SEPT 2025
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rutherford parent

THE BABY FAIR
ASCENSION SAINT THOMAS RUTHERFORD
SEPT. 13:
DEETS INSIDE!



surviving meangirls

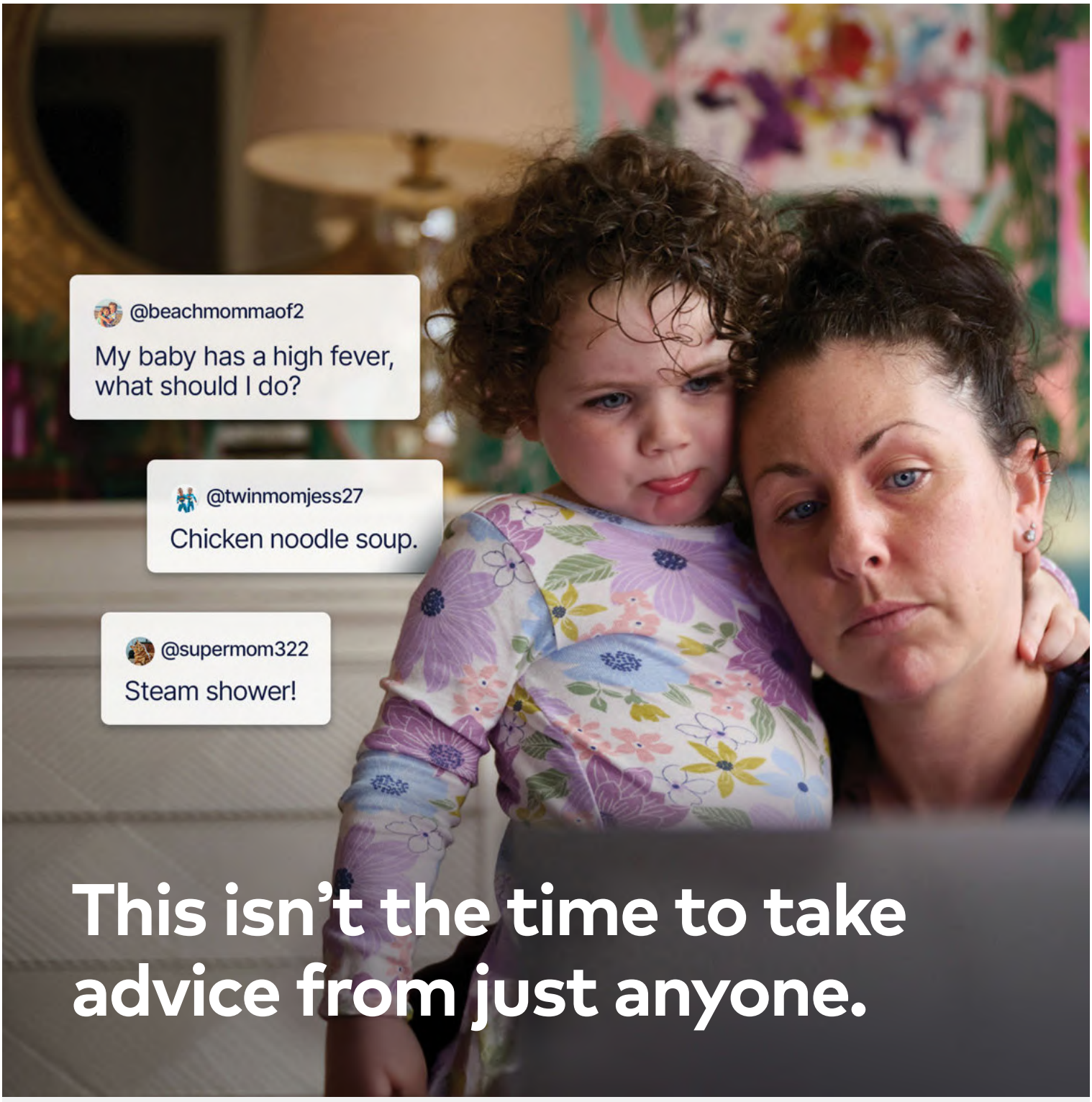
... and raising your daughter to be confident and secure

BEST WAY TO PICK AN AFTER-SCHOOL ACTIVITY

How to Help Your Child Achieve What They Want

+

"Do I Shelter My Kid Too Much?"



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- Enjoy fun games and giveaways

We look forward to seeing you at Baby Fair 2025!
Saturday, Sept. 13 from 10 a.m.-1 p.m.
Saint Thomas Rutherford
1700 Medical Center Parkway, Murfreesboro, TN 37129
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STHealthBaby.org

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Ascension Saint Thomas

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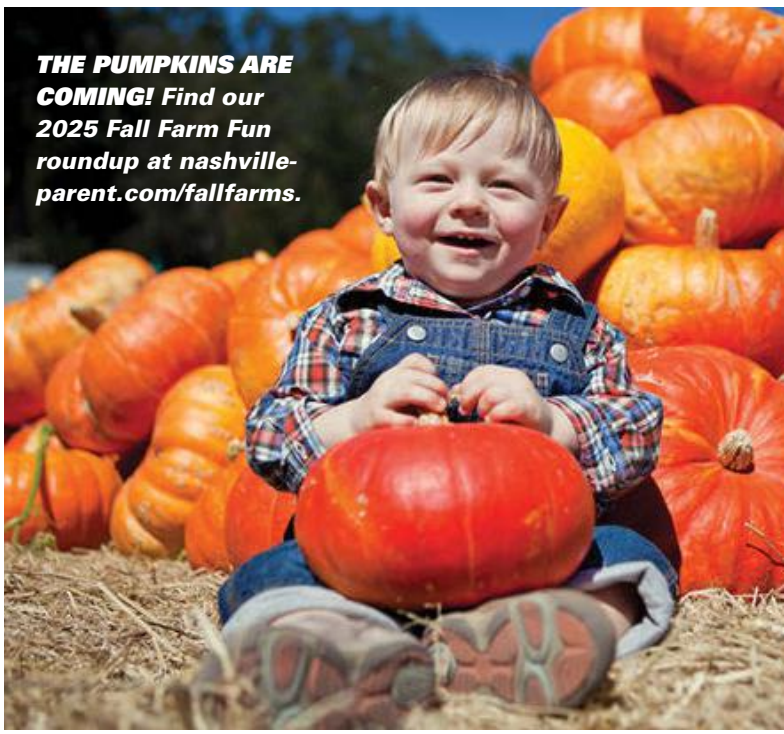
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WIN ON #WINSdays!

(The Clue Is in Each Thursday Newsletter)

How can I get in on these prizes, you ask?! It's easy! Every Wednesday (#WINSday) we give away a prize on Facebook. Here's what you need to know:

HOW #WINSDAYS WORK

Subscribe to our Thursday newsletter to play #WINSday. We put a clue in each newsletter for the following Wednesday's #WINSday prize. We randomly announce the day's prize on Facebook, asking, "What day is it?" You answer with the clue from the previous week's newsletter and we shuffle for a winner!

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WED., SEPTEMBER 10
A family four-pack to see *Inside Out and Backwards* at Nashville Children's Theatre.

WED., SEPTEMBER 17
A family four-pack to Miller's Thrillers Haunted Woods in Columbia.

WED., SEPTEMBER 24
Four tickets to see *Disney's Moana* Live-to-Film concert at TPAC on Oct. 23.



WIN ON #WINSday! *Score tickets to see* Disney's Moana Live-to-Film Concert *at TPAC happening October 23.*

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Nashville, Rutherford and *Williamson Parent* magazines provide the community connection parents need. We help moms, dads and families navigate the uncharted waters of family life, and we work to weave bright threads of joy and opportunity into the daily lives of families.

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DAY BY DAY

BY SUSAN S. DAY

All Kids Need Friends

On Wednesday mornings, I take my 2-year-old granddaughter to storytime at our local library. It's sweet and slightly chaotic — a gathering of moms, nanas (like me) and eager, wiggly toddlers clustered outside the Story Room. When the doors open, we all scurry in because it's so crowded. We get floor mats, then settle in. For 30 minutes, we sing songs, do fingerplays and listen to stories. Some kids snack, others fidget or wander off, only to be gently coaxed back by a parent.

Afterward, the children spill into the side-long play area — a toy kitchen, a dollhouse, firetruck benches, train tables. There's lots of movement and curiosity, but not a lot of talking between the kids. That's because toddlers don't really "play together" yet — they play *next* to each other. It's perfectly normal developmentally, but it's also a powerful reminder: friendship doesn't just happen. Children need help learning how to connect.

And here's the truth: if we, as parents, don't gently guide them — if we don't help them say, "Hi" or show them how to include someone else — they likely won't do it on their own.

This doesn't just apply at age 2. As kids grow and move into preschool, elementary school and beyond, the need for meaningful friendships deepens. These relationships will shape so much of their emotional world — how they see themselves, how safe they feel at school or anywhere and whether they feel they belong. Your kids need a friend they can talk to; friendship is more than just having someone to sit with at lunch. It's about trust, kindness and being known and accepted. A real friend is someone who laughs with you, sticks by you and lifts you up when life gets hard. And sadly, not every child your kid meets will be that kind of friend.

Some kids — with issues unknown — will lash out, exclude others or act in ways that make school and social situations difficult. It happened to me.

I remember my best friend from elementary school — Janet Maier. We were close and comfortable, always at each other's houses, always side by side at recess. But in fourth grade, a new girl moved in right next door to Janet. Overnight, everything changed. Suddenly, Janet didn't sit with me on the bus. Michelle, the new girl, had claimed her — and I was left out. And Janet just let herself get pulled away. I never fully understood what happened, whether Michelle told lies about me or the moms knew each other or what. All I knew was that it hurt. That's the thing about friendship — it matters. Deeply. And the absence or betrayal of it leaves a mark.

We can't force friendships for our kids, but we can help create the space for them to form. Around ages 3 to 4, kids begin to develop the skills to play with each other rather than just alongside. That's the time to encourage those early social steps — invite a new friend over, linger a little longer at the park. And as they get older, keep paying attention. If your child goes quiet, pulls back or seems off, especially during the school years — check in. Chances are, something might be happening in their friend world. Be curious, not judgemental, just concerned. Ask gentle questions. Be their safe place.

And set up playdates, host movie nights, drive carpools. Watch how your kids are being treated. Watch how they're treating others, too.

It begins on library rugs and playgrounds, at kitchen tables and birthday parties — with us nearby, cheering them on, helping them develop the courage to say, "Hi."



FEED BACK

"OK, I'm struggling here. My kids are 5 and 7 and sheltered. That means they have no iPad, no YouTube, no online games. But am I doing them a disservice? My husband says 'Yes,' and we can't agree."



Are My Kids Too Sheltered?

READERS SHARE THOUGHTS

"There's ABC Mouse.com and a lot of other good places for your kids to learn. My granddaughter has a learning disability. The apps that show how to write ABCs and count, draw and color help her so much. Makes travel so much easier. It's a great reward system and a great resource to help parents as long and you don't allow the iPad to become the parent that some are too lazy to be."

Pamela Maitland

"I will say that they will need some experience eventually with a device if they go to school in a district that lets students use Chromebooks. A simple tablet with kid-friendly games and strict time limits can at least get them familiar with it. But it's definitely a rabbit hole that you have to be careful going down. There are lots of kids with insufficient limits who are exposed to all kinds of things way too soon."

"Once you take the lid off, it's hard to put it back on. Nothing wrong with your choice to wait."

Katie Long

"Mine only has a tablet for his ABC Mouse. Isn't allowed games or YouTube. He's 7."

Cole Freeman

"You can introduce them as they are in a technical world, just to keep them abreast if they have to use technology such as a tablet away from home. Definitely limit and monitor their usage to keep it as normal as you can at home. Either way, you parent as YOU see fit!"

Ebony Wallace

"You're doing the right thing for your family and that's OK. But, If we said otherwise would you change your mind? Let's not shame other moms just because they have a difference of opinion or if they let their kids play games or watch movies on a tablet. Also, my youngest son started using computers at school in kindergarten for certain things. And that was at both private and public schools. Good luck, mama. Do what you want for your kids and sit down with your husband and discuss why or why not if you haven't already."

Erika Alvarez

"You are making an excellent choice, mama!"

Heather L. Searcy

"Don't do it!"

April Turner Dodd

"Way to go mama! You are doing great! I wouldn't let my kids until they were teenagers. I never let mine have a phone, either. If my kids want a phone, they have to get a job and pay for one and then pay the monthly service for it, too. Social media is the worst thing for a child! Online predators, scammers, and just nasty stuff everywhere. Keep up the good work. They will appreciate you trying to keep them safe (after they are grown)."

Tonya Heady

"No way! You're in the right here, mom! They are not alone in not having tablets and that's pretty young, anyway! Why would your husband want to put that on them? Maybe he doesn't understand the dangers. You can research the dangers of screen addiction, but also, about predators that sneak into kids games, YouTube channels and other places. Also exposures to inappropriate images and videos. But also, it eats away at imagination, creativity and patience."

Samath Jones



The Baby Fair

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The Baby Fair

— RUTHERFORD —

On Saturday, Sept. 13, Head to Ascension Saint Thomas Rutherford to Get Ready for Baby!

Got a baby on board or expecting one? Join us at Middle Tennessee's longest-running FREE annual event for new and expectant parents — THE BABY FAIR – Rutherford!

On Saturday, Sept. 13, The Baby Fair takes place at Ascension Saint Thomas Rutherford (1700 Medical Center Parkway, Murfreesboro) from 10 a.m. – 1 p.m. and it's full of fun and information for moms and dads.

The fair features great giveaways (like a new fancy stroller!), vendors and booths with excellent resources for new parents, networking opportunities, a variety of games and more.

Moms and dads can tour birthing facilities, meet OB/GYNs and certified nurse midwives and gain valuable insights about parenting and babies from experts presenting informational sessions.

Admission to the fair is free, but you can register to attend, too, and get yourself automatically entered into our prize drawings. We'll see you there!

REGISTER NOW!

Just a Sampling of the Vendors to Learn About at The Baby Fair:

Allied Behavioral Health Solutions
Ascension St. Thomas Rutherford
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Family Care Center
How Money Works
Help to Moms
Kicks & Flutters Ultrasound
Move Mountains Doulas
My Dreamy Sleeper
Nashville 4D Baby
Nurture the Next
Restful Baby
Safesplash Swim School
Mother's Milk Bank of TN
The Southern School for Moms

(please turn the page)

Fall Private School Open Houses

Find the best education for your child by visiting your schools of choice.



Christ Presbyterian Academy
2323-A Old Hickory Blvd., Nashville
615-373-9550
Campus Visit Mornings (K – 3):
Wednesday, Sept. 24 | 10 a.m.
Thursday, Oct. 30 | 10 a.m.
Tuesday, Nov. 18 | 10 a.m.
Campus Visit and Student Shadow Mornings (Grades 4 – 5):
Thursday, Oct. 2 | 8:30 a.m.
Thursday, Nov. 13 | 8:30 a.m.

Davidson Academy
1414 W. Old Hickory Blvd. Nashville
615-860-5300
Open House:
Sunday, November 16 | 1 – 3 p.m.

The Ensworth School
Lower/Middle School:
211 Ensworth Ave., Nashville
615-383-0661
High School:
7401 Highway 100, Nashville
615-301-5400
Kindergarten Admission Lunch:
Wednesday, Sept. 24 | 11:30 a.m.
Wednesday, Nov. 5 | 11:30 a.m.

Episcopal School of Nashville
1310 Ordway Pl., Nashville
615-928-8611
Coffee + Conversations:
Wednesday, September 3 | 9 a.m.
Wednesday, November 12 | 9 a.m.

Father Ryan High School
700 Norwood Drive, Nashville
615-383-4200
Preview Day:
Sunday, October 26 | 12:30 – 4 p.m.

Ferntop Nature School
7731 Fernvale Road, Fairview
Open Houses:
Saturday, October 18 | 9 – 11 a.m.
Monday, October 20 | 9 – 11 a.m.

Franklin Road Academy
4700 Franklin Pike, Nashville
615-832-8845
Preview Day:
Sunday, November 2 | 2 p.m.

Harpeth Hall
3801 Hobbs Road, Nashville
615-346-0126
Preview Day:
Sunday, November 2 | 2 p.m.

Nashville Christian School
7555 Sawyer Brown Road, Nashville
615-356-5605
Open House Days:
Tuesday, October 7 | 8 a.m.
Tuesday, October 21 | 8 a.m.
Tuesday, November 4 | 8 a.m.
Tuesday, November 11 | 8 a.m.

St. Cecilia Academy
4210 Harding Pike, Nashville
615-298-4525
Admissions Preview Day:
Sunday, October 26 | 3 – 5 p.m.

St. Edward School
190 Thompson Lane, Nashville
615-833-5770
Tour Tuesdays:
Tuesday, September 16 | 10 a.m.
Tuesday, October 21 | 10 a.m.
Tuesday, November 18 | 10 a.m.

Saint Henry School
6401 Harding Pike, Nashville
615-352-1328
Open House:
Sunday, Sept. 28 | 12 – 2 p.m.

The Webb School
319 Webb Road East, Bell Buckle
931-389-9322
Open Houses:
Friday, October 17 | 1 – 3:30 p.m.
Friday, November 7 | 1 – 3:30 p.m.

QuickBits

• The first-of-its kind public charter high school has opened in Tennessee. Currently enrolling, **NURSES MC NASHVILLE** is now open at 3010 Tuggle Ave. in Nashville. The school opened last month with 140 students ready to be prepared for careers in nursing and healthcare. The school integrates academics with hands-on jobs training starting in the ninth grade with students shadowing nurses and training in simulation labs. By grade 11, students will have access to paid internships, professional mentoring and more career-focused experiences. By graduation, students will have 12 college credits and a healthcare certification.

The Nashville campus is the second of its kind in the nation (the first is in Rhode Island), and NursesMC is part of a $25 million national initiative from Bloomberg Philanthropies which partners high schools with health systems in 10 U.S. communities. Locally, the school launched in partnership with TriStar Health and Vanderbilt University Medical Center.

