Get Outside in NORTON VIRGINIA

FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8 Trash Treasures Workshop	9	10 Snack N' Paint
11	12 Oil Painting Class	13	14	15 Flag Rock Information Session	16	17
18	19	20	21	22	23	24
25	26	27	28 RALLY Norton!			

www.explorenortonva.com www.facebook.com/explorenortonva www.instagram.com/nortonvirginia

Get Outside in NORTON VIRGINIA

FEBRUARY 2018

Trash Treasures Workshop Date: Thursday, Feb. 8 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful as a way to demonstrate reusing materials rather than discarding them. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.	Snack N' Paint Date: Saturday, Feb. 10 Time: 10 a.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $25. Part of the proceeds from each registration will benefit the Norton Friends and Farmers Market. Group Limit: 20 adults. Registration Required. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.
Oil Painting Class Date: Monday, Feb. 12 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.	Flag Rock/High Knob Information Session Date: Thursday, Feb. 15. Time: 6 p.m. Location: Norton Community Center, 201 Park Ave. NE **Details:** Join the City of Norton for a casual conversation about the outdoor recreation activities and upcoming events in the city and Flag Rock Recreation Area. Contact: Katie Dunn, katied@nortonva.org and (276) 679-1160
RALLY Norton! Date: Wednesday, Feb. 28 Time: 6 p.m. Location: Norton City Council Chambers, 618 Virginia Ave. NW Details: Come out to Norton's first RALLY SWVA meeting! RALLY is a community action series where YOU get to choose a project that will benefit the City of Norton. Come learn more about the RALLY program and how you can get involved! Contact: Daniel Pinard, dpinard@uvawise.edu or (276) 639-2349	

Get Outside in NORTON VIRGINIA

MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Oil Painting Class	6	7	8 Trash Treasures Workshop	9	10 Flag Rock Overlook Hike
11	12	13	14	15	16 Daylight Saving Run/Walk	17 Barn Quilt Class Cultured Bigfoot Movie
18	19	20	21	22	23	24
25 Easter Egg Hunt	26	27	28	29	30	31 Rappelling Class Full Moon Hike

www.explorenortonva.com www.facebook.com/explorenortonva www.instagram.com/nortonvirginia

