



Dorothea Dix Park Fall Programs + Classes

Every Monday + Wednesday

Yoga in the Park

6pm - 7pm | Williams Field

Enjoy the nature and tranquility of Dix Park with a yoga class to increase strength and flexibility. All fitness levels welcome!

Every Thursday

Tai Chi in the Park

6pm - 7pm | Williams Field

Tai Chi is a series of slow, continual movements that helps you find inner calm and balance. All fitness levels welcome!

All Progrms, Classes
and Events Are Free!

Details + Registration
dixpark.org/calendar

Select Wednesdays

Kindermusik

9:15am - 12:15pm | The Chapel

Music classes for families from KinderVillage. It's not about making little Mozarts, it's about developing skills in the whole child! Registration Required.

Weekly, September 15 - October 6

Multi-Child Families (0-5 yrs) | 9:15am + 10:15am
Preschool Children (3-4 yrs) | 11:15am

Once A Month

Birdwatching

8am - 10am | Meet at Flower Cottage

Learn about the resident and migrant birds of Dix Park and sharpen your bird identification skills.

Saturday, September 18

Saturday, October 16

Saturday, November 13

Once A Month

Arts on the Hill

5:30pm - 8:30pm | The Chapel

Raleigh Film and Art Festival series spotlighting gifted filmmakers and spoken word poets with North Carolina roots.

Thursday, September 2

Thursday, October 14

Thursday, November 11

Once A Month

Little Explorers: Preschool Nature Program

11am - 12pm | Graham Lawn

Preschoolers will have fun learning about animals and nature at the park with stories, games, songs, and live creatures. Registration is required.

Animal Architects | Thursday, Sept. 23

Going Batty | Thursday, Oct. 21

Reptiles Rock | Tuesday, Nov. 9

Twice A Month

Connect + Create: All Ages Art Classes

5:30pm - 7pm | The Chapel

In partnership with Artspace, we invite you to make some art at the park! Materials included. Registration Required.

Punch Needle | Tuesday, Sept. 7

Upcycled Coiled Baskets | Tuesday, Sept. 21

Weaving Circles | Tuesday, Oct. 5

Fall Stamped Banner | Tuesday, Oct. 26

Micro Zines | Tuesday, Nov. 9

Mixed Media Canvas | Tuesday, Nov. 23

Once A Month

Explore Dix Park: Guided Walking Tours

1pm - 3pm | Meet at The Chapel

On this 3.5-mile walking tour you will encounter the beauty and uniqueness of our 308-acre site while learning about the past, present and future of Dix Park.

Saturday, September 11

Saturday, October 23

Saturday, November 13



Dorothea Dix Park Fall Events + Festival

Select Sundays

Acorn Live Music Series

2pm - 4pm | The Chapel

Join us for an intimate music series featuring local artists. Seating is limited, Tickets Required. Concessions are available.

XOXOK (soul) | September 12

Autumn Nicholas (indie-pop) | September 26

Saturday, October 2

Teddy Bear Picnic

10am - 12pm | Harvey Hill

Our friends from KinderVillage Music School invite families - and stuffed animal friends - to enjoy singing, dancing, playing instruments and more! (Ages 2-8 yrs)

Thursday, October 28

Legacy Series: In Plain Sight

7pm - 8:30pm | The Chapel

Understand how uncovering artifacts help the eight North Carolina Native American tribes reclaim their past while showing our greater community "We Are Still Here."

Saturday, September 18

Yappy Hour

11am - 2pm | Temporary Dog Park

Join us for an afternoon of four-legged fun and be the first to see plans for the new location of the Dix Park Dog Park!

Saturday, October 16

Falling For Local Festival

11am - 6pm | The Big Field

With our partners at Shop Local Raleigh, we invite you to celebrate autumn at our fall-tastic market & festival. 100+ local makers and vendors, Triangle-area craft beer & cider on tap, live music, kids zone and free pumpkins!

Saturday, October 30

Inter-Tribal Pow Wow

10am - 6pm | The Big Field

Experience a day of competition dancing, music, makers and vendors showcasing the incredible legacy and culture of Indigenous communities living in North Carolina today.

Free programs and events are made possible thanks to Dix Park Conservancy donors.

Saturday, October 23

Civil War History Hike

10am - 12pm | Meet at The Chapel

Learn about the Union troops who camped on the state hospital grounds, Raleigh's earthworks, and the impacts of the Civil War on the hospital and patients. Led by City of Raleigh Museum Director, Ernest Dollar.

Saturday, November 6

Skywatching

7pm - 9pm | The Big Field

Look through telescopes with Morehead Planetarium to view the night sky including Jupiter and Saturn. Triangle Sax Ensemble will be playing stargazing tunes!

Dorothea Dix Park continues to strive to be accessible and welcoming for visitors, including those with disabilities. Currently, outdoor areas, including some park spaces where programs and events occur, have uneven surfaces and are not fully accessible. Accessibility is a primary focus for all future park planning and development. Interested in attending a program or event? Raleigh Parks Inclusion Services works with community members to support participation. Contact us for more information.