**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!

**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

**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

**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**

**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

**All Programs, Classes and Events Are Free!**

Details + Registration
dixpark.org/calendar
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, 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 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)

**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.

**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!

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

**Dorothea Dix Park**
Fall Events + Festival

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.

Dorothea Dix Park