"This school is the beginning of something bigger than any one classroom," says Dr. Andrea Poynter, executive director of NursesMC Nashville. "We're expanding access to opportunity for students across Nashville who dream of becoming nurses and doing it in a way that responds directly to the workforce needs of our hospitals and community," she adds. ***Learn more about the new school at nursesmcnashville.org.***

• Saddle up! Nashville Zoo's **SUNSET SAFARI: RHINESTONES & RHINOS** is taking place on Friday, Sept. 19 from 6:30- 10:30 p.m. The Zoo's signature fundraising event features culinary delights, live entertainment and close-up encounters with interesting animals. Support the zoo by attending. ***Learn more at nashvillezoo.org/sunset-safari.***

• **THE COUNTRY MUSIC HALL OF FAME & MUSEUM** recently unveiled a new photography exhibition, "Writers, Pickers and Stars: The Photography of Ed Rode." The exhibit features photographs from Rode's 2024 book, *Songwriter Musician: Behind the Curtain with Nashville's Iconic Storytellers and Players*. The exhibit is free and will be open to the public through July 2026 in the museum's first-floor gallery. ***For more information, visit countrymusichalloffame.org.***

• **CHUKKERS FOR CHARITY** happens Saturday, Sept. 6 at Riverview Farm in Franklin. This year, Chukkers will host the finals of the USPA Regionals Presidents Cup for the Mid-State Circuit, the most prestigious polo tournament in the U.S. Get tickets the "Fiesta on the Field" and help raise funds for the Rochelle Center and Saddle Up! ***Learn more and get tickets at chukkersforcharity.net.***



Kids can participate in the stick pony race at Chukkers for Charity on Sept. 6.

THE DADSIDE

BY NOAH DAY

Toddler Travels Are No Joke

All of the sudden, heading to the airport sounds so massive. Like it's the greatest test we parents can face in a given day. I think it has something to do with the sheer volume of luggage we're forced to bring and the potential unraveling a family may experience. We've heard the horror stories of flying with kids and while we've done two trips via plane to visit family with our two kids (ages 2 and the other coming up on 5 months) we know, full well, that no successful travel day is to be taken for granted.

Two car seats, a stroller, a pack-n-play, two (decently big) suitcases, a backpack, a fully loaded diaper bag, two kids and the collective mental and emotional weight of all our upcoming duties and responsibilities. That's what we bring. I often wonder how we look lugging everything through the terminal. Car seats on our backs, pushing the stroller with toddler, baby in carrier, suitcases in hands. Hopefully, we look driven and confident — not sweaty. This is wishful thinking, however, as I know myself and understand that I look very, very sweaty.

The idea of flying in and of itself blows my mind, but the premise of flying with an unpredictable toddler and months-old baby in tow is even more mind-boggling. And yet here we are. In our travels, we've experienced a 14-year-old who pulled his hoodie tightly around his head in disgust and rocked back and forth with his hands slammed over his ears to block out our baby's cry. We've had kind strangers offer little toys to help soothe our toddler. We've struggled and watched other parents crush it with their kids. We've gotten lucky and also had other parents fooled into thinking we know what we're doing.

Once, in a moment of poor judgment, I watched in horror as my toddler dumped an entire cup of complimentary ice water onto herself before waddling in the puddle of it beneath her pants. Oof. I know the fear of — *oh gosh, what if they have yet another blowout and we're out of clothes and diapers*? I am thankful for the priceless value of the behind-the-seat barf bag for puppetry. And the timeless entertainment the safety and drink brochures offer the toddler.

We're learning to let go of managing the feelings of those around us. Yes, my baby is crying — no, I don't want him to cry. Yes, my toddler just threw the pen cap at your head. Yes, I'm sorry about that. Please, please don't call security.

Having little ones and traveling takes some serious guts. Being prepared with snacks is absolutely something I have found to be helpful. However, when your toddler squirts her smoothie pouch all over herself and then proceeds to eat the who-knows-how-old leftover granola bar she found in the back of the seat before us, you're on your own. That's 100% normal and maybe even expected.

I think it would be so amazing to one day arrive at our destination after a day of travel with all the bags neatly placed in the trunk and the kids singing in unison while enjoying a calm afternoon. I also understand that if our kids make it safely with (most of) their clothes on, that's good enough.

Most importantly, I love sharing the inexpressibly deep sense of relief with my wife knowing that we made it safely and without too many tears. That after all the schlepping and even if we're a mess, we're together and the kids are OK. I think the kids love watching us work together, too.

Noah Day is a graduate of The University of the South and an avid baseball fan. He lives in Nashville with his wife and two children.











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How to Set Your Kids Up for Success

Help your kids set goals for this school year to become more self-directed learners and to feel great about achieving.

"I want to be on the honor roll," your son says.

"That sounds like a great goal. Let's talk about how to achieve it," I reply.

When I was a guidance counselor, I helped students create and achieve their goals. Setting goals are important because it helps children to be successful in school, work or any area of their life. Like the founder of JCPenney said, "Give me a stock clerk with a goal and I'll give you a man who will make history. Give me a man with no goals and I'll give you a stock clerk."

Here are tips to help your child formulate and reach their life aspirations. These examples are related to school, but your child could create goals for sports, social skills, jobs or any other area of their life.

MOTIVATION TO ACHIEVE GOALS

Before creating goals, ask your child what their motivation is or reasons for wanting to reach those goals. This will help them to stay focused and overcome obstacles.

(please turn the page)

GOALS

For example, if their goal is, "To be on the honor roll" and their motivation is, "To help me get into a good college," you can use this concept to remind your child why achieving these goals is important. Using pictures or images as a sign of your motivation can help them to stay focused. In this example, hanging a picture of a college campus on the wall would help your child to visualize it.



REACH OUT: *It's surprising how many kids are hesitant to talk to their teachers, because it's one of the best ways to succeed academically. Encourage your kids to do it!*

HOW TO CREATE GOALS

Edwin Locke researched goal setting for more than 40 years. He found that people who form specific goals had greater achievements than people with non-specific ones.

When creating goals, it is important to have the goal be specific, measurable and realistic. Using these three criteria will help. Here are some examples:

Vague vs. Measurable Goals

Example of Vague Goal:
I want to get good grades.

Example of Measurable Goal:
I will hand in my homework on time every day for one week.

With the first example, it will be difficult to achieve the goal since it's not defined what "good" means. Does good mean receiving a C or an A grade? Is it for all subjects? Do you want to get these grades for one or two terms or a final grade?

In the second example, a time frame of one week is defined so that at the end of a week you know if you achieved your goal (if all assigned homework was turned in).

Unrealistic vs. Realistic Goals

It is also important to aim for realistic and achievable goals in order to avoid disappointment. It is easier to set small goals to begin with instead of large ones.

Example of Unrealistic Goal:
I will get a score of 100 on every test.

Example of Realistic Goal:
I will earn honor roll at the end of term one.

Of course, some kids may be able to earn 100 on every test, but most will be setting themselves up for failure if they attempted this goal. In general, it is easier to start small and work your way up to larger or more ambitious ones. Also, if you write down your goals and put them on your wall, you are more apt to follow through on a daily basis.

Long-Term vs. Short-Term Goals

Your goals can be both long-term (one year or longer) and short-term (one day to 11 months). First, you can define your long-term goals and then your short-term goals as steps to helping you achieve your long-term goals. By creating short-term goals, you will find your long-term goal to be more manageable. Examples:

Long-Term Goal:
At the end of this year's school year I will earn honor roll.

Short-Term Goal:
I will hand in homework every day this week.

Short Term Goal:
I will study and review classwork for one hour every day this week.

It may be overwhelming to think about an entire school year, but if you consider the shortest-term goal of only one hour per day it is more manageable and achievable.

REASONS GOALS MAY FAIL

The three main reasons I have seen why kids have difficulty in achieving their goals are:

1. They experiences an obstacle and instead of overcoming the obstacle, they give up.

2. They didn't know when they achieved their goal since the goal was vague.

3. They created unrealistic or unattainable goals.

Create New Goals If Necessary

If you don't achieve your goals, first figure out the issue. Then you can create new goals or find the motivation to overcome the obstacle. Sometimes only minor changes are necessary. Examples:

Goal:
I will receive a grade of an "A" in term one in math class.

Short Term Goal:
I will complete homework every day.

Obstacle:
Current average in math class is a B.

Solution:
Encourage your child to talk with the teacher about ways to improve the grade such as extra credit or staying after school. Sometimes just making that effort makes the teacher/student relationship stronger and success begins to happen.

When your child achieves their goals, praise them for their accomplishments and their ability to set a goal and achieve it. Creating goals is a lifelong skill that will help your child work harder and be more successful in life!

Cheryl Maguire holds a Master of Counseling Psychology degree. Her writing has been published in The New York Times, Parents Magazine, Upworthy, Chicken Soup for the Soul: Count Your Blessings *and* Your Teen Magazine.

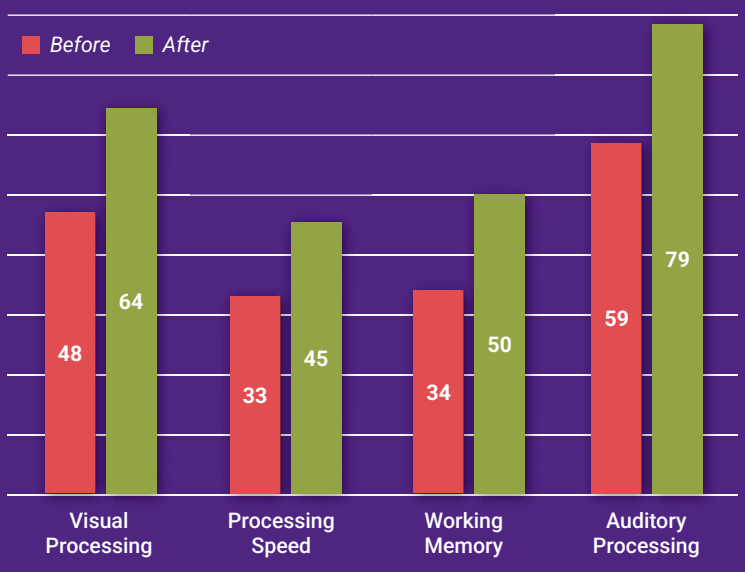
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surviving meangirls

BY SUSAN DAY

Raising daughters in a world where unkind behavior starts shockingly early means being proactive. By nurturing confidence, empathy and open communication, you can equip your girls with the tools to recognize cruelty, resist peer pressure and to stand strong in their own worth before the drama begins.



I thought I had more time.

But fourth grade hit, and everything changed.

Suddenly, my daughter's classroom — once full of giggles, shared snacks and easy friendships — started to fracture. The girls began forming cliques. The whispers started. And the painful labels followed.

At home, my daughter began sharing how girls were calling each other "fat," "weird" or "not cool enough." Some of the targets were girls we'd known since kindergarten. And then, the comments came about her. Not just from classmates — but relayed by loyal friends trying to protect her.

Like many moms raising daughters, I knew we'd eventually face the reality of mean-girl behavior. I expected the social power plays, passive-aggressive exclusion and emotional manipulation, but not in fourth grade. Wasn't this supposed to happen in middle school?

"The mean-girl thing is happening much sooner than everyone realizes," our elementary school counselor told me when I called to talk it through. "I see it all the time."

It Starts Early

What many moms think of as "just drama" is a form of relational aggression — a subtler, often overlooked type of bullying that includes exclusion, gossip and manipulation, says parenting expert Katie Hurley, LCSW. Hurley is the author of the award-winning book, *No More Mean Girls: The Secret to Raising Strong, Confident and Compassionate Girls* (Tarcher; 2018).

It Isn't Just Drama

Girl victimization is closely linked to serious challenges like anxiety, depression, low self-esteem, poor academic performance and social withdrawal.

More alarming? Research shows that severe bullying during childhood significantly increases the risk of long-term mental health issues.

What Does Bullying Look Like for Girls Ages 8 to 12?

According to Sissy Goff, author of *Raising Worry-Free Girls* and executive director at Daystar Counseling Ministries in Nashville, the most common forms of bullying among tween girls include teasing, name-calling, gossip and exclusion. Some girls will even engage in social sabotage like spreading rumors.

Girls may be bullied for being too tall, too short, having freckles or pimples, wearing braces or having a different skin tone. Even things like the way a girl dresses, her accent, her cultural or religious background — or just her name — can be used against her.

Most of this kind of bullying is subtle and easy to miss. Things like spreading rumors or making cruel comments — especially online — can fly under the radar. To make it even more confusing, girls often mask their bullying with phrases like, "I'm just joking!" This tactic, Hurley explains, is a way for the bully to avoid responsibility and to shift the blame to the victim.

When Something's Wrong

So what happens when your daughter doesn't say much but your gut tells you something's off?

Signs your girl may be struggling with relational aggression include lost or damaged personal items, changes in sleep or appetite, withdrawal from school and social activities and more.

Your girl — once full of energy and curiosity — becomes quiet, fatigued and avoidant. And you feel helpless.

How do you guide her through the messy world of girl friendships and social politics — just as she's beginning to figure out who she is?



BE HER SAFE PLACE *If you suspect your daughter is being bullied or left out, you can't fix everything immediately — show her you're a safe place to land.*

And — the hardest part? How do you protect her without making her part of the same cycle?

How to Support Your Daughter Without Pushing Her Away

When your daughter is hurting, the instinct is to ask questions. But according to Hurley, too many questions can actually cause her to shut down.

"Listening is a better first strategy than pushing for details," she says. "If you're worried about her behavior, say so — but without overwhelming her."

If you suspect your daughter is being bullied or left out socially, your job isn't to fix everything immediately — it's to show her you're a safe place to land.

Reassure your girl that yes, bullying happens, but it can be addressed and she's not alone. She must not blame herself, says Goff.

"When something goes wrong in a girl's world, she tends to blame herself; there's this exponential pressure that girls in our day and time feel that adds to that: I'm not measuring up because my expectation is perfection," Goff says.

And often a girl being bullied will try and make it better by trying to befriend her antagonizer.

"Girls often place best friend expectation on acquaintances, as in, 'I'm going to tell you so much about myself, hoping it's going to be a way we connect, but then I don't even know you,'" Goff says.

Help your girls to know who her true friends really are, who can be trusted and who may be best to avoid altogether.

Ways to Help Girls Cope

Girls need to know that simply absorbing cruelty is wrong — and that they have the power to stand up and change the dynamic. Ways to help include:

Role-play:

- Practice assertive, calm responses. Teach her to avoid giving bullies reaction.
- Talk through escape strategies. Brainstorm how she can walk away from situations without feeling powerless.
- Encourage peer support. Remind her to lean on trusted friends who make her feel safe, supported and seen.
- Address online bullying without punishing her. If the bullying is digital, let her know you're there to protect — not to restrict. Reassure her that she won't lose her phone or internet privileges just for speaking up. Your goal is to keep her safe, not silent.

Teach Her to Be a Kind Leader, Not a Silent Bystander

Girls also need to know that watching cruelty happen is never enough. They have the power to stand up and change the dynamic. Be sure to listen to your girls without judgement, says Goff. She encourages questions like, "Tell me more," helping your daughters connect the dots emotionally and at their own pace. This builds trust and supports them in recognizing when something is "off" in their social world.

Keep the Conversation Going — Even When There's No Drama

Even if your daughter isn't facing social challenges right now, regular check-ins build trust and emotional awareness.

Ask:

- Who did you sit with at lunch?
- What made you laugh with your friends?
- Did you notice anyone feeling left out?
- Did you have any disagreements — and how did you handle them?
- Want to plan a fun outing with your friends?

Helping your daughter navigate friendships isn't about controlling her social life — it's about guiding her to be self-aware, kind and strong enough to stand up for what's right.

Susan Day is a mom of four and editor in chief of this publication.

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MORE THAN JUST A PLACE TO GO:

How to Choose an After-School Program That Feels Right

When chosen wisely, after-school programs can be incredibly valuable for kids, offering them opportunities to develop new skills, build confidence and stay engaged in a safe, supportive environment.

With school ramped back up, you may be facing changing dilemmas for your kid's after-school needs. Whether you're juggling long hours at the office, hoping to extend your child's learning or just trying to keep them engaged and happy until dinner, choosing the right after-school program can feel like one more high-stakes choice in a never-ending parenting marathon.

But here's the good news: with a little practical research, some honest reflection and a gut-check or two, you can find a program that supports not just your calendar, but your child's temperament, talents and growth.

Benefits to After-School Enrichment

Some parents wrestle with guilt about sending their child to an after-school program, especially if it feels like "extra" time away from home. But research suggests that high-quality after-school programs are far more than may meet the eye.

One study published in *Developmental Psychology* found that elementary-aged kids who participate in structured after-school activities have stronger work habits and better emotional adjustment than peers who didn't.

Another, published in *The American Journal of Community Psychology*, revealed that middle school students enrolled in after-school programs earned better math scores and also displayed stronger developmental skills, including leadership and social confidence.

Done well, after-school programs can enhance a child's development, not hinder it.



Mobile Music Academy can bring the music lessons to your home, making it convenient for families and easier on your kid's schedule.

Where to Start Your Search

Thankfully, you don't have to reinvent the wheel. Some of the best leads might be closer than you think.

Start with your school secretary. They often know exactly which programs work smoothly at your child's school, have a great handle on the school schedules (including transportation) and know which programs have a solid reputation with parents.

Next, never underestimate the power of your parenting network. Fellow moms and dads in your neighborhood or class can offer the most honest and unfiltered reviews. They've been there. They know which programs sound great but fall flat, and which are hidden gems.

Read Your Child's Behavior

Before you're dazzled by glossy flyers and promises of enrichment, start with a simple question: What does your child need after school?

Developmental psychologist Deborah Lowe Vandell puts it this way, "It's a complicated question about what works best. Afterschool environments need to be evaluated in the context of the individual child's needs and within the family."