Get Outside in NORTON VIRGINIA

MARCH 2018

Oil Painting Class Date: Monday, March 5 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.	Trash Treasures Workshop Date: Thursday, March 8 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation, (276) 679-0754.
Guided Hike: Flag Rock Overlook Date: Saturday, March 10 Time: 10 a.m. Location: Norton Reservoir Details: Hike 3-4 miles from the Norton Reservoir parking lot to Flag Rock Overlook and return. Registration Required. Group Size: 10 people. Family Friendly. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160.	Run Downtown Norton: Daylight Saving Time Run/Walk Date: Friday, March 16 Time: 6 p.m. Location: 815 Park Ave. SW, Norton Details: Celebrate the start of Daylight Saving Time by joining the City of Norton for a celebratory group run/walk. Meet at the municipal parking lot between the Coalfield Progress newspaper and Norton Friends and Farmers Market building. Continue the celebration afterward by eating at a local downtown restaurant. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org
Mini Barn Quilt Workshop Date: Saturday, March 17 Time: 10 a.m. Location: Norton Community Center, 201 Park Ave. NE Details: Make your own 2x2-foot Barn Quilt. Cost: $25 per person. Covers all supplies. Part of the proceeds from each registration will be donated to support the Norton Friends and Farmers Market. Class open to individuals ages 16 and up. Norton resident Diane Cornett will lead the class. Registration: Contact Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.	Cultured Bigfoot Movie Premiere Date: Saturday, March 17 Time: 7 p.m. Doors open at 6 p.m. Location: Park Avenue Theater, 722 Park Ave. NW, Norton Details: Premier public screening of a new documentary film examining the culture that surrounds the people who seek to prove Bigfoot is real. A Q&A with cast/crew will follow screening. Cost: $5 Adults. Kids 12 and under free. More Information: www.parkavenuetheater.com
Norton Easter Egg Hunt Date: Sunday, March 25 Time: 4 p.m. Location: Norton City Park Details: Join the City of Norton for its annual Easter Egg Hunt. Children ages 9 and under will hunt for more than 1,000 eggs. The Easter Bunny will also be in attendance. An Easter hat and bonnet contest will also be featured. Contact: Michele Knox, (276) 679-0754	Rappelling & Rope Bridge Class 101 Date: Saturday, March 31 Time: Noon-3 p.m. Location: Flag Rock Recreation Area, Shelter No. 2 Cost: $30 per person. Pre-Registration Required. Details: Sponsored by Pathfinders Outdoor Adventures and City of Norton Parks and Recreation Department. Class limited to 12 people. Minimum class size: 5 people. Open to ages 13 and up. Individuals ages 13-17 must have an adult guardian present for entirety of course. Learn basic military rappelling and rope bridge techniques and procedures. Contact: Pathfinders Outdoor Adventures, (276) 219-4001 or Norton Parks and Recreation, (276) 679-0754 to register.
Full Moon Hike Date: Saturday, March 31 Time: 7 p.m. Location: Norton Reservoir Parking Lot Details: Hike 2 miles from Norton's Upper Reservoir to the Flag Rock Overlook to view the full moon and listen to an astronomy presentation by Lucian Undreiu, associate professor of physics at the University of Virginia's College at Wise. A shuttle will be provided back to vehicles following the presentation. Wear sturdy shoes and bring a headlamp/flashlight. Event is weather-dependent. Group Size: 20 people. Cost: Free. Pre-Registration Required. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org.	

Get Outside in NORTON VIRGINIA

APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Oil Painting Class	3	4	5	6	7
8	9	10	11	12 Trash Treasures Workshop	13	14 Sunset Hike: Flag Rock Overlook
15	16	17	18	19	20	21 Great American Cleanup Geocaching 101 Class
22	23	24	25	26	27	28 Basic Wilderness Survival Class
29	30					

Get Outside in NORTON VIRGINIA

APRIL 2018

Oil Painting Class Date: Monday, April 2 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.	Trash Treasures Workshop Date: Thursday, April 12 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful as a way to demonstrate reusing materials rather than discarding them. Contact: Contact Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.
Sunset Hike: Flag Rock Overlook Date: Saturday, April 14 Time: 6:30 p.m. Location: Legion Park, 620 12th Street SW, Norton Details: Hike 1.5-2 miles on the Legion Park Trail to Flag Rock Overlook and soak in the sunset before being shuttled back to your vehicle. Wear sturdy hiking boots/shoes. Bring water and a snack. Route involves a stout climb from Legion Park to the overlook. Group Size: 10 people. Registration Required. Cost: Free Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160.	Great American Cleanup Date: Saturday, April 21 Time: 9 a.m.-1 p.m. Location: 765 Park Ave. SW, Norton Details: Join the City of Norton Parks and Recreation Department and the Upper Tennessee River Roundtable for the annual Great American Cleanup. Spend the morning giving back to your community by collecting litter at sites citywide. All cleanup supplies provided. Participants should meet in the City of Norton parking lot adjacent to the Wise County Chamber of Commerce. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754
Geocaching 101 Date: Saturday, April 21 Time: 1-3 p.m. Location: Flag Rock Recreation Area, Shelter No. 2 Details: Join the creators of the Woodbooger Geo-Trail for a two-hour introductory course into geocaching. Registration required. Cost: Free. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Michele Knox, (276) 679-0754.	Basic Wilderness Survival Class Date: Saturday, April 28 Time: 9 a.m.-5 p.m. Location: Flag Rock Recreation Area, Shelter No. 2 Cost: $75 per person. Class open to ages 13 and above. Individuals ages 13-17 must have an adult participating in the class. Details: Sponsored by Pathfinders Outdoor Adventures and the City of Norton Parks and Recreation Department. Class limited to 10 people. Minimum Class Size: 5 people. Introduction into wilderness survival skills. Contact: Pathfinders, (276) 219-4001 or Norton Parks and Recreation Department, (276) 679-0754.

