addition to our regularly scheduled monthly bird hike, look for programs in this schedule marked with a bird icon, and stay posted on social media for more pop-up opportunities happening throughout the park (and city!).



The theme for World Migratory Bird Day 2026 is Every Bird Counts: Your Observations Matter. Join us to learn how we can all contribute to bird knowledge and conservation.

## Back Porch Jam

Saturday, May 16  
1 - 3 pm  
All Ages  
No Registration Required

Calling all pickers! Bring your voices and acoustic instruments to our quarterly jam. These popular events are open to all levels. We'll be on the back porch if weather allows, otherwise in the classroom.  
Leader: Amanda Healan (Volunteer Naturalist) & Friends

## Relaxing Sound Bath

Saturday, May 16  
4 - 5 pm  
Ages 13+

Join certified sound healing facilitator and professional upright bass player John Paul for a vibey sound bath in the Nature Center featuring crystal singing bowls, upright bass, chimes, ukulele and more.

To register, visit [rebrand.ly/SBNCsound](https://rebrand.ly/SBNCsound)

Leader: Volunteer John Paul ([Sunblink Sounds](#))

## Symphony Storytime

Wednesday, May 20  
10 AM  
All Ages  
No Registration Required

Our puppets are on vacation! Luckily, Theophilis the puppet talked to our friends at the Nashville Symphony, who will be here for a special storytime. Join us to meet some musicians, read some stories, listen to music, and have fun!  
Leader: Musicians of the [Nashville Symphony](#).

## Local Rivers Paddle



Friday, May 22  
11 am - 3 pm  
Ages 14+, Skill: Intermediate  
\$25 per person

Email [outdoorrec@nashville.gov](mailto:outdoorrec@nashville.gov) or call/text 615-642-9745 to register

Join us for a guided spring paddle as we explore the beauty of Middle Tennessee by water! We'll head out on a local rivers (hopefully the Buffalo River but subject to change due to water levels) for a 5-7 mile downriver trip with experienced paddling leaders. Expect 2-3.5 hours on the water, surrounded by the sights and sounds of the changing season. Previous paddling experience is required.

Leader: Krista Allen ([Metro Nashville Outdoor Recreation](#)), John Michael Cassidy, & Luke Mahrenholz ([TN State Natural Areas](#))

## Tai Chi Workshop

Saturday, May 23  
10 - 11 am  
All Ages  
Registration Required



CAAN is hosting a series of free workshops throughout the city in May as part of AAPI Heritage Month. Come enjoy the morning with some peaceful guided Tai Chi/Qi Gong practice at the Nature Center. No experience necessary.

Leader: [Chinese Arts Alliance Nashville](#) (CAAN) Instructor Cindy Hui-Lio, Ed.D

## Jr. Naturalist: Fun with Fungi

Saturday, May 23  
2 - 3:30 pm  
Ages 6 - 15  
Registration Required

Come learn all about the fungus kingdom! We'll go for a mushroom hike and delve into the mycological world. What makes a mushroom a mushroom? Let's find out! All Jr. Naturalists should be accompanied by an adult.  
Leader: Hazel Miller

## The Nature Center will be CLOSED 5/26 for Memorial Day (observed)

## FROGGY Bottoms: Survival Hike

Wednesday, May 27  
1 - 2:30 PM  
Grades 6 - 12  
Registration Required

Are you equipped in the case of an outdoor emergency? We will discuss what you can do to be prepared any time you hike, then head out to the Greenway and trails for some team building and survival simulations.

Leader: Perry Haga



To register, please email us at [shelbybottoms@nashville.gov](mailto:shelbybottoms@nashville.gov) or call at (615) 862-8539