(please turn the page)



Boost Gymnastics offers after-school programming for kids inteested in gymnastics, creativity and more.



Tennessee Robotics Center offers after-school classes for all ages.

With that in mind, ask yourself: What lights my kid up? What wears them down? Are they the kind of kid who craves structured activities, or do they need space to breathe after a long, socially demanding day?

Is your kid an introvert or easily overstimulated? A five-day sports camp might leave them drained. On the other hand, if they thrive on movement and social energy, sitting in a tutoring center could feel like detention.

Listen to your child's feedback, even if they don't say much. If they come home from a trial day cranky, quiet or withdrawn, something's not clicking. Trust what you're seeing. The best after-school programs don't just pass the time, they use it meaningfully.

The Three Cs: Connection, Capability and Continuity

When evaluating a program, some experts suggest considering three crucial qualities: connection, capability and continuity.

CONNECTION: Is the staff warm, present and genuinely interested in the kids? Do they get down on eye level and know kids by name? A program that's merely supervised may not be enough.
CAPABILITY: Are staff trained in education, child development and conflict resolution? Can they guide behavior with empathy rather than just enforce rules?
CONTINUITY: Children thrive on predictability. Ask about staff turnover, what happens when someone's out sick and whether there's a reliable daily rhythm. If your child sees a new adult every week, they may not form the connections they need to feel secure.

Logistics Matter, But Shouldn't Be a Deciding Factor

Yes, a program has to fit your schedule. And it should ideally be affordable and not halfway across town. But don't let convenience be the only deciding factor.

Admittedly, transportation can be a deal-breaker. Some programs offer it. Some don't. Ask detailed questions: What time is pickup? What happens if you're late? My neighbor had to step back from a seemingly perfect program after learning parents were expected to pick up by 5 p.m. sharp, while her workday sometimes ended at 5:30. You'll sometimes need to work these things out, but keep carpooling in mind, too.

Observe and Involve Your Child

If a program seems like a contender, ask to observe. Even better, bring your child and let them explore. Kids are intuitive, and their body language is often a tell.

Watch how staff interact with the children. Are kids engaged or zoned out on screens? Is there laughter, creativity and movement? Or is the vibe more chaotic and crowded?

Are there activity options, or is everyone lumped into one rotation? What's the noise level? Does it feel joyful and energetic? Or loud and overstimulating?

Watch for Red Flags

Even highly rated programs may not suit your child. But some red flags are universal, such as low adult-to-child ratios, no consistent structure, excessive screen use or a rigid culture focused on compliance instead of curiosity. And if a program won't let you observe or dodges questions about staffing and policies? Big red flag.

Balance Academics with Play or Enrichment

It's tempting to view after-school time as a chance to boost academic performance. But most kids don't need more worksheets. They need decompression, connection and creativity.

The best programs strike a balance: maybe a little homework help, followed by art, nature walks or time to just be a kid.

Trust the Long Game

No program is perfect. But when the fit is right, you'll see it: the glitter, the grass stains, the proud art project clutched in small hands. The "guess what happened today!" stories that tumble out during the ride home. And you'll know your child is not just being cared for, but known, engaged and supported.

Shannon Dean is a freelance writer.

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BY MICHAEL W. ALDRICH

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September THINGS TO DO

PARENTING MEDIA ASSOCIATION 2024 GOLD Award Winner Design & Editorial Awards Competition

BEST OF THE MONTH



CHEEKWOOD HARVEST
Saturday, Sept. 13 - Thursday, Oct. 30
Cheekwood, Nashville
Page 43
Nashville's botanical gardens welcomes families to a fun-filled, fall celebration including the Pumpkin Village (three pumpkin houses), a scarecrow trail, a new Jack-o'-Lantern topiary and more.



MIDDLE TN HIGHLAND GAMES
Saturday, Sept. 6 - Sunday, Sept. 7
Sanders Ferry Park, Hendersonville
Page 37
Celebrate Scottish and Celtic culture with athletic events, a kids zone, crafts, bagpipe competitions, sheep herding demonstrations and more.



THE WIZ
Tuesday, Sept. 23 - Sunday, Sept. 28
Tennessee Performing Arts Center, Nashville
Page 50
Take in this Tony Award-winning twist on *The Wizard of Oz* filled with soul, gospel and 70s funk following Dorothy down the Yellow Brick Road.

33 DAILY EVENTS
This month's events in day-by-day order.

33 NASHVILLE SHAKESPEARE FESTIVAL
Relish in the chaos of *The Merry Wives of Windsor*, running through Sept. 21 at The Yard at oneC1TY.

35 MUSICIANS CORNER & KIDSVILLE
Music, art, food, and the Kidsville craft tent on Fridays at Centennial Park through Sept. 26.

38 GREEN HILLS PARK FEST
Family-fun activities, vendors, food trucks, live music and *A Minecraft Movie* on Saturday, Sept. 6.

42 MOTHER-DAUGHTER GETAWAY
Moms and daughters can spend one-on-one time Sept. 12 – 14 at Deer Run in Thompson's Station..

45 FRIST FAMILY SUNDAY
Head to the Frist Art Museum on Sunday, Sept. 14 for kid-friendly programming, tours, multisensory gallery experiences and more.



NASHVILLE FAIR

Friday, Sept. 5 - Sunday, Sept. 14

Nashville Fairgrounds

Page 37

A nostalgic fair experience with a modern spin in Nashville's urban core. Enjoy assorted events, agriculture, arts & entertainment, treats and plenty of Midway rides.



DISNEY ON ICE

Thursday, Sept. 25 - Sunday, Sept. 28

Bridgestone Arena, Nashville

Page 50

Chill out with this skating event featuring a brand new show, "*Frozen* & *Encanto*!"



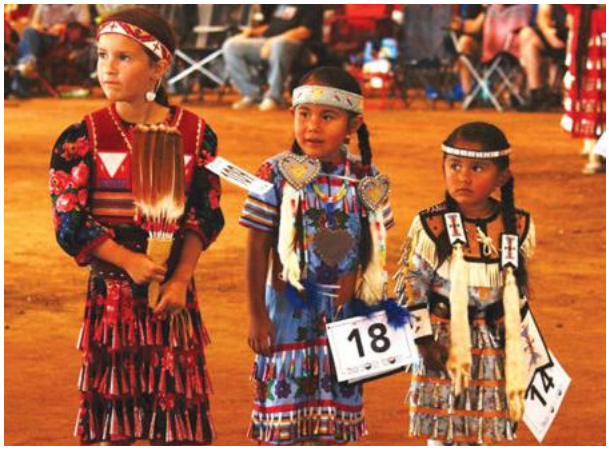
INSIDE OUT & BACKWARDS

Thursdays - Sundays thru Dec. 7

Nashville Children's Theatre

Page 35

Little theatre-goers can giggle, wiggle and explore a world turned delightfully in every different direction!



WILCO POW WOW

Saturday, Sept. 27 - Sunday, Sept. 28

James E. Ward Agriculture Center, Lebanon

Page 53

Celebrate life, culture and community through dance, song, storytelling, food and crafts at this authentic Native American Pow Wow.



KIDSVILLE FAMILY FESTIVAL

Saturday, Sept. 27

Centennial Park, Nashville

Page 51

Bring the family for a day filled with live music, costumes, arts and crafts, a mascot photo station, musical meet and greets, inflatables and lawn games, an obstacle course, painting and more.

46
DAD REPORT!
LOST WORLDS SEATOPIA
Get the scoop on this ocean-themed indoor playground now open in Murfreesboro.

47
DOZER DAY
Kids can use dozers, backhoes and loaders while digging for real treasure at the Comer Barn in Gallatin on Saturday, Sept. 20.

48
TENNESSEE TITANS
TITAN UP this month with two home games at Nissan Stadium on Sept. 14 and Sept. 21.

51
HISPANIC HERITAGE FESTIVAL
Celebrate Hispanic culture all day at Nashville Zoo on Saturday, Sept. 30.

54
ON YOUR RADAR
Mark your calendars for next month's select outings.

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DAILY EVENTS

MON 1

FREE MONDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
library.nashville.org
Songs, activities and lots of early literacy fun on Monday mornings at multiple Nashville Public Library branches, including Bellevue, Donelson, East, Green Hills, Inglewood, Looby and Richland Park. Call ahead to make sure there are open spots.

FREE BABY TIME AT THE SPRING HILL LIBRARY
springhilllibrary.org
Songs, books and lots of bouncing at the Spring Hill Public Library (144 Kedron Pkwy., Spring Hill) at 9:30 a.m. For children from birth – 2 years old and a caregivers.

EARLY EXPLORERS STORYTIME
adventuresci.org
Preschoolers and parents can enjoy exhibits, attend storytime and participate in an activity at Adventure Science Center (800 Fort Negley Blvd., Nashville) from 9:30 – 10:30 a.m. Cost is $18 for non-member adults and $14 for non-member youth; free for members.

MAURY COUNTY FAIR
maurycountyfair.com
Carnival rides, exotic animals, science shows, arena events (like the junk car jump and the Saturday motocross races) and more at the Maury County Fair (1018 Maury County Park Drive, Columbia). Gates open at 3 p.m. (Midway at 4 p.m.) Tickets are $12 for adults; free for kids 12 and younger. Midway armbands are $35.



FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
nashvilleshakes.org
The Nashville Shakespeare Festival brings the Bard back to Music City for another round of Summer Shakespeare at The Yard at OneC1TY (1 City Boulevard, Nashville) Thursdays through Sundays (plus Labor Day) through Sept. 21. This year, enjoy *The Merry Wives of Windsor*, a Shakespearean comedy that explores themes of marriage, playful revenge and everlasting friendship. The festival is a free (with a suggested $10 per person donation per show). Each evening begins with food vendors at 5:15 p.m., an "Insight" talk at 5:30 p.m., a pre-show concert at 6 p.m. and the main performance at 7 p.m.

TUE 2

FREE STORYTIMES AT LINEBAUGH LIBRARY
615-893-4131, ext. 115
rclstn.org
"A is for All!" at Linebaugh Public Library (105 W Vine St., Murfreesboro)! Children ages 2- 8 can discover stories, songs and puppet shows on Tuesdays and Wednesdays at 10 a.m.

TOTS! AT CHEEKWOOD
615-356-8000
cheekwood.org
Tots and a caregiver can enjoy drop-in style activities and storytime (10, 10:45 and 11:30 a.m.) in the Bracken Foundation Children's Garden at Cheekwood (1200 Forrest Park Drive, Nashville) on Tuesdays through Saturday from 10 a.m. – 12 p.m. Included with admission or membership.

FREE TODDLER STORYTIME AT FRANKLIN LIBRARY
615-595-1244
wcpltn.org
Caregivers and little ones ages 18 months to 3 years are welcome to join in the Children's Activity Room at the Franklin Library (1314 Columbia Ave., Franklin) to sing, listen to stories and have fun at 9:30 or 10:30 a.m.

FREE TODDLER TIME AT THE FAIRVIEW LIBRARY
615-224-6087
wcpltn.org
Join on select Tuesdays at the Fairview Library (2240 Fairview Blvd., Fairview) for stories, songs and fun activities for toddlers ages 1 – 3 starting at 10 a.m.

FREE STORYTIME AT THE SPRING HILL PUBLIC LIBRARY
931-486-2932
springhilllibrary.org
Children's books, songs, fingerplays and a craft for preschoolers at the Spring Hill Public Library (144 Kedron Pkwy., Spring Hill) on Tuesdays, Wednesdays and Thursdays at 10 a.m.

FREE TUESDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
library.nashville.org
Songs, activities and early literacy fun on Tuesday mornings at multiple Nashville Public Library branches, including the Bordeaux, Donelson, Green Hills, Hermitage, Richland Park and Thompson Lane branches. Check online for specific times. For ages 0 - 5.

FREE STORYTIMES AT THE BRENTWOOD LIBRARY
615-371-0090
brentwood-tn.libcal.com
Songs, puppets and more at the Brentwood Library (8109 Concord Road, Brentwood) on Tuesdays and Wednesdays. Ages 18 months – 3 years can come at 10 a.m. and ages 3 – 5 at 11 a.m.



Nashville Summer Shakepeare Festival: *Come out to see the comedic Shakespearean romp,* The Merry Wives of Windsor, *Thursdays - Sundays at The Yard at OneC1TY through Sept. 21.*

FREE TINY TEC
615-225-8312
rclstn.org
Kiddos 2 – 4 years old can dive into books and participate in hands-on science activities inspired by the stories at the Technology Engagement Center (306 Minerva Drive, Murfreesboro) on Tuesdays from 11:30 a.m. – 12 p.m.

CLIMBING CLUB AT THE SMYRNA OUTDOOR ADVENTURE CENTER
615-459-9710
townofsmyrna.org
Join staff on Tuesdays after school to try climbing on the indoor rock wall at the Smyrna Outdoor Adventure Center (100 Sam Ridley Pkwy. E, Smyrna). Climbers must weigh at least 50 lbs. and be in closed-toed shoes and clothing appropriate for climbing. Happens from 4 – 6 p.m. Cost is $2.

FREE STEM TUESDAYS WITH ADVENTURE SCIENCE CENTER
615-862-5861
library.nashville.org
Adventure Science Center learning specialists lead fun-filled hands-on STEM activities at Nashville Public Library Edgehill Branch (1409 12th Ave. S, Nashville) on the first Tuesday each month at 4 p.m. You'll explore a wide variety of science concepts through experiments and labs, where you'll use the scientific method to discover, examine and learn about the world around you.

WED 3

FREE STORYTIMES AT LINEBAUGH LIBRARY
See Tuesday, Sept. 2.

FREE WEDNESDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
library.nashville.org
Songs, stories and early literacy fun on Wednesday mornings at multiple Nashville Public Library branches, including Bellevue, East, Donelson, East, Green Hills, Goodlettsville, Hermitage, Inglewood, Looby and Richland Park. Check online for times.

FREE STORYTIMES AT THE BRENTWOOD LIBRARY
See Tuesday, Sept. 2.

FREE BABIES AND BOOKS STORYTIME AT THE FRANKLIN LIBRARY
615-595-1244
wcpltn.org
Drop by the Franklin Library (1314 Columbia Ave., Franklin) for this this special interactive storytime for parents, caregivers and babies (0 to 18 months) on Wednesdays at 9:30 or 10:30 a.m.

FREE NATURE STORYTIME AT SHELBY BOTTOMS NATURE CENTER
615-862-8539
friendsofshelby.org
Join at Shelby Bottoms Nature Center (1900 Davidson St., Nashville) for nature-themed books and a few songs in between the first Wednesday of each month from 10 – 10:30 a.m. All ages welcome.

FREE TODDLER STORYTIME IN LEIPER'S FORK
615-794-7019
wcpltn.org
Bring your toddlers out to the Leiper's Fork Library (5333 Old Highway 96, Franklin) for songs, stories, nursery rhymes and crafts on Wednesdays from 10 – 11 a.m.

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Musicians Corner and Kidsville: *The free fall concert series continues at Nashville's Centennial Park through Sept. 26 with live music, food vendors, local artisans and the Kidsville craft tent.*

FREE STORYTIME AT THE SMYRNA LIBRARY
615-459-4884
rclstn.org
Join at Smyrna Public Library (400 Enon Springs Road W, Smyrna) for stories, sing songs and play fun games to enhance early literacy on Wednesdays from 10 – 11 a.m.

FREE WILD WEDNESDAY AT THE SMYRNA OUTDOOR ADVENTURE CENTER
615-459-9710
townofsmyrna.org
Join the staff at Smyrna Outdoor Adventure Center (100 Sam Ridley Pkwy. E, Smyrna) to discover something wild about the natural world on Wednesdays from 4:30 – 5:30 p.m. You may meet a SOAC animal or enjoy a nature-based activity.

***DISNEY DESCENDANTS/ZOMBIES* AT BRIDGESTONE ARENA**
bridgestonearena.com
See the *Disney Descendants/Zombies*: Worlds Collide Tour live inside Bridgestone Arena (501 Broadway, Nashville) at 7 p.m. The show celebrates the music from Disney's "Descendants" and "Zombies" movie franchises. Tickets start at $85.

THU 4

EARLY LEARNERS AT THE SMYRNA OUTDOOR ADVENTURE CENTER
615-459-9710
townofsmyrna.org
Little ones ages 2 – 6 can join the staff at the Smyrna Outdoor Adventure Center (100 Sam Ridley Pkwy. E, Smyrna) on Thursdays at 10 a.m. or 1 p.m. Each lesson includes activities, from crafts to games to storytime! There are different themes each week. Cost is $2.

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
615-254-9103
nashvillechildrenstheatre.org
Designed especially for the youngest theatre-goers, this playful, participatory Snuggery piece lets littles giggle, wiggle and explore a world turned delightfully inside out … and backwards! The show runs inside the Copeland Studio at Nashville Children's Theatre (25 Middleton St., Nashville), today through Dec. 7, on Thursdays and Fridays at 10:30 a.m., Saturdays at 9:30 and 11:30 a.m. and Sundays at 9:30 a.m. Recommended for ages 0 – 5. A Snuggery four-pack is $15.

FREE PRE-K STORYTIME AT THE FRANKLIN LIBRARY
615-595-1244
wcpltn.org
Caregivers and little ones ages 3 to 5 years are welcome to join in the Children's Activity Room at the Franklin Library (1314 Columbia Ave., Franklin) on Thursdays as they read stories, sing songs and more at 9:30 or 10:30 a.m.

FREE ITTY BITTY STORYTIME AT LINEBAUGH LIBRARY
615-893-4131, ext. 115
rclstn.org
These storytimes include stories, fingerplays, lap bounces, tickles and songs for ages 0 - 23 months at Linebaugh Public Library (105 W Vine St., Murfreesboro) from 10 – 10:30 a.m.

FREE STORYTIME AT THE TEC
615-225-8312
rclstn.org
Gather your little ones for stories, songs and coloring at the Technology Engagement Center (306 Minerva Drive, Murfreesboro) on Thursdays at 10:30 a.m. Aimed for ages 2 – 4 years old, but all are welcome.

FREE STORYTIME AT THE FAIRVIEW LIBRARY
615-224-6087
wcpltn.org
Join at the Fairview Public Library (2240 Fairview Blvd., Fairview) on select Thursdays for a storytime featuring engaging books followed by a simple craft starting at 12 p.m. Perfect for preschoolers (recommended for ages 3 – 5) and caregivers.

FREE GOODLETTSVILLE FARMERS & ARTISANS MARKET
goodlettsville.gov
Shop fresh produce on Thursdays through October from 3 – 7 p.m. at Moss-Wright Park (705 Caldwell Drive, Goodlettsville).

FREE TINKER TEC
615-225-8312
rclstn.org
Kids ages 5 - 8 can join in at the Technology Engagement Center (306 Minerva Drive, Murfreesboro) on Thursdays from 3:30 – 4:30 p.m. for sessions exploring nonfiction picture books and bringing science to life with hands-on experiments.

FREE GIRLS WHO CODE CLUB
615-893-4131, ext. 115
rclstn.org
Check out this after-school computer science program for 3rd – 5th graders (it's not just for girls) on Thursdays from 4 – 4:45 p.m. at Linebaugh Library (105 W Vine St., Murfreesboro).

AFTER SCHOOL ART CLUB AT SMYRNA OUTDOOR ADVENTURE CENTER
615-459-9710
townofsmyrna.org
Enjoy the opportunity to join the Smyrna Outdoor Adventure Center (100 Sam Ridley Pkwy. E, Smyrna) to create some art to take home today or again on Thursday, Sept. 18 from 4:30 – 6 p.m. For ages 7 – 17. Cost is $3 for members, $5 for non-members.

FREE HENDERSONVILLE SUMMER CONCERT SERIES
streetsofindianlake.com
Bring lawn chairs, blankets or enjoy seating in the plaza for the final summer concert at the Streets of Indian Lake (300 Indian Lake Blvd., Hendersonville) at 6:30 p.m. Tonight, hear the "LuggNuts Bluegrass Band."

FREE PAJAMA STORYTIME AT THE SMYRNA LIBRARY
615-459-4884
rclstn.org
Kids can come dressed in their pajamas and bring a stuffed animal as they listen to stories and sing songs on Thursday evenings at Smyrna Public Library (400 Enon Springs Road W, Smyrna) at 6 p.m.



FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

FRI 5

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

TODDLER TIME WITH THOMAS
615-895-5040
murfreesborotn.gov
Bring your littles 5 and younger to Sports*Com (2310 Memorial Blvd., Murfreesboro) for this class on Friday mornings from 10 – 11 a.m. The focus is on body part recognition and cognitive skills. Cost is $3 for non-members.

FREE BABY BLOCK PARTY AT BRENTWOOD LIBRARY
615-371-0090
brentwood-tn.libcal.com
Join Brentwood Library (8109 Concord Road, Brentwood) for block play today and on Sept. 19 from 10 – 11 a.m.

FREE FRIDAYS BY THE RIVER
friendsofshelby.org/beer-garden
Join for a laid-back, family-friendly, beer garden by the Cumberland River on Fridays through Oct. 17 from 3 – 8 p.m. at Shelby Park (451 South 20th St., Nashville).

FREE FOOD TRUCK FRIDAYS AT ARRINGTON VINEYARDS
615-395-0102
arringtonvineyards.com
Bring your family to Arrington Vineyards (6211 Patton Road, Arrington) on Fridays from 4:30 – 8:30 p.m. to enjoy live music, food from local vendors and all around good vibes.

FREE MUSICIANS CORNER AND KIDSVILLE
musicianscornernashville.com
The free fall concert series continues at Centennial Park (2500 West End Ave., Nashville) on Friday evenings through Sept. 26. The family friendly event that draws hundreds for live music, food vendors, local artisans and more is also dog-friendly and open to the public. Moreover, kids come front and center for Kidsville, a craft and fun tent just for them.

NASHVILLE HOME SHOW
615-401-1400
nashvillefallhomeshow.com
Solve all your projects in one place at the 42nd annual event tonight through Sunday, Sept. 7 at Music City Center (201 Rep. John Lewis Way South, Nashville). Cost is $8 – $10.

(please turn the page)



FALL IN LOVE WITH A HEALTHY SMILE!

September is National Gum Care Month and we are here to remind you that caring for your gums is equally as important as caring for your teeth, as gums protect the sensitive and very important teeth roots. Book an appointment with our top-rated team today!

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Nashville Congenital Heart Walk: *This family-friendly one-mile walk, presented by Monroe Carell Jr. Children's Hospital at Vanderbilt, happens Saturday, Sept. 6 in Nashville's Edwin Warner Park.*

THE NASHVILLE FAIR
nashfair.fun
The Nashville Fair returns to The Fairgrounds Nashville (1815 Nolensville Pike, Nashville) today through Sept. 14 with its 2025 theme, "Now With More Cowbell!" The regional fair features live entertainment, arena events, agricultural know-how and Midway rides. Highlights include Barnyard Animals; a LEGO® Bricks Play Area; the Butterfly Exhibit and Mr. Bond's Science Guys (7:30 p.m. on weekdays | 3 p.m., 5 p.m. & 7:30 p.m. on weekends). Onsite Parking is located at 300 Rains Ave. for $10. Fair hours are Monday – Friday from 5 – 9 p.m. and Saturday – Sunday from 11 a.m. – 9 p.m. Midway hours are Monday – Friday from 5 – 10:30 p.m. and Saturday – Sunday from 11 a.m. – 10:30 p.m. Cost is $10 for adults, $8 for children and seniors, kids 5 and younger are free.

FREE FULL MOON PICKIN' PARTIES
800-619-4802
warnerparks.org
Fans from all over can come hear bluegrass in Percy Warner Park from 6 – 10 p.m. Tonight is the final installment of the summer series and includes live bluegrass, local food trucks, cold brews and plenty more. In addition, impromptu pickin' circles can be found around every corner.

FREE MT. JULIET MOVIES IN THE PARK: *DESPICABLE ME 4*
615-758-6522
mtjuliet-tn.gov
Bring a blanket to see *Despicable Me 4* at the Charlie Daniels Park Amphitheater (1075 Charlie Daniels Pkwy., Mt. Juliet). Film starts around sunset and concessions are available.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

JAMES AND THE GIANT PEACH AT CENTER FOR THE ARTS
615-904-2787
boroarts.org
See this live production based on the novel by Roald Dahl and Disney film on stage at the Center For the Arts (110 W College St., Murfreesboro). The show runs tonight through Sept. 21 on Thursdays, Fridays and Saturdays at 7:30 p.m. and Sundays at 2 p.m. Adults are $25. Rated PG.

SAT 6

FREE MURFREESBORO SATURDAY FARMERS MARKET
mainstreetmurfreesboro.org
This weekly farmers market on the Murfreesboro square happens on Saturdays from 8 a.m. until noon.

FREE SMYRNA FARMERS MARKET
carpeartista.com
The Smyrna Depot Farmers Market (98 Front St., Smyrna) hosts an array of farm/food vendors, artisans, crafters and live music every Saturday through Sept. 20 from 8 a.m. – 12 p.m.

FREE HENDERSONVILLE FARMERS MARKET
streetsofindianlake.com
Shop for in-season produce from 8:30 a.m. – 1:30 p.m. every Saturday through Sept. 27 at The Streets of Indian Lake (300 Indian Lake Blvd., Hendersonville).

FREE CANINES AND COFFEE IN FRANKLIN
615-794-2103
franklintn.gov
Bring your paw friends and spend a morning at The Park at Harlinsdale Farm (239 Franklin Road, Franklin) to meet the parks team for coffee, refreshments, treats and giveaways from 8 – 10 a.m.

FREE GALLATIN FARMERS MARKET
gallatintn.gov/249/Farmers-Market
Find fresh produce and more on Saturdays from 9 a.m. – 1 p.m., through September, across from the Gallatin Fire Department (160 W Franklin St., Gallatin).

FREE FRANKLIN FARMERS MARKET
factoryatfranklin.com
Browse fresh and local produce and lots more every Saturday at The Factory at Franklin (230 Franklin Road, Franklin) from 9 a.m. – 12 p.m.

FREE HOME DEPOT KIDS WORKSHOPS
homedepot.com
Kids can head in to their local Home Depot to build a "Crop Duster" with staff in this workshop from 9 a.m. – 12 p.m. Reserve your spot online.

MIDDLE TN HIGHLAND GAMES & CELTIC FESTIVAL
midtenngames.com
This annual festival brings together families to celebrate the Scottish and Celtic traditions today from 9 a.m. – 5 p.m. and Sunday, Sept. 7 from 9 a.m. – 4 p.m. at Sanders Ferry Park in Hendersonville. There will be a full slate of music, plus traditional Scottish games and activities for kids (like special storytimes at 10 a.m. and 2 p.m.). Tickets are $27.88 for adults; $8.89 for kids.

FREE HUMMINGBIRDS AT BEAMAN PARK NATURE CENTER
615-862-8580
beamanpark.nashville.gov
Drop in the Beaman Park Nature Center (5911 Old Hickory Blvd, Ashland City) from 9 a.m. – 3 p.m. to observe these tiny birds in action around feeders, in the garden and forest.



FAM JAM AT COUNTRY MUSIC HALL OF FAME
615-416-2001
countrymusichalloffame.org
Sing, dance, and play as a family inside the Country Music Hall of Fame and Museum's Taylor Swift Education Center on the first Saturday of each month from 9:30 – 10:15 a.m. This session will focus on the banjo and features Lockwood Barr.

INSIDE OUT AND BACKWARDS AT NASHVILLE CHILDREN'S THEATRE
See Thursday, Sept. 4.

BABY GOAT CUDDLING
615-481-9546
noble-springs.com
Head to Noble Springs Dairy Farm (3144 Blazer Road, Franklin) to spend time kid goat cuddling and meeting other farm animals. You can pet and cuddle kid goats and enjoy spending time on the farm. Come anytime between 10 a.m. and 1 p.m. and plan on joining a guided educational tour at 11 a.m.. Cost is $12. Children 2 and younger are free.

DROP-IN KIDS ART CLASSES
615-933-9644 or
littlearthousenashville.com
Young artists are invited to create original works of art on Saturdays at the Little Art House in Sylvan Park (338 46th Ave., N Nashville). Each week brings a new art project resulting in a work of art to take home. Happens at 10 a.m. for littles ($20) and then at 11 a.m. for ages 4 – 10 ($25).

FREE NASHVILLE CONGENITAL HEART WALK
615-640-0528
childrensheartfoundation.org
Enjoy this family-friendly one-mile walk presented by Monroe Carell Jr. Children's Hospital at Vanderbilt to celebrate heart warriors at Edwin Warner Park (98 Vaughn Road, Shelter 9, Nashville). Registration and activities kicks off at 10 a.m. The opening ceremony is at 11 a.m.

FREE OAKLANDS MANSION FALL ART & CRAFT FAIR
oaklandsmansion.org
Shop fine art, handmade crafts, and vintage items at Oaklands Mansion (900 N. Maney Ave., Murfreesboro) from 10 a.m. – 4 p.m. The fair will also have a scavenger hunt, door prizes and live music. The mansion will be open for self-guided tours for the special price of $5 per person.

FREE PARNASSUS BOOKS STORYTIME
615-953-2243
parnassusbooks.net
Come out to Parnassus Books (3900 Hillsboro Pike Suite 14, Nashville) for storytime on Saturdays from 10:30 – 11 a.m. For ages 0 – 7.

FREE SATURDAY STORYTIME AT THE BRENTWOOD LIBRARY
615-371-0090
brentwood-tn.libcal.com
Join the Brentwood Library (8109 Concord Road, Brentwood) on Saturdays from 10:30 – 11 a.m. For ages 3 and older.

(please turn the page)

THINGS TO DO

NASHVILLE HOME SHOW
See Friday, Sept. 5.

MUSICAL INSTRUMENT PETTING ZOO
615-416-2001
countrymusichalloffame.org
Come bang a drum, pluck a guitar and strum a ukulele at the Country Music Hall of Fame and Museum (222 Rep. John Lewis Way S, Nashville) from 1 – 3 p.m. Instructors will offer guidance as you try your hand at all the instruments at the zoo. Included with admission; free to members.

FREE JAZZ ON THE HILLSIDE / BLUEGRASS AT THE BARN
615-395-0102
arringtonvineyards.com
Come out to Arrington Vineyards (6211 Patton Road, Arrington) for free live jazz and bluegrass bands on Saturdays starting at 3 p.m. and Sundays starting at 1 p.m. Food will be available. No reservations required.

KIDS NIGHT OUT AT BOOST GYMNASTICS
615-352-8533
boostgymnastics.com
Drop the kids off at Boost Gymnastics (11 Vaughns Gap Road, Nashville) and have a date night from 6:30 – 10 p.m. Kids can enjoy flashlight tag, obstacle courses, games, gymnastics and more. Cost is $40 (with registration), $35 per additional sibling.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

NERF WARS AT MPACT SPORTS
615-377-3444
mpactsports.com
Come out for community Nerf Wars at Mpact Sports (121 Seaboard Lane, STE. 1, Franklin) today or again on Saturday, Sept. 20 from 6:30 – 8:30 p.m. Price is $15. Bring your Nerf Gun (extra are available to purchase) and bring protective eyewear/goggles, too.

TAYLOR SWIFT LASER SHOW
615-862-5160
adventuresci.org
Polish up real nice, "Taylaser" is returning for an encore showing at the Sudekum Planetarium inside Adventure Science Center (800 Fort Negley Blvd., Nashville) from 4:15 – 5 p.m.

THE NASHVILLE FAIR
See Friday, Sept. 5.

GLOW IN THE PARK
615-610-9500
myadventurepark.com
Let's Glooowww! Zipline through trees lit up by glow attire, colored LED lights, music and more at The Adventure Park at Nashville (801 Percy Warner Blvd., Nashville) beginning at 5 p.m. Your ticket includes 30 minutes for a safety briefing and self-harnessing session plus two hours of self-guided climbing in the trees. Cost is $47.

FREE GREEN HILLS PARK FESTIVAL
greenhillsparkfest.com
Get ready for an evening of community, music, and fun at the 9th annual event at Green Hills Park (1200 Lone Oak Road, Nashville) from 5 – 9 p.m. The festivities kick off with live music, free face painting, crafts and activities for kids and a showing of *A Minecraft Movie*. Browse a marketplace of art vendors, including the return of the Children's Entrepreneur Market. A diverse selection of food trucks will be on-site, serving up everything from savory meals to sweet treats, and a beer and wine bar will be available for adults.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

FREE GLOW IN THE DARK INSECT INSANITY
615-862-8555 or warnerparks.org
Did you know some creatures glow in the dark? Explore the forests and meadows for a night filled with insect adventures from 7:30 – 8:30 p.m. at the Warner Park Nature Center (7311 Highway 100, Nashville). For all ages. Register online.

SUN 7

MIDDLE TN HIGHLAND GAMES & CELTIC FESTIVAL
See Saturday, Sept. 6.

BEDAZZLED BUTTONS
615-416-2001
countrymusichalloffame.org
Come make your own button celebrating members of the Country Music Hall of Fame from 10 a.m. – 12 p.m. inside the museum's Taylor Swift Education Center. Included with admission; Free to members.

FREE COW CUDDLING AT THE GENTLE BARN
gentlebarn.org/visit
Enjoy a self-guided tour at the Gentle Barn (9295 Christiana Fosterville Road, Christiana). Donations are $20 for adults, $10 for kids ages 2 – 12 and free for kids 2 and younger. Timed entries happen between 10 a.m. and 12 p.m.

HOUSE OF CARDS FAMILY BRUNCH & MAGIC SHOW
hocnashville.com/brunch
Come out to House of Cards (119 Third Ave. S, Nashville) for Sunday brunch and a family-friendly magic show each week, 10 a.m. – 3 p.m. Cost is $60/person and $40 each for kids 12 and younger.

FREE JAZZ ON THE HILLSIDE / BLUEGRASS AT THE BARN
See Saturday, Sept. 6.

NASHVILLE HOME SHOW
See Friday, Sept. 5.



Green Hills Park Festival: *The annual festival returns to Green Hills Park in Nashville on Saturday, Sept. 6 and features shopping, live music, family-fun activities, food vendors, a family movie night and more.*

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

PETEY'S PREDS PARTY
bridgestonearena.com
Petey's Preds Party is back inside Bridgestone Arena (501 Broadway, Nashville) featuring stand-up comedian Killer Beaz, hockey items up for auction and food. The event will be held from 5 – 8:30 p.m. and benefits the Preds Foundation as well as the Peterson Foundation for Parkinson's. Tickets are $125.

THE NASHVILLE FAIR
See Friday, Sept. 5.

MON 8

FREE PRE-K PLAY AT THE BRENTWOOD LIBRARY
615-371-0090
brentwood-tn.libcal.com
Little ones ages 2 – 5 years old can enjoy music, games and fun activities at the Brentwood Library (8109 Concord Road, Brentwood) today or again on Monday, Sept. 22 from 10 – 10:45 a.m.

EARLY EXPLORERS STORYTIME
See Monday, Sept. 1.

FREE RAPTOR RHAPSODY AT THE WILDERNESS STATION
615-217-3017
murfreesborotn.gov
Have you ever looked an owl in the eye, glared at a red-tailed hawk, or checked out a falcon's wings? Here is your chance to learn about these master predators of the sky at The Wilderness Station (401 Volunteer Road, Murfreesboro) at 10 a.m. No registration required.



THE NASHVILLE FAIR
See Friday, Sept. 5.

ERIC CLAPTON AT BRIDGESTONE ARENA
See Eric Clapton perform at Bridgestone Arena (501 Broadway, Nashville) at 7:30 p.m. Tickets start at $125.

TUE 9

FREE PRESCHOOL STORYTIME IN LEIPER'S FORK
615-794-7019
wcpltn.org
Children ages 3 - 5 can join the Leiper's Fork Library (5333 Old Highway 96, Franklin) for songs, stories, nursery rhymes and crafts on select Tuesdays from 10 – 11 a.m.

(Continued on page 42)

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THINGS TO DO

FREE STORYTIME AT THE SPRING HILL PUBLIC LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT LINEBAUGH LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT THE BRENTWOOD LIBRARY
See Tuesday, Sept. 2.

FREE TODDLER STORYTIME AT THE FRANKLIN LIBRARY
See Tuesday, Sept. 2.

FREE TODDLER TIME AT THE FAIRVIEW LIBRARY
See Tuesday, Sept. 2.

TOTS! AT CHEEKWOOD
See Tuesday, Sept. 2.

CLIMBING CLUB AT SMYRNA OUTDOOR ADVENTURE CENTER
See Tuesday, Sept. 2.

THE SECRET SISTERS & MAGGIE ROSE WITH NASHVILLE SYMPHONY
615-687-6400
nashvillesymphony.org
The third annual collaboration between the Nashville Symphony and AMERICANAFEST brings a night of powerful music to the stage, featuring acclaimed Nashville artist Maggie Rose, country-folk duo The Secret Sisters, and the Nashville Symphony. It all happens at the Schermerhorn Symphony Center (1 Symphony Pl., Nashville) at 7:30 p.m. Tickets start at $42.



BENSON BOONE AT BRIDGESTONE ARENA
bridgestonearena.com
See Benson Boone perform live inside Bridgestone Arena (501 Broadway, Nashville) for his "American Heart Tour" tour. Tickets start at $121 and show starts at 8 p.m.

THE NASHVILLE FAIR
See Friday, Sept. 5.

MEXICAN MEN'S NATIONAL TEAM VS. SOUTH KOREA
geodispark.com
The Mexican Men's National Team will face the Korea Republic (South Korea) at GEODIS Park (121 4th Ave S, Nashville) in an international friendly at 8 p.m. Tickets start at $56.

WED 10

FREE BABIES AND BOOKS STORYTIME AT FRANKLIN LIBRARY
See Wednesday, Sept. 3.

FREE WEDNESDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
See Wednesday, Sept. 3.

FREE STORYTIMES AT LINEBAUGH LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT THE BRENTWOOD LIBRARY
See Tuesday, Sept. 2.

FREE BACH TO ROCK EARLY CHILDHOOD MUSIC CLASS
615-862-5862
library.nashville.org
Join in at the Nashville Public Library Bellevue Branch (720 Baugh Road, Nashville) at 10:15 a.m. for a rocking good time with Bach to Rock Nashville West. For ages 2 – 5.

FREE TODDLER STORYTIME IN LEIPER'S FORK
See Wednesday, Sept. 3.

FREE WILD WEDNESDAY AT THE SMYRNA OUTDOOR ADVENTURE CENTER
See Wednesday, Sept. 3.

THE NASHVILLE FAIR
See Friday, Sept. 5.

THU 11

TOTS! AT CHEEKWOOD
See Tuesday, Sept. 2.

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

TODDLER ADVENTURES AT CANNONSBURGH: SIDEWALK CHALK & TALK
615-801-2606
murfreesborotn.gov
Create rivers and roads, hopscotch and letters, all on the largest canvas around with sidewalk chalk at Cannonsburgh Village (312 S Front St., Murfreesboro) from 10 – 11 a.m. Admission is $5 per toddler with reservations required. For ages 5 and younger. Register online.

EARLY LEARNERS AT THE SMYRNA OUTDOOR ADVENTURE CENTER
See Thursday, Sept. 4.

FREE PRE-K STORYTIME AT THE FRANKLIN LIBRARY
See Thursday, Sept. 4.

FREE STORYTIME AT THE FAIRVIEW LIBRARY
See Thursday, Sept. 4.

FREE STORYTIME AT THE SPRING HILL PUBLIC LIBRARY
See Tuesday, Sept. 2.

FREE ITTY BITTY STORYTIME AT LINEBAUGH LIBRARY
See Thursday, Sept. 4.

FREE TINKER TEC
See Thursday, Sept. 4

FREE GOODLETTSVILLE FARMERS & ARTISANS MARKET
See Thursday, Sept. 4.

ARCHERY CLUB AT SMYRNA OUTDOOR ADVENTURE CENTER
townofsmyrna.org
Try your archery skills at the Smyrna Outdoor Adventure Center (100 Sam Ridley Pkwy., Smyrna) from 4:30 – 6 p.m. today and on Thursday, Sept. 25. Cost is $3 for members; $5 for non-members. For ages 8 and older.

FREE GIRLS WHO CODE CLUB
See Thursday, Sept. 4.

FREE PAJAMA STORYTIME AT THE SMYRNA LIBRARY
See Thursday, Sept. 4.

THE NASHVILLE FAIR
See Friday, Sept. 5.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

FRI 12

TOTS! AT CHEEKWOOD
See Tuesday, Sept. 2.

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

TODDLER TIME WITH THOMAS
See Friday, Sept. 5.

FREE FRIDAYS BY THE RIVER
See Friday, Sept. 5.

FREE FOOD TRUCK FRIDAYS AT ARRINGTON
See Friday, Sept. 5.

THE NASHVILLE FAIR
See Friday, Sept. 5.



Mother-Daughter Weekend Getaway
Daughter Getaway Weekend, taking

MOTHER-DAUGHTER WEEKEND GETAWAY AT DEER RUN
615-794-2918
deerrun.camp
This weekend getaway starts today at 4 p.m. and goes thru Sunday, Sept. 14 at 11 a.m., connecting moms and daughters on a deeper level. Deer Run's private 150-acre scenic property just south of Franklin is a great setting with overnight accommodations and recreation options. Cost starts at $139 (without overnight) up to $409 with overnight. This event is popular for moms with daughters ages 5 - 14. However, daughters of all ages (and grandmothers) are welcome!

GAMESYMPHONIC WITH EÍMEAR NOONE
nashvillesymphony.org
Don't miss the Nashville Symphony, conductor/composer Eímear Noone and vocalist Carly Smithson (of *American Idol* fame) in this compilation of video games greatest hits set to live, orchestrated music inside the Schermerhorn Symphony Center (1 Symphony Place, Nashville) starting at 7:30 p.m. Arrive by 6 p.m. to play the games before their music comes to life on stage. Tickets start at $29.

JAMES TAYLOR & HIS ALL-STAR BAND
firstbankamphitheater.com
Come see James Taylor & His All-Star Band perform at FirstBank Amphitheater (4525 Graystone Quarry Lane, Franklin) at 7:30 p.m. Tickets start at $82.50.





at Deer Run: *Spend one-on-one time together at the 12th annual Motherplace Sept. 12 - 14, at Deer Run Camps & Retreats in Thompson's Station.*

FREE MUSICIANS CORNER AND KIDSVILLE
See Friday, Sept. 5.

CANDLELIGHT CONCERT: A TRIBUTE TO COUNTRY MUSIC
feverup.com
Listen to your favorite Country Music tunes reimagined by a talented string ensemble inside The Parthenon (2500 West End Ave., Nashville) under the glow of candlelight at 6:45 p.m. Tickets start at $33. For ages 8 and older.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

***COME FROM AWAY* BY NASHVILLE REP**
615-244-4878
nashvillerep.org
Nashville Rep opens their 2025 - 26 season with this award-winning musical inside TPAC's Polk Theater (505 Deaderick Street, Nashville). See the true story of 7,000 stranded passengers and the small Newfoundland town that welcomed them. As cultures clash, uneasy alliances turn into lifelong friendships in this musical about the power of kindness in the face of tragedy. Performances are tonight through Sept. 21 on Thursdays – Saturdays at 7:30 p.m. and Saturdays and Sundays at 2 p.m. Tickets start at $53.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

CANDLELIGHT CONCERT: A TRIBUTE TO ADELE
feverup.com
Experience a talented string quartet playing your favorite anthems by Adele inside The Parthenon (2500 West End Ave., Nashville) bathed in candlelight. Concert starts at 8:45 p.m. and tickets start at $34.50.

SAT 13

FREE MURFREESBORO SATURDAY FARMERS MARKET
See Saturday, Sept. 6.

FREE SMYRNA FARMERS MARKET
See Saturday, Sept. 6.

FREE HENDERSONVILLE FARMERS MARKET
See Saturday, Sept. 6.

FREE GALLATIN FARMERS MARKET
See Saturday, Sept. 6.

FREE FRANKLIN FARMERS MARKET
See Saturday, Sept. 6.

FREE YOUTH MAGIC CLUB AT LINEBAUGH LIBRARY
615-893-4131, ext. 115
rclstn.org
Presto! Aspiring magicians can join in the fun at 10 a.m. for this club geared toward ages 6 – 12. Meetings take place at Linebaugh (105 W Vine St., Murfreesboro) on the second Saturday of each month.

CHEEKWOOD HARVEST
615-356-8000
cheekwood.org
Activities for kids and families make this six-week celebration the perfect time to visit Cheekwood (1200 Forrest Park Drive, Nashville). Highlights include the Pumpkin Village featuring three pumpkin houses, a scarecrow trail, more than 5,000 chrysanthemums and a new Jack-o'-Lantern topiary with more than 150 jack-o'-lanterns. New this year: Harvest NIGHTS on Thursdays. Happens today through Oct. 30, on Tuesdays – Sundays from 9 a.m. – 5 p.m. Cost is $21 - 29 for adults; $14 - 22 for youth; children 2 and younger are free.

FREE COMMUNITY DAY AT GLEN LEVEN FARM
615-244-5263
give.landtrusttn.org
Try your hand at a few disc golf targets set up around The Land Trust for Tennessee's Glen Leven Farm (4000 Franklin Pike, Nashville) from 9 a.m. – 1 p.m. While there, use the field guide to hike the Nature Trail, see what's blooming in the Education Garden, and say hello to their resident miniature donkeys.

FREE FRANKLIN FLEA MARKET
stewartpromotions.com
Find treasures old and new at the Williamson County Agricultural EXPO Park (4215 Long Lane Franklin) today from 9 a.m. – 6 p.m. and Sunday, Sept. 14 from 9 a.m. – 4 p.m. Shop more than 500 indoor and outdoor booths of antiques, collectibles, jewelry, clothes, bath and body, surplus and more. Free admission; $5 parking.

BABY GOAT CUDDLING
See Saturday, Sept. 6.

FREE PARNASSUS BOOKS STORYTIME
See Saturday, Sept. 6.

FREE HUMMINGBIRD CELEBRATION
Visit Warner Park Nature Center (7311 Highway 100, Nashville) for fun and educational activities, including hummingbird banding from 9 – 11 a.m., hummingbird observation and education stations, face painting, art activities, tips on attracting hummingbirds and more.

TOTS! AT CHEEKWOOD
See Tuesday, Sept. 2.

FREE SATURDAY STORYTIME AT BRENTWOOD LIBRARY
See Saturday, Sept. 6.

FAMILY LINE DANCING
615-416-2001
countrymusichalloffame.org
Come in and get your boots scootin' at the Country Music Hall of Fame's Taylor Swift Education Center (222 Rep. John Lewis Way S, Nashville) from 11 a.m. – 12 p.m. or 1 – 2 p.m. Dance instructor Dana Romanello will guide you through various line dances to some of country music's biggest hits. No partner, no problem — everyone is invited to learn and have fun. Included with admission. Free to members.

THE NASHVILLE FAIR
See Friday, Sept. 5.

FREE THE BABY FAIR – RUTHERFORD
nashvilleparent.com
Register now to attend Middle Tennessee's longest-running and FREE annual event for new and expectant parents at Ascension Saint Thomas Hospital Rutherford (Murfreesboro) from 10 a.m. – 1 p.m. The event features great giveaways, vendors and booths with resources for new parents, networking opportunities, a variety of games and more. Tour birthing facilities, meet OB/GYNs and certified nurse midwives and gain valuable insight during informational sessions. Tickets are free, but register so you can get up-to-date info on prizes, speakers and more!

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.



FREE BARKS ON BROADWAY
fifthandb.com
Have a tail-wagging good time at Fifth + Broadway (5036 Broadway, Nashville) with dog adoptions, live music, free treats & pup cups, a custom dog bandana bar, dog vendors, caricature art, and plenty of fun for the whole family (including four-legged friends) from 10 a.m. – 1 p.m.

FREE MINECRAFT AT THE FAIRVIEW LIBRARY
615-224-6087
wcpltn.org
Join the Fairview Public Library (2240 Fairview Blvd., Fairview) for kid-friendly Minecraft sessions today or Sept. 24 from 1 – 3 p.m. Register online.

(please turn the page)

the 19th annual

fall kids fest

Brought to you by *Rutherford Parent* and The Avenue® Murfreesboro



Saturday, October 18

10 am - 2 pm

Rain Date: Sunday, October 19.

Our annual outdoor festival with food, fun and over 40 local vendors!

NEW FOR 2025!
FOAMBOREE
FUN ZONE

- Live stage performances and kids entertainers
- Dozens of prize giveaways all day long!
- Carnival games
- Free face painting and children's activities
- **Trick-or-Treating** fun with treat stations all around The Avenue and at our event
- Wear your costume and join our **Costume Parade**
- Food, fun and more than 40 vendors!

PRESENTED BY

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Children's Art Classes®

MMC

The Avenue® Murfreesboro
2615 Medical Center Pkwy. I-24, Exit 76

For booth reservations call **615-475-5220**
or email **noah@daycommedia.com**

FREE STEAM PIZZA TIME AT BRENTWOOD LIBRARY
615-371-0090
library.brentwoodtn.gov
Learn how to make a mini pizza and about food groups and healthy eating with games and fun from 1 – 2 p.m. at the Brentwood Library (8109 Concord Road, Brentwood). Eat your pizza and take a recipe card home. For ages 5 – 12. Register online.

WINE ON THE RIVER
wineontherivernashville.com
Sample wine, beer and spirits and taste culturally-themed menus at this outdoor tasting event along the Cumberland River at Riverfront Park (100 1st Ave. N, Nashville) from 3 – 7 p.m. General admission is $71; designated driver tickets are $26. Must be 21+ with a valid ID to enter.

BEAUTIFICA 360 AT SUDEKUM PLANETARIUM
615-862-5160
adventuresci.org
Experience this 360 degree journey through worlds real and imagined at the Sudekum Planetarium in Adventure Science Center (800 Fort Negley Blvd., Nashville). Showings are tonight and Sept. 21 at 4:30, 5:45, 7 and 8:15 p.m. The hour-long show is suitable for ages 6 and older, and is a feast for the senses. Cost is $11 for non-members; $7 for members.

GOATS AND GUITARS
615-481-9546
noble-springs.com
Enjoy this special family-friendly live music night, as well as baby goat cuddling, at Noble Springs Dairy Farm (3144 Blazer Road, Franklin) from 5 to 8 p.m. Tickets are $15 per person. Children 2 and younger are free.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

GLOW IN THE PARK
See Saturday, Sept. 6.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

***COME FROM AWAY* BY NASHVILLE REP**
See Friday, Sept. 12.

FREE BLUEBIRD ON THE MOUNTAIN
dyer.vanderbilt.edu
Top songwriters of Bluebird Café fame play and tell the stories behind their hits as guests picnic and enjoy the stellar hilltop at the Vanderbilt Dyer Observatory (1000 Oman Drive, Brentwood). After the performance, when the stars begin to shine, the telescope is opened for visitors to cap their night with views of celestial wonders. Tonight, listen to tunes from Brinley Addington, Sarah Buxton and Aaron Eshius. Tickets are $247.

SUN 14

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.



Frist Family Sunday: *Head to the Frist Art Museum in Nashville on the second Sunday of each month for kid-friendly programming, family tours, multisensory gallery experiences and a visit to the Martin ArtQuest Gallery.*

FREE COW CUDDLING AT THE GENTLE BARN
See Sunday, Sept. 7.

HOUSE OF CARDS SUNDAY FAMILY BRUNCH
See Sunday, Sept. 7.

FREE FRANKLIN FLEA MARKET
See Saturday, Sept. 13.

THE NASHVILLE FAIR
See Friday, Sept. 5.

FREE NFL REGULAR SEASON HOME OPENER: TENNESSEE TITANS VS. LOS ANGELES RAMS
tennesseetitans.com
The Titans take on the New York Jets for their home opener at Nissan Stadium (1 Titans Way, Nashville). Kickoff's at noon. TITAN UP!



FRIST FAMILY SUNDAY
615-244-3340
fristartmuseum.org
On the second Sunday of each month, head to the Frist Art Museum for kid-friendly programming, family tours, multisensory gallery experience and a visit to the Martin ArtQuest Gallery from 1 – 5:30 p.m. Tickets are required for all visitors 19 and older ($15); admission is always free for guests ages 18 and younger.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

***COME FROM AWAY* BY NASHVILLE REP**
See Friday, Sept. 12.

FREE JAZZ ON THE HILLSIDE / BLUEGRASS AT THE BARN
See Saturday, Sept. 6.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

MON 15

FREE BABY TIME AT THE SPRING HILL LIBRARY
See Monday, Sept. 1.

EARLY EXPLORERS STORYTIME
See Monday, Sept. 1.

FREE MONDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
See Monday, Sept. 1.

THE DOOBIE BROTHERS AT FIRSTBANK AMPHITHEATER
firstbankamphitheater.com
See The Doobie Brothers perform live at FirstBank Amphitheater (4525 Graystone Quarry Lane, Franklin). Show starts at 7 p.m. Tickets start at $58.20.

TUE 16

HOMESCHOOL DAY IN GOODLETTSVILLE
615-859-3678
goodlettsville.gov
Experience life on the frontier at Historic Mansker's Station (705 Caldwell Drive, Goodlettsville) from 9:30 – 11:30 a.m. This tour will make history come to life for homeschool groups of all ages with live history demonstrations and hands-on activities. Admission ($9) includes access to the American Indian Exhibit, a short video, history demonstrations, hands-on activities and shared picnic space. Reservations in advance are required.

FREE STORYTIMES AT LINEBAUGH LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT THE BRENTWOOD LIBRARY
See Tuesday, Sept. 2.

FREE TODDLER STORYTIME AT THE FRANKLIN LIBRARY
See Tuesday, Sept. 2.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

FREE TUESDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
See Tuesday, Sept. 2.

CLIMBING CLUB AT SMYRNA OUTDOOR ADVENTURE CENTER
See Tuesday, Sept. 2.



NASHVILLE SC U.S. OPEN CUP SEMIFINAL MATCH
Nashville Soccer Club competes in its first-ever Lamar Hunt U.S. Open Cup Semifinal match against the Philadelphia Union at GEODIS Park (501 Benton Ave., Nashville) at 7 p.m. With a spot in the final on the line, this marks the furthest they've advanced in any tournament since 2023.

WED 17

TOTS! AT CHEEKWOOD
See Tuesday, Sept. 2.

FREE WEDNESDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
See Wednesday, Sept. 3.

(please turn the page)

THINGS TO DO

FREE BABIES AND BOOKS STORYTIME AT FRANKLIN LIBRARY
See Wednesday, Sept. 3.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

FREE STORYTIME AT THE SPRING HILL PUBLIC LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT LINEBAUGH LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT THE BRENTWOOD LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIME AT THE SMYRNA LIBRARY
See Wednesday, Sept. 3.

FREE TODDLER STORYTIME IN LEIPER'S FORK
See Wednesday, Sept. 3.

AMPHICAR RIDES
lanemotormuseum.org
Lane Motor Museum (702 Murfreesboro Pike, Nashville) presents this special event for members cruising around Percy Priest Lake (1999 Stewarts Ferry Pike, Mt. Juliet) in the 1964 Amphicar from 4 – 6:30 p.m. Cost is $10 per person. Must reserve in advance (and this is a member-exclusive event).

FREE WILD WEDNESDAY AT THE SMYRNA OUTDOOR ADVENTURE CENTER
See Wednesday, Sept. 3.

THU 18

EARLY LEARNERS AT THE SMYRNA OUTDOOR ADVENTURE CENTER
See Thursday, Sept. 4.

FREE PRE-K STORYTIME AT THE FRANKLIN LIBRARY
See Thursday, Sept. 4.

FREE STORYTIME AT THE FAIRVIEW LIBRARY
See Thursday, Sept. 4.

FREE STORYTIME AT THE SPRING HILL PUBLIC LIBRARY
See Tuesday, Sept. 2.

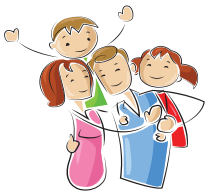
FREE STORYTIME AT THE TEC
See Thursday, Sept. 4.

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

FREE ITTY BITTY STORYTIME AT LINEBAUGH LIBRARY
See Thursday, Sept. 4.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

— A DAD REPORTER OUTING —



Lost Worlds Seatopia

Take a deep dive into this HUGE new indoor playground.

by Michael W. Aldrich

Most parents may think it's impossible for their kids to play "under the sea" without getting wet, but those parents haven't taken their kids to Lost Worlds Seatopia, a new oceanic-themed indoor playground now open at 1660 Middle TN. Blvd in Murfreesboro.

Sister store to Lost Worlds Dinotopia (the dinosaur-themed indoor playground in Madison), this massive recreational facility for youngsters features two ball pits (one for big kids and one for toddlers), tons of slides, trampolines and even a race track complete with little four-wheeled pedal bikes.

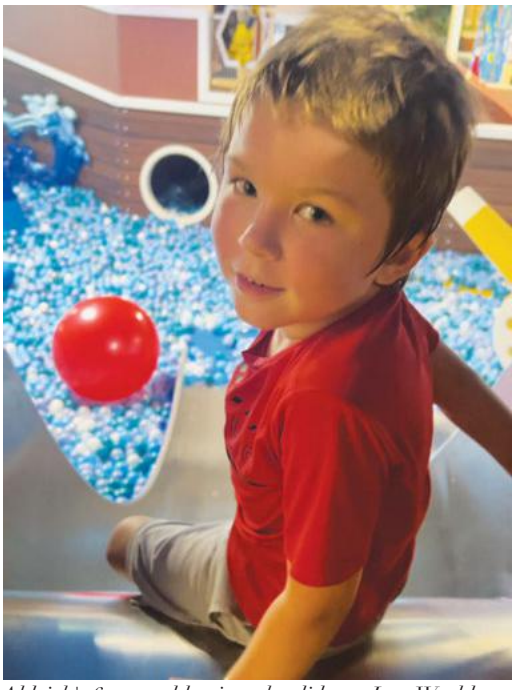
A LITTLE SOMETHING FOR ALL AGES

We recently took our 6 and 2-year-old and I've literally never seen them play so hard. My little one B-lined it over to the area specifically for littles, where she played with the fruit & veggies in the "grocery store" area for a while. After that, she hit ball pits (which unstereotypically of ball pits were so nice and clean!).

My older boy, however, was determined to go down all of the sides (they have roughly eight in total, including a "super slide" that requires a tube to go down). He also really enjoyed the "sports" area complete with basketball/soccer goals, inflatable bowling and even inflatable axe throwing.

Here's some pro tips: dress in light clothing (as it gets warm in there); make sure to keep the special socks so you don't have to buy them again when you go back; check the weekly specials to save a few bucks! Though we went on a weekday, it wasn't too packed with kids, which was nice. The staff was very helpful and kind. There was even a concession stand with a (very tempting) bar for adults.

The new Murfreesboro location's hours are Monday, Wednesday, Thursday and Friday from 9 a.m. to 7 p.m.; Tuesday from 10:30 a.m. to 7 p.m.; and Saturday and Sunday from 10 a.m. to 7 p.m.



Aldrich's 6-year-old enjoys the slides at Lost Worlds Seatopia in Murfreesboro.

Prices are $21.95 for a two-hour pass; $26.95 for an all-day pass and $5 for parents. They also have specials, like $17 for a "Mommy and Me" pass for ages 2 and younger; $17 for a two-hour pass on Mondays and Wednesdays; and $19.95 for "Twilight Hours" the last two hours of the day.

For more information, visit the Lost Worlds Seatopia Facebook page. Pre-purchase tickets at ecom.roller.app/lostworldsseatopia/passes/en-us/home.

Michael W. Aldrich is a writer, father of two and Managing Editor of this magazine.

PUMPKIN PATCH & CORN MAZE AT LUCKY LADD FARMS
615-274-3786
luckyladdfarms.com
Make your way to Lucky Ladd Farms (4374 Rocky Glade Road, Eagleville) to enjoy all-things fall during their pumpkin patch and corn maze season on Thursdays – Sundays, today through Oct. 31. Oh, and did we mention their new pumpkin spice lattes and apple cider donuts? Tickets start at $18 (with a $2 fee) online.

FREE GOODLETTSVILLE FARMERS & ARTISANS MARKET
See Thursday, Sept. 4.

FREE GIRLS WHO CODE CLUB
See Thursday, Sept. 4.

AFTER SCHOOL ART CLUB AT SMYRNA OUTDOOR ADVENTURE CENTER
See Thursday, Sept. 4.

MATTHEW MCCONAUGHEY: *POEMS & PRAYERS* BOOK TOUR REVIVAL
615-782-4040
tpac.org
Take in McConaughey during an honest conversation designed to "put a mirror to our souls to see if we recognize each other again" inside TPAC's Jackson Hall (505 Deaderick Street, Nashville). There are two shows at 3:30 and 6:30 p.m. Tickets start at $50.

NASHVILLE FILM FESTIVAL
nashvillefilmfestival.org
Festival-goers can enjoy more than 140 films from around the globe, alongside Q&A sessions with filmmakers, industry panels, parties and plenty of opportunities to connect with fellow creatives starting tonight through Sept. 24. Most screenings are slated to take place at the Regal Green Hills Theater (inside The Mall at Green Hills) and Hilton Green Hills, with closing night at at the Belcourt Theatre.

FREE PAJAMA STORYTIME AT THE SMYRNA LIBRARY
See Thursday, Sept. 4.

FREE 3RD THURSDAY ON MAIN CONCERT IN GALLATIN
downtowngallatin.com
Get your boogie on in downtown Gallatin with concerts held on the third Thursday of each month through September 18 from 6:30 to 9 p.m.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

***COME FROM AWAY* BY NASHVILLE REP**
See Friday, Sept. 12.

FRI 19

TOTS! AT CHEEKWOOD
See Tuesday, Sept. 2.

TODDLER TIME WITH THOMAS
See Friday, Sept. 5.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

PUMPKIN PATCH & CORN MAZE AT LUCKY LADD FARMS
See Thursday, Sept. 18.

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

FREE BABY BLOCK PARTY AT BRENTWOOD LIBRARY
See Friday, Sept. 5.

FREE FRIDAYS BY THE RIVER
See Friday, Sept. 5.

FREE MUSICIANS CORNER AND KIDSVILLE
See Friday, Sept. 5.

FREE MOVIE FRIDAYS IN SPRINGFIELD: *INSIDE OUT 2*
springfieldtn.gov
The final installment of Springfield Parks and Recreation's family-friendly movie series happens at Martin Luther King, Jr. Park (2623 South Main St., Springfield). Movie starts at sunset.



FREE FRIDAY NIGHT LIVE CONCERTS IN MURFREESBORO
mainstreetmurfreesboro.org
Main Street Murfreesboro's final installment of this summer concert series happens on the Murfreesboro courthouse square from 6:30 to 9:30 p.m. There's always room in front of the stage to cut a rug! Tonight, hear the band, "Backstage Brass."



Dozer Day: *Kids can use dozers, backhoes and loaders (alongside trained operators) while digging for real treasure at the Comer Barn in Gallatin on Saturday, Sept. 20.*

FALL LANTERN HIKE AT OWL'S HILL
owlshill.org
Listen for the sounds of nocturnal animals and share stories at Owl's Hill (545 Beech Creek Road, Brentwood). Happens from 7 – 9 p.m. Cost is $18. For ages 12 and older.

NASHVILLE SYMPHONY OPENING WEEKEND: NEW WORLD SYMPHONY WITH DAVID ROBERTSON
615-687-6400
nashvillesymphony.org
Celebrate the launch of the Nashville Symphony's 2025/26 season with a program led by visionary conductor and composer David Robertson. Experience Dvořák's beloved "New World" Symphony, inspired by his trip to America in the 1890s when he directed the National Conservatory of Music of America. Pianist Orli Shaham performs the luminous *Light forming*, a new concerto written especially for her by Robertson. Debussy's dreamy *Prelude to the Afternoon of a Faun* completes this program of new and familiar worlds. The concerts take place tonight and Saturday, Sept. 20 at 7:30 p.m. and Sunday, Sept. 21 at 2 p.m. at Schermerhorn Symphony Center (1 Symphony Place, Nashville). Tickets start at $29.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

***COME FROM AWAY* BY NASHVILLE REP**
See Friday, Sept. 12.

NASHVILLE FILM FESTIVAL
See Thursday, Sept. 18.

TELESCOPE NIGHT AT DYER OBSERVATORY
dyer.vanderbilt.edu
View exhibits, engage with astronomers and gaze at celestial objects (weather permitting) at Vanderbilt Dyer Observatory (1000 Oman Drive, Brentwood). There are two slots at 9 and 10 p.m. For ages 8 and older. Cost is $10 for adults; $5 for ages 12 and younger. Register online (slots fill up fast!).

SAT 20

FREE MURFREESBORO SATURDAY FARMERS MARKET
See Saturday, Sept. 6.

FREE HENDERSONVILLE FARMERS MARKET
See Saturday, Sept. 6.

FREE FRANKLIN FARMERS MARKET
See Saturday, Sept. 6.

FREE NATURE FEST AT BOWIE NATURE PARK
615-387-6140
bowiepark.org
Enjoy music, history of the park, kid's activities, arts-and-craft vendors, plein air art (brought to you by Fairview Arts Council), inflatables, food and more at Bowie Nature Park (7211 Bowie Lake Road, Fairview) from 9 a.m. – 4 p.m.

BABY GOAT CUDDLING
See Saturday, Sept. 6.

FREE PARNASSUS BOOKS STORYTIME
See Saturday, Sept. 6.

MYSTIC MERMAIDS UNDER THE SEA BREAKFAST
615-514-3474
aquariumrestaurants.com
Come out to the Aquarium Restaurant (516 Opry Mills Drive, Nashville) for an exclusive "Under The Sea Breakfast" event from 9 – 11 a.m. Enjoy watching mermaids swim to music and teaching on protecting the ocean. Cost is $28.61 for adults, $22.26 for kids 3 – 10. Reservations required.

TRAIN ROBBERY EXCURSION TRAIN
615-241-0436
tcry.org
Ride a classic passenger train at Tennessee Central Railway Museum (220 Willow St., Nashville) as the Mackle and Wilson Gangs attempt to hold up the train en route to Watertown! There might even be a shootout in Watertown between the US Marshall, and the Mackle-Wilson Gangs! Act I takes place on the eastbound trip and Act II takes place on the Westbound trip. Each act is about seven minutes long (actors repeat the play in every car on the train). Boarding starts at 9 a.m. with departure at 10 a.m. and return back to Nashville is at 4:30 p.m. Cost is $35 for kids; $60 for coach seats and $120 for dome seats.

PUMPKIN PATCH & CORN MAZE AT LUCKY LADD FARMS
See Thursday, Sept. 18.

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

DOZER DAY
midtn.dozerday.org
Experience the thrill of operating dozers, backhoes, loaders, digging for real treasure and more at the Comer Barn (2310 Nashville Pike, Gallatin) from 10 a.m. – 4 p.m. The event is tailored for kids ages 2 - 14 and allows them to operate heavy equipment alongside trained operators. Cost is $10 in advance, $15 day of event.

(please turn the page)

FREE HIKE WITH JANE AT THE WILDERNESS STATION
615-642-1103
murfreesborotn.gov
Blaze the trail, hike, and learn about animals, bugs, trees and wildflowers in our state while being led by a Tennessee State Naturalist at The Wilderness Station (401 Volunteer Road, Murfreesboro) from 10 – 11 a.m.

DROP-IN KIDS ART CLASSES
See Saturday, Sept. 6.

FREE SATURDAY STORYTIME AT BRENTWOOD LIBRARY
See Saturday, Sept. 6.

FREE LA VERGNE FALL FESTIVAL
615-793-3224
lavergnetn.gov
Celebrate the changing of the seasons while taking part in games and enjoying food for La Vergne's annual Fall Festival. The parade starts at 10 a.m. at Bicentennial Park at City Hall and ends at Veterans Memorial Park (115 Floyd Mayfield Drive, La Vergne), where the fun continues with activities and entertainment until 3:30 p.m.

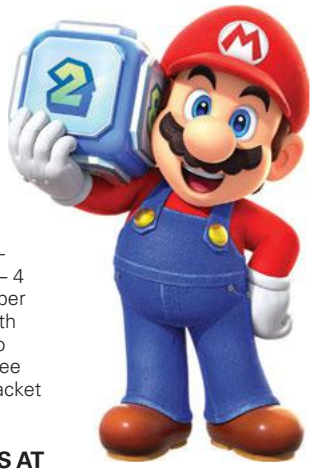
FREE LOWE'S DIY-U KIDS' WORKSHOPS
lowes.com
Cruise into participating Lowe's locations with your mini DIYer for this month's kit, a " Football Spirit Board!" They'll provide all the parts needed to roll away with a hand-built toy that kids can really play with. Workshop happens from 10 a.m. – 1 p.m. Reserve your child's spot online.

FREE THE CURIOUS NATURALIST AT WARNER PARK NATURE CENTER
615-862-8555
wpnc.nashville.gov
Stop by the Warner Park Nature Center (7311 Highway 100, Nashville) and discover fascinating wildlife, plant life and more with a Naturalist from 10 a.m. – 12 p.m. All are welcome.

FREE NASHVILLE BALLET OPEN HOUSE
nashvilleballet.com
Get an exclusive sneak peek into the world of Nashville Ballet through activities and behind-the-scenes tours of The Martin Center (3630 Redmon Street, Nashville) from 11 a.m. – 2 p.m. Enjoy complimentary performances showcasing highlights from the repertoire, engage in Q&A sessions and meet the artists who bring the stories to life.

MAKE FRIENDSHIP BRACELETS
615-416-2001
countrymusichalloffame.org
Make custom friendship bracelets at the Country Music Hall of Fame in the Taylor Swift Education Center from 1 – 3 p.m. Trade your creation with a friend to symbolize your connection. Included with admission; free to members.

FREE TEEN VIDEO GAME TOURNAMENT AT LINEBAUGH
615-893-4131 x114
rclstn.org
Get your game on every third Saturday at Linebaugh Public LIbrary (105 West Vine St., Murfreesboro) from 2 – 4 p.m. September kicks it off with a Super Mario Party Jamboree Minigame bracket tournament.



NERF WARS AT MPACT SPORTS
See Saturday, Sept. 6.

NASHVILLE FILM FESTIVAL
See Thursday, Sept. 18.

GLOW IN THE PARK
See Saturday, Sept. 6.

"WEIRD AL" YANKOVIC AT ASCEND AMPHITHEATER
livenation.com
See "Weird Al" Yankovic perform live at Ascend Amphitheater (310 1st Avenue South, Nashville) as part of his "Bigger & Weirder 2025 Tour." Show starts at 8 p.m. and tickets start at $54.50.

NASHVILLE SYMPHONY OPENING WEEKEND: NEW WORLD SYMPHONY WITH DAVID ROBERTSON
See Friday, Sept. 19.

FREE PORCHFEST
westhavenporchfest.org
Join in for a day of fun and festivities at the Magli Green located in Westhaven Town Center (191 Front Street, Franklin). From live music around the neighborhood during the day to food and drinks, to the ticketed evening concert at 7 p.m., there is something for everyone. This year's evening concert features Monsters of Yacht and The Deltaz with special guest Ben Calhoun.

***THE PRINCESS BRIDE*: AN INCONCEIVABLE EVENING W/ CARY ELWES**
615-782-4040
tpac.org
Join Cary Elwes (Westley) for a behind-the-scenes look at life on and off the set of the classic film, *The Princess Bride*, inside TPAC's Jackson Hall (505 Deaderick St., Nashville) at 7:30 p.m. After a screening of the movie, Elwes will engage in a moderated discussion revealing never before shared secrets and tales of inconceivable antics. Tickets start at at $36.55.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

***COME FROM AWAY* BY NASHVILLE REP**
See Friday, Sept. 12.

SUN 21

BOOT SCOOTIN' COWBOY BOOTS
615-416-2001
Inspired by fashionable footwear featured in the museum galleries, young designers will create boot patterns to reflect their personalities on select Sundays at the Country Music Hall of Fame (222 Rep. John Lewis Way S, Nashville) from 10 a.m. – 12 p.m. Included with admission; free to members.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

PUMPKIN PATCH & CORN MAZE AT LUCKY LADD FARMS
See Thursday, Sept. 18.

FREE COW CUDDLING AT THE GENTLE BARN
See Sunday, Sept. 7.

HOUSE OF CARDS SUNDAY FAMILY BRUNCH
See Sunday, Sept. 7.

TENNESSEE TITANS VS. INDIANAPOLIS COLTS
Cheer on the Tennessee Titans vs. the Indianapolis Colts at Nissan Stadium (1 Titans Way, Nashville) at noon.

FREE JAZZ ON THE HILLSIDE / BLUEGRASS AT THE BARN
See Saturday, Sept. 6.

NASHVILLE FILM FESTIVAL
See Thursday, Sept. 18.

BEAUTIFICA 360 AT SUDEKUM PLANETARIUM
See Saturday, Sept. 13.

NASHVILLE SYMPHONY OPENING WEEKEND: NEW WORLD SYMPHONY WITH DAVID ROBERTSON
See Friday, Sept. 19.

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

NASHVILLE PREDATORS PRESEASON HOCKEY
nhl.com/predators
Get out your fang fingers and see the Nashville Predators play on their home ice at Bridgestone Arena (501 Broadway, Nashville) for the 2025 - 26 season. Preseason home games are Sept. 21 at 2 and 6 p.m. (split squads), Sept 23 at 7 p.m. and Oct. 4 at 3 p.m.

(Continued on page 50)



Tennessee Titans: *TITAN UP this month with the Tennessee Titans first home games of the NFL regular season on Sundays, Sept. 14 and 21.*

Histown Dance & Performing Arts



Dance Classes Ages 2 & Up

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OCT. 6 - 10



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www.etcgymnastics.com

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OPENS SEPT. 20

Jump Pad • Pick Your Own Pumpkin • Haymaze • Cornmaze
2 Petting Zoos • Pedal Cart Track • Giant Boat Playland
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Corn Crib • & much more!

2900 Old Nashville Hwy, McMinnville, TN 37110
(931) 939-3960 • cedarwoodfarmstn.com

***COME FROM AWAY* BY NASHVILLE REP**
See Friday, Sept. 12.

FREE NASHVILLE SUMMER SHAKESPEARE FESTIVAL
See Monday, Sept. 1.

MON 22

FREE BABY TIME AT THE SPRING HILL LIBRARY
See Monday, Sept. 1.

EARLY EXPLORERS STORYTIME
See Monday, Sept. 1.

FREE MONDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
See Monday, Sept. 1.

FREE PRE-K PLAY AT THE BRENTWOOD LIBRARY
See Monday, Sept. 8.

NASHVILLE FILM FESTIVAL
See Thursday, Sept. 18.

TUE 23

FREE PRESCHOOL STORYTIME IN LEIPER'S FORK
See Tuesday, Sept. 9.

FREE STORYTIME AT THE SPRING HILL PUBLIC LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT LINEBAUGH LIBRARY
See Tuesday, Sept. 2.

FREE JUNIOR ANIMAL CHEF AT THE WILDERNESS STATION
615-642-1103
murfreesborotn.gov
Ever thought about being a private chef for animals? Now is your chance! Participants will learn all about animal caretaking, as well as helping prepare the meals for the animals at The Wilderness Station (401 Volunteer Road, Murfreesboro) from 10 – 11 a.m. Register online. For ages 2 – 14.

FREE STORYTIMES AT THE BRENTWOOD LIBRARY
See Tuesday, Sept. 2.

FREE TODDLER STORYTIME AT THE FRANKLIN LIBRARY
See Tuesday, Sept. 2.

FREE TODDLER TIME AT THE FAIRVIEW LIBRARY
See Tuesday, Sept. 2.

TOTS! AT CHEEKWOOD
See Tuesday, Sept. 2.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

FREE TINY TEC
See Tuesday, Sept. 2.

FREE TUESDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
See Tuesday, Sept. 2.

CLIMBING CLUB AT SMYRNA OUTDOOR ADVENTURE CENTER
See Tuesday, Sept. 2.

***THE WIZ* AT TPAC**
615-782-4040
tpac.org
The Tony Award-winning Best Musical comes to TPAC's Jackson Hall (505 Deaderick St., Nashville), tonight through Sept. 28. This twist on *The Wizard of Oz* includes soul, gospel, rock, and 70s funk plus of course, the stirring tale of Dorothy's journey to find her place in a contemporary world. Tickets start at $52.15.

NASHVILLE FILM FESTIVAL
See Thursday, Sept. 18.

NASHVILLE PREDATORS PRESEASON HOCKEY
See Sunday, Sept. 21.

WED 24

TOTS! AT CHEEKWOOD
See Tuesday, Sept. 2.

FREE WEDNESDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
See Wednesday, Sept. 3.

FREE BABIES AND BOOKS STORYTIME AT FRANKLIN LIBRARY
See Wednesday, Sept. 3.

FREE STORYTIME AT THE SPRING HILL PUBLIC LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT LINEBAUGH LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT THE BRENTWOOD LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIME AT THE SMYRNA LIBRARY
See Wednesday, Sept. 3.

FREE TODDLER STORYTIME IN LEIPER'S FORK
See Wednesday, Sept. 3.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

FREE MINECRAFT AT THE FAIRVIEW LIBRARY
See Saturday, Sept. 13.

FREE WILD WEDNESDAY AT THE SMYRNA OUTDOOR ADVENTURE CENTER
See Wednesday, Sept. 3.

FREE ADVENTURE SCIENCE CENTER AT THE LIBRARY: AMUSEMENT PARK PHYSICS
615-862-5867
Get ready for a wild ride and push Newton's laws to their limits with hands-on coaster challenges at the Nashville Public Library Looby branch (2301 Rosa L Parks Blvd., Nashville) from 4:30 – 5:30 p.m. Along the way, demonstrate potential and kinetic energy, Newton's second law of motion and more. Recommended for ages 7 – 14, but all are welcome.

NASHVILLE FILM FESTIVAL
See Thursday, Sept. 18.

***THE WIZ* AT TPAC**
See Tuesday, Sept. 23.

THU 25

EARLY LEARNERS AT THE SMYRNA OUTDOOR ADVENTURE CENTER
See Thursday, Sept. 4.

FREE PRE-K STORYTIME AT THE FRANKLIN LIBRARY
See Thursday, Sept. 4.

FREE STORYTIME AT THE TEC
See Thursday, Sept. 4.

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

FREE ITTY BITTY STORYTIME AT LINEBAUGH LIBRARY
See Thursday, Sept. 4.

AFTER SCHOOL ART CLUB AT SMYRNA OUTDOOR ADVENTURE CENTER
See Thursday, Sept. 4.

ARCHERY CLUB AT THE SMYRNA OUTDOOR ADVENTURE CENTER
See Thursday, Sept. 11.

PUMPKIN PATCH & CORN MAZE AT LUCKY LADD FARMS
See Thursday, Sept. 18.

FREE PAJAMA STORYTIME AT THE SMYRNA LIBRARY
See Thursday, Sept. 4.



Hispanic Heritage Festival: *Celebrate performances, a puppet show, musicians,*

FREE 3RD THURSDAY ON MAIN CONCERT IN GALLATIN
downtowngallatin.com
Get your boogie on in downtown Gallatin with concerts held on the third Thursday of each month through September 18 from 6:30 to 9 p.m.

DISNEY ON ICE AT BRIDGESTONE ARENA
bridgestonearena.com
Disney On Ice skates back inside Bridgestone Arena (501 Broadway, Nashville) tonight through Sunday, Sept. 28 with the brand new show, "*Frozen* & *Encanto*!" The show features characters like Anna, Elsa, Mirabel and the Madrigal family, as well as Mickey Mouse and friends. Expect to see favorite scenes and songs from both films, including a shortened version of each story, along with skating and aerial performances. The *Encanto* portion includes acrobatics, while the *Frozen* section features traditional ice skating. Tickets start at $41.





Hispanic culture all day at Nashville Zoo on Saturday, Sept. 27 with dance special animal shows and Grassmere tours in Spanish.

***THE WIZ* AT TPAC**
See Tuesday, Sept. 23.

FRI 26

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

PUMPKIN PATCH & CORN MAZE AT LUCKY LADD FARMS
See Thursday, Sept. 18.

FREE BABY RAVE AT THE BRENTWOOD LIBRARY
615-371-0090
brentwoodtn.gov/library
Get all that energy out before naptime! Join in at the Brentwood Library (8109 Concord Road, Brentwood) from 10 – 11 a.m. when you and your child (ages 0 - 3) can bop until you drop!

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

FREE FOOD TRUCK FRIDAYS AT ARRINGTON VINEYARDS
See Friday, Sept. 5.

FREE NASHVILLE FLEA MARKET
nashvilleflea.com
Nashville's monthly flea market weekend returns with more than 800 hundred vendors from 30 states today through Sunday, Sept. 28 at the Nashville Fairgrounds (625 Smith Ave., Nashville). Parking is $5.

FREE FRIDAYS BY THE RIVER
See Friday, Sept. 5.

FREE MUSICIANS CORNER AND KIDSVILLE
See Friday, Sept. 5.

NASHVILLE GREEK FESTIVAL
nashvillegreekfestival.com
Savory cuisine, soulful music, lively dancing and educational tours transform the grounds of Holy Trinity Greek Orth. Church (4905 Franklin Pike, Nashville) into a three-day glendi. The festival features centuries-old recipes to please all foodies. Admission is $5, and is valid all weekend. Children 12 and younger, and first responders with valid ID, are free. Today from 4 to 9 p.m.; Saturday, Sept. 27 from 10 a.m. to 9 p.m. and Sunday, Sept. 28 from 11 a.m. to 4 p.m.

FREE CANDLELIGHT CONCERT: RINGS AND DRAGONS
feverup.com
Enjoy the music from *The Lord of the Rings* and *Game of Thrones* played by a string quartet under candlelight inside The Parthenon (2500 West End Ave., Nashville) at 6:30 p.m. Tickets start at $33. For ages 8 and older.

TABLAO FLAMENCO
Enjoy an evening of dynamic performance, improvisation and passionate music inside TPAC's Johnson Theater tonight at 7:30 p.m. and Saturday, Sept. 27 at 1 and 7 p.m. Tickets start at $61.75.

MORGAN FREEMAN'S SYMPHONIC BLUES EXPERIENCE WITH THE NASHVILLE SYMPHONY
615-687-6400
nashvillesymphony.org
With a special in-person appearance by Academy Award winner Morgan Freeman, this musical performance fuses authentic Delta Blues with the grandeur of a symphony orchestra inside the Schermerhorn Symphony Center (1 Symphony Place, Nashville) starting at 7:30 p.m. Tickets start at $66

***THE WIZ* AT TPAC**
See Tuesday, Sept. 23.

DISNEY ON ICE AT BRIDGESTONE ARENA
See Thursday, Sept. 25.

FREE CANDLELIGHT CONCERT: A TRIBUTE TO COLDPLAY
feverup.com
Enjoy the music from Coldplay played by a string quartet under candlelight inside The Parthenon (2500 West End Ave., Nashville) at 8:45 p.m. Tickets start at $33. For ages 8 and older.

SAT 27

FREE SPRING HILL'S CAMPIN' IN THE PARK
springhilltn.org
Get the kids away from their electronic devices and into nature with this overnight camping event at Fischer Park (4285 Port Royal Road, Spring Hill) starting today at 9 a.m. and ending Sunday, Sept. 28 at sunrise. Enjoy outdoor activities, an outdoor movie and more. Registration is required.

FREE MURFREESBORO SATURDAY FARMERS MARKET
See Saturday, Sept. 6.

FREE HENDERSONVILLE FARMERS MARKET
See Saturday, Sept. 6.

FREE FRANKLIN FARMERS MARKET
See Saturday, Sept. 6.

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

FREE NASHVILLE FLEA MARKET
See Friday, Sept. 26.

NASHVILLE GREEK FESTIVAL
See Friday, Sept. 26.

BABY GOAT CUDDLING
See Saturday, Sept. 6.

FREE PARNASSUS BOOKS STORYTIME
See Saturday, Sept. 6.

FREE SATURDAY STORYTIME AT BRENTWOOD LIBRARY
See Saturday, Sept. 6.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

FREE BEAMAN PARK FALL SCAVENGER HUNT
615-862-8580
beamanpark.nashville.gov
Celebrate the season by joining in a fall scavenger hunt from 10 – 11 a.m. at Beaman Park Nature Center (5911 Old Hickory Blvd, Ashland City); complete it for a prize!

FALL FAMILY FUN FESTIVAL AT LUCKY LADD FARMS
615-274-3786
luckyladdfarms.com



Celebrate the start of Tennessee's autumnal season today and Sunday, Sept. 28 at Lucky Ladd Farms (4374 Rocky Glade Road, Eagleville). Festival highlights include an arts and crafts show, live performances by up-and-coming musical artists, flavorful foods, pumpkin picking, a corn maze, and fun activities for the entire family. Tickets start at $18 online.

HISPANIC HERITAGE FESTIVAL
nashvillezoo.org
The festival will include dance performances, a puppet show and a variety of musicians at Nashville Zoo (3777 Nolensville Pike, Nashville). The Zoo will offer animal shows and tours of the Grassmere Historic Home in Spanish as a special-themed concessions menu.

FREE KIDSVILLE FAMILY FESTIVAL
kidsvilleonline.org
Kidsville Family Festival is returning to Centennial Park (2500 West End Avenue, Nashville) from 10 a.m. to 3 p.m. for a day filled with live music, costumes, arts and crafts, a mascot photo station, musical meet and greets, inflatables and lawn games, and more.

MURFREESBORO REPTILE EXPO
showmereptileshow.com
Browse reptiles and other exotic pets at the Mid TN Expo Center (1660 Middle Tennessee Blvd., Murfreesboro) today and Sunday, Sept. 28. Cost is $10 – $15.

(please turn the page)

MILLERS THRILLERS

HAUNTED WOODS ZOMBIE PAINTBALL HAYRIDE

ZOMBIE HAYRIDE RELOADED



HILLBILLY HOLLAR

AN OUTDOOR FRIGHT TOO BIG TO BE HOUSED INDOORS!

GREAT FOR GROUPS, PARTIES, BIRTHDAYS, AND TEAM-BUILDING.

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STAGE SHOWS AND CONSCESSIONS WHILE YOU WAIT IN LINE.

EVERY FRIDAY AND SATURDAY IN OCTOBER.

1431 CARTERS CREEK PIKE, COLUMBIA JUST 5 MINUTES WEST OF SPRING HILL

WWW.MILLERSTHRILLERS.NET



Pilgrimage Music & Cultural Festival: *The 11th annual music festival happens Saturday, Sept. 27 and Sunday, Sept. 28 in Franklin with John Mayer headlining, plus the Lil' Pilgrims stage and Franklin Fun Farm. .*

FREE SMYRNA DEPOT DAYS
simatn.org/depot-days
Hundreds of patrons visit the Smyrna Train Depot (98 Front St., Smyrna) for the 18th annual Depot Days from 10 a.m. – 4 p.m. There will be more than 100 booths of vendors, food, businesses, beer garden, local artisans and live music. Additionally, there will be inflatables for the kids to jump on at no charge, and train rides for $1 as well as many other kid-friendly activities.

TIE-DYE BANDANAS
615-416-2001
countrymusichalloffame.org
Explore the style of the stage wear on view in the Country Music Hall of Fame's (222 Rep. John Lewis Way S, Nashville) galleries, then create your own colorful look by watercolor painting a bandana inside the museum's Taylor Swift Education Center from 1 – 3 p.m.! Included with admission; free to members.

WILCO POW WOW
wilcopowwow.com
Experience an authentic Native American Pow Wow today from 10:30 a.m. – 9 p.m. and Sunday, Sept. 28 from 10:30 a.m. – 5 p.m. at James E. Ward Agricultural Center (914 Tennessee Blvd., Lebanon). Celebrate life, culture and community through dance, song, storytelling, food and crafts. Explore authentic Native arts and crafts, find food vendors (frybread, Indian tacos, Buffalo burgers, etc.) and more. Cost is $10 for ages 13 and older; $5 for seniors/veterans/kids ages 6 – 12; kids 5 and younger are free.

GLOW IN THE PARK
See Saturday, Sept. 6.

POOCH POOL PARTY
nashvilleshores.com
Nashville Shores (4001 Bell Road, Hermitage) is opening its gates from 11 a.m. – 4 p.m. and allowing owners to bring their dogs for a dog-only swim day. Cost is $20 in advance; $30 day of.

HUBBARD STREET DANCE CHICAGO
tpac.org
In their Nashville engagement, Hubbard Street presents a repertory program created by some of today's leading choreographic voices inside TPAC's Polk Theater (505 Deaderick St., Nashville). Shows are at 1 (one child ages 6 to 17 can get in free) and 7 p.m.; tickets start at $42.

***MUFARO'S BEAUTIFUL DAUGHTERS* AT NASHVILLE CHILDREN'S THEATRE**
615-254-9103
nashvillechildrenstheatre.org
Based on the beloved book by John Steptoe and told in the rich tradition of African folktales, *Mufaro's Beautiful Daughters* is a musical tale of kindness, inner strength and the true test of character. The show runs at Nashville Children's Theatre (25 Middleton St., Nashville) on select Wednesdays – Sundays, today through Oct. 30. For ages 5 – 10. Tickets are $35 for adults, $25 for youth.

FREE FAMILY FUN FEST AT TRINITY METHODIST CHURCH
trinityfranklin.org
Bring the family out to Trinity Methodist Church (2084 Wilson Pike, Franklin) from 3 – 6 p.m. for a bounce house, hot dogs and cold drinks and activities for preschoolers and kids. Completing a scavenger hunt involving all the activities earns participants ice cream from Moosic City Ice Cream.

FREE JAZZ ON THE HILLSIDE / BLUEGRASS AT THE BARN
See Saturday, Sept. 6.

11TH ANNUAL OKTOBERFEST AT OAKLANDS MANSION
oaklandsmansion.org
Enjoy craft brewers, food, live music and more on the grounds of Oaklands Mansion (900 N. Maney Ave., Murfreesboro) from 4 – 8 p.m. This year, "The Quarterlife Band" and "The Oomphasters" will perform. Admission is $55 for craft beer drinkers (ages 21 and older); $25 for designated drivers (ages 17 and older) and ages 16 and younger are free.

PINK FLOYD LASER SHOW
adventuresci.org
See and hear *The Dark Side of the Moon* like never before inside the Adventure Science Center (800 Fort Negley Blvd., Nashville) from 4:15 – 5 p.m. Cost is $11 for non-members; $7 for members. For ages 10 and older.

DISNEY ON ICE AT BRIDGESTONE ARENA
See Thursday, Sept. 25.

TABLAO FLAMENCO
See Friday, Sept. 26.

***THE WIZ* AT TPAC**
See Tuesday, Sept. 23.

NASHVILLE BREW FESTIVAL
nashvillebrewfestival.com
The 8th annual festival returns to First Horizon Park (19 Junior Gilliam Way, Nashville) with dozens of local and domestic craft beers, food trucks, music and lawn games from 7 – 11 p.m. General Admission tickets start at $55.

NASHVILLE SC HOME GAMES
nashvillesc.com
See the "Boys in Gold" face off at GEODIS Park (501 Benton Ave., Nashville) at 7:30 p.m.

PILGRIMAGE MUSIC & CULTURAL FESTIVAL
This year's Pilgrimage Music and Cultural Festival is today and Sunday, Sept. 28 at The Park at Harlinsdale Farm (239 Franklin Road, Franklin) with John Mayer, Kings of Leon, Turnpike Troubadours and Young the Giant leading the bill. In addition, the Franklin Fun Farm is available for kids and features local youth bands, aerialists, balancing acts, face painting and lots more. Kids 7 and younger are free when accompanied by an adult General Admission ticket holder. Strollers and wagons are permitted. Tickets start at $289.

SUN 28

WILCO POW WOW
See Saturday, Sept. 27.

***INSIDE OUT AND BACKWARDS* AT NASHVILLE CHILDREN'S THEATRE**
See Thursday, Sept. 4.

FREE COW CUDDLING AT THE GENTLE BARN
See Sunday, Sept. 7.

FALL FAMILY FUN FESTIVAL AT LUCKY LADD FARMS
See Saturday, Sept. 27.

PILGRIMAGE MUSIC & CULTURAL FESTIVAL
See Saturday, Sept. 27.

FREE NASHVILLE FLEA MARKET
See Friday, Sept. 26.

NASHVILLE GREEK FESTIVAL
See Friday, Sept. 26.

DISNEY ON ICE AT BRIDGESTONE ARENA
See Thursday, Sept. 25.

MURFREESBORO REPTILE EXPO
See Saturday, Sept. 27.

NASHVILLE BEATLES BRUNCH
citywinery.com/nashville
Nashville Beatles brunches at City Winery Nashville (609 Lafayette St., Nashville) feature Forever Abbey Road with a band of touring pros plus special guest stars each month. Show starts at 12 p.m. and tickets start at $20.

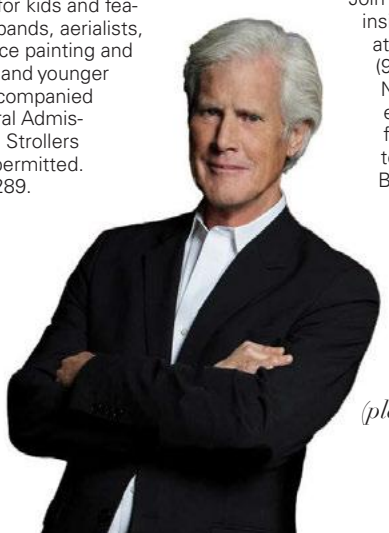
FREE JAZZ ON THE HILLSIDE / BLUEGRASS AT THE BARN
See Saturday, Sept. 6.

***MUFARO'S BEAUTIFUL DAUGHTERS* AT NASHVILLE CHILDREN'S THEATRE**
See Saturday, Sept. 27.

***JAMES AND THE GIANT PEACH* AT CENTER FOR THE ARTS**
See Friday, Sept. 5.

***THE WIZ* AT TPAC**
See Tuesday, Sept. 23.

DATELINE LIVE
thepinnaclenashville.com
Join Dateline live inside The Pinnacle at Nashville Yards (910 Exchange Lane, Nashville) for this exclusive event featuring the entire team: Lester Holt, Blayne Alexander, Andrea Canning, Josh Mankiewicz, Keith Morrison and Dennis Murphy. There are two shows at 5 and 8 p.m. Tickets start at $115.87.



(please turn the page)

***COME FROM AWAY* BY NASHVILLE REP**
See Friday, Sept. 12.

MON 29

FREE BABY TIME AT THE SPRING HILL LIBRARY
See Monday, Sept. 1.

EARLY EXPLORERS STORYTIME
See Monday, Sept. 1.

FREE MONDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
See Monday, Sept. 1.

HOMESCHOOL MONDAY AT THE FRIST
615-244-3340
fristartmuseum.org
These drop-in days (no registration needed) at the Frist Art Museum (919 Broadway, Nashville) happen on the last Monday of each month (except November and December due to holidays) and offer special opportunities to learn more about selected exhibitions. All adult visitors enjoy the discounted rate of $16 on these special days. Youth ages 18 and younger are free.

TUE 30

TOTS! AT CHEEKWOOD
See Tuesday, Sept. 2.

FREE TODDLER TUESDAY AT SAM DAVIS HOME
615-459-2341
samdavishome.org
Littles ages 1 – 4 can enjoy games, crafts, hikes, experiments, live animals and more at Sam Davis Home (1399 Sam Davis Road, Smyrna) on the last Tuesday of every month from 10 – 11 a.m. This month's theme is the "Arboretum Adventure." Cost is $8 for toddlers and siblings, free for parents.

FREE STORYTIME AT THE SPRING HILL PUBLIC LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT LINEBAUGH LIBRARY
See Tuesday, Sept. 2.

FREE STORYTIMES AT THE BRENTWOOD LIBRARY
See Tuesday, Sept. 2.

FREE TODDLER TIME AT THE FAIRVIEW LIBRARY
See Tuesday, Sept. 2.

FREE TODDLER STORYTIME AT THE FRANKLIN LIBRARY
See Tuesday, Sept. 2.

CHEEKWOOD HARVEST
See Saturday, Sept. 13.

FREE TUESDAY STORYTIMES AT NASHVILLE PUBLIC LIBRARY
See Tuesday, Sept. 2.

FREE HOMESCHOOL DAY AT OWL'S HILL
Bring your homeschoolers out to Owl's Hill Nature Sanctuary (545 Beech Creek Road, Brentwood). There are two sessions available from 10 – 11:30 a.m. and 1 – 2:30 p.m. Cost is $10 per person (student or adult) per session. For ages 5 and older. Register online.

FREE PUPPY PARTY AT BRENTWOOD LIBRARY



615-371-0090
Come sniff out some fun with therapy dog cuddles, paws-itively cute crafts and treats worth begging for at the Brentwood Library (8109 Concord Road, Brentwood) from 4:30 – 6 p.m. For ages 3 – 10.

CLIMBING CLUB AT SMYRNA OUTDOOR ADVENTURE CENTER
See Tuesday, Sept. 2



Pumpkin Patch & Corn Maze at Lucky Ladd: *Make your way to Lucky Ladd Farms in Eagleville to enjoy all-things fall during their pumpkin patch and corn maze season, Thursdays – Sundays, Sept. 18 through Oct. 31.*

ON YOUR RADAR!

Events to note for *next* month.

NATIONAL BANANA PUDDING FESTIVAL
Oct. 4 – 5
Centerville Ag Pavilion
bananapuddingfest.org

FALL TN CRAFT FAIR
Oct. 10 – 12
Centennial Park
tennesseecraft.org

BOO AT THE ZOO
Oct. 17 – Nov. 1
Nashville Zoo
nashvillezoo.org/boo

STEAM-A-PALOOZA
Oct. 11
Discovery Center
explorethedc.org

TPAC FAMILY SERIES: *ILUMINATE*
Oct. 14
Tennessee Performing Arts Center, Nashville
tpac.org

SOUTHERN FESTIVAL OF BOOKS
Oct. 18 – 19
Bicentennial Mall, TN State Museum & TN State Library
sofestofbooks.org

***RUTHERFORD PARENT* FALL KIDS FEST**
Oct. 18
Avenue Murfreesboro
nashvilleparent.com

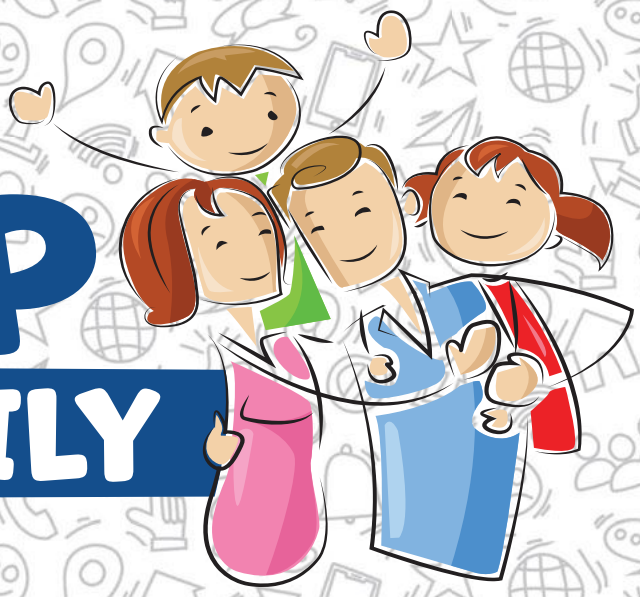
DOWNTWON FRANKLIN'S PUMPKINFEST FALL FESTIVAL
Oct. 25
Downtown Franklin
williamsonheritage.org

HAUNTED MUSEUM STORYTELLING FESTIVAL
Oct. 25
TN State Museum
tnmuseum.org

nashville parent

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615-294-0667 | acttooplayers.com
1113 Murfreesboro Road, #119, Franklin



Adventure Science Center

Discover Nashville's Adventure Science Center's Early Explorers program: a weekly, themed story time for preschoolers! Every Monday at 9:30 a.m. in the Eureka Theatre, your budding scientist explores STEAM concepts through engaging stories and hands-on crafts. Included with general admission—fun, educational, and perfect for curious minds under five!

615-862-5160 | adventuresci.org/camps
800 Ft. Negley Blvd., Nashville



Children's Art Classes

Now registering for our fall art classes. Children require an outlet for their creativity to help them grow and thrive. Art programs for kids offer an excellent opportunity to find a new hobby and enrich your child's life. When enrolling your child in art classes for kids, they will get exposure to various mediums, allowing them to find an art style they enjoy for a lifetime. We also offer classes for moms and dads as well.

615-930-9304 | childrensartclasses.com
2909 Old Fort Pkwy, Ste. 102, Murfreesboro
7149 Nolensville Road, Nolensville



HisTown Dance and Performing Arts

Whether your child has been dancing for years, or this is their first time, Histown has a variety of dance camps, intensives and workshops for dancers of every age and level of experience, in a Christian, faith-based environment. Dancers are grouped together based on their age, skill and experience. Sign up for fall classes now!

615-840-8849 | histown.com
1010 Perrone Way, Ste. 200, Franklin



Nashville Children's Theatre Drama School

At NCT we believe that theatre skills are life skills We celebrate each student's individuality. We believe in the power of 'play' and the greater learning that is derived from it. It is important to us for every young person to feel heard, celebrated, and uplifted. We currently offer fall, spring, Saturday classes and camps.

615-297-2966 | nashvillechildrenstheatre.org
25 Middleton St., Nashville



Vanderbilt Programs for Talented Youth

Whether you are a motivated young learner, the parent of an advanced child, or an educator who works with high-achieving students, there is something for everyone at PTY. Join us! We offer programs for talented children in grades K - 12 as well as their families and educators.

615-322-8261 | pty.vanderbilt.edu
Peabody #506, 230 Appleton Place, Nashville

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Bricks 4 Kidz

Bricks 4 Kidz offers fun, hands-on LEGO® parties, classes and workshops for kids. Perfect for birthdays or afterschool programs, children build themed models, explore STEM concepts, and enjoy creative play. With exciting themes, games, and guided activities, Bricks 4 Kidz delivers an unforgettable experience where learning and fun come together!

615-931-7750 | bricks4kidz.us/tennessee-franklin
Various Locations Around Franklin

BOOST Gymnastics

Best of Parenting award winner - we offer fun, structured gymnastics programs for children of all skill levels. With a focus on confidence-building, strength, flexibility, and coordination, we provide a positive and encouraging environment where children thrive! Classes include parent and tot, preschool gymnastics, recreational gymnastics and tumbling, and competitive team programs.

615-352-8533 | boostgymnastics.com
11 Vaughns Gap Road, Nashville

BOOST Your Art

Powered by BOOST Gymnastics. Inspires creativity and self-expression through age-appropriate art and acting classes. From drawing and painting, mixed media and sculpture, to monologues, improvisation, and scene work, kids explore different techniques in a welcoming environment. Sessions are designed to nurture imagination, improve fine motor skills, and build artistic confidence.

615-352-8533 | boostgymnastics.com/boost-your-art
11 Vaughns Gap Road, Nashville

Discovery Center at Murfree Spring

Let's Play! Let's Learn! Let's Discover! From splashing to experimenting to playing pretend, Discovery Center's more than a dozen exhibits are designed to engage the curious mind. How cold is liquid nitrogen? What is visible light? Do reptiles lay eggs? Join Discovery Center staff as we explore the amazing world of science through hands-on experiments and demonstrations..

615-890-2300 | explorethedc.org/camps
502 SE Broad St., Murfreesboro

E.T.C. Gymnastics

Dedicated to bringing a new standard of excellence in gymnastics through Him. We offer classes for boys and girls ages 2 - 18 and all ability levels. We offer cheerleading and tumbling, as well as competitive teams. Now offering a Mommy and Me program Thursdays in Smyrna. We also do parties, field trips and parents' nights out.

615-867-6900 | 615-617-7644 | etcgymnastics.com
1137 Haley Road, Murfreesboro
11301 Old Nashville Hwy, Smyrna

FlyNash Aerial Arts

A new studio offering aerial instruction for all skill levels. Classes include Silks, Lyra/Hoop, Sling/Hammock, and Rope for ages 5 - adult. Led by experienced, certified instructors, we provide a safe and welcoming space for everyone to learn to fly. Private aerial birthday parties and special events. Grand Opening Special: $10 trial classes! Proceeds from trial classes go towards Autism TN.

615-670-3055 | flynashstudios.com
2712 Clifton Ave., Nashville

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At LearningRx, we transform the way you learn and think with the power of brain training! Through one-on-one training sessions, we help kids build early learning skills, including foundational skills for reading and math. Brain training gets to the root cause of how your child learns and our success is found in the smiles of our students and parents!

615-601-3254 | learningrx.com/franklin
100 Cool Springs Blvd., Ste. 200, Franklin

Mobile Music Academy

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615-994-1915 | mmamusic.com
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Creating Moments That Matter! From first steps to handstands, My Gym grows with your child. My Gym was born out of our passion to teach children in a fun, physically engaging environment. We delight in seeing children's eyes light up for all those incredible milestones, from the tentative first steps to tumbling down soft mats. Sharing the parents' excitement for their children's accomplishments.

615-371-5437 | mygym.com/brentwood
330 Franklin Road, Brentwood

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615-972-0989 | newvisionsdojo.com
6601 Sugar Valley Drive #111, Nashville

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615-947-7679 | nsdanceacademy.com
7061 Moores Lane #400, Brentwood

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615-904-0902 | providencechristian.com
410 Dejarnette Lane, Murfreesboro

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615-583-8765 | schoolofrock.com/locations/mtjuliet
2010 Providence Pkwy. #100, Mt. Juliet

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The Science Guys are making science fun, all summer long - all over town! Our exciting and engaging hands-on science camps are the perfect fit for your young scientist! We offer half- and full-day week-long camps, featuring tons of fun experiments, games and activities for ages 5 - 12! For more information, registration, dates and locations, head over to our science camps website!

615-573-2702 | mrbondscienceguy.com

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615-509-9423 | southernstarsmontessori.net
910 Wedgewood Ave., Nashville

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vu.edu/child-studies-group

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thewellnessway.com

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SEPTEMBER 13 – OCTOBER 30

- New! Harvest NIGHTS special events on Thursdays
- Three pumpkin houses in Pumpkin Village
- Discover a “Hint of Haunts” on the Scarecrow Trail
- Reserve tickets at cheekwood.org



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AN AFRICAN MUSICAL

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Adapted by Taryn Janelle from the Karen Abbott's play.

Music and Lyrics by Taryn Janelle and LeRell Ross
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