Get Outside in NORTON VIRGINIA

MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Outdoor Yoga
6	7 Oil Painting Class	8	9	10 Trash Treasures Workshop	11 Summer Concert	12 Outdoor Yoga Mother's Day Wildflower Hike
13	14	15	16	17 Map and Compass 101 Micro Class	18	19 Fit Farmer 12K Trail Run
20	21	22	23	24	25	26
27	28	29	30	31		

www.explorenortonva.com www.facebook.com/explorenortonva www.instagram.com/nortonvirginia

Get Outside in NORTON VIRGINIA

MAY 2018

Outdoor Yoga Date: Saturday, May 5 Time: 9 a.m. Location: To Be Announced. Cost: $5 per person Details: Join yoga instructor Jackie Cusano for an hourlong outdoor yoga session. Pre-Registration Encouraged. Session limited to 20 people. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.	Oil Painting Class Date: Monday, May 7 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.
Trash Treasures Workshop Date: Thursday, May 10 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation, (276) 679-0754.	Summer Concert: City Park Date: Friday, May 11 (Tentative) Time: 7 p.m. Location: Norton City Park Cost: Free. Details: Join the City of Norton for a summer concert in Norton City Park. Details to be announced at a later date.
Outdoor Yoga Date: Saturday, May 12 Time: 9 a.m. Location: To Be Announced. Cost: $5 per person Details: Join yoga instructor Kelli Haywood for an hourlong outdoor yoga session. Pre-Registration Encouraged. Session limited to 20 people. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.	Mother's Day Wildflower Hike Date: Saturday, May 12 Time: 2 p.m. Location: Flag Rock Recreation Area Cost: Free. Details: Join Phil Meeks with the Wise County Cooperative Extension Office for a guided Mother's Day Weekend Wildflower Hike on the Flag Rock Area Trails system. Stay tuned for more details, including length of hike. Hike limited to 10 people. Registration Required. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 to register.
Map and Compass 101 Micro Class Date: Thursday, May 17 Time: 6 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $30. Pre-Registration Required. Details: Sponsored by Pathfinders Outdoor Adventures and the City of Norton Parks and Recreation Department. Class size limited to 10 people. Minimum Class Size: 5 people. Open to ages 13 and above. Class will introduce participants to topographic maps, terms, and techniques for overland navigation and lensatic compass use. Contact: Pathfinders, (276) 219-4001 or Norton Parks and Recreation Department, (276) 679-0754.	Fit Farmer 12K Trail Run Date: Saturday, May 19 Time: 10 a.m. Location: Flag Rock Recreation Area, Upper Norton Reservoir Parking Lot Cost: $20 through Feb. 28; $25 March 1-31; $30 April 1-May 19. Details: The Norton Friends and Farmers Market's Fit Farmer 12K Trail Run, formerly the Fit Farmer 5K, will take place on the City of Norton's Flag Rock Area Trails system. All race proceeds benefit the farmers market's Senior Supplement Nutrition Program. This program provides incentives to low-income senior citizens, allowing them to purchase fresh, locally grown fruits and vegetables at the market. Registration: Visit www.fitfarmertrailrun.wordpress.com for registration links and race information. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160

Get Outside in NORTON VIRGINIA

JUNE 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Outdoor Yoga National Trails Day/Flag Rock Campout
3	4 Oil Painting Class	5 Farmers Market	6	7	8	9 Kids Fishing Day Outdoor Yoga
10 Best Friend Festival Woodbooger Chase Triathlon	11 Best Friend Festival	12 Farmers Market Best Friend Festival	13 Best Friend Festival	14 Trash Treasures Best Friend Festival	15 Best Friend Festival	16 Best Friend Festival High Knob Music Festival
17	18	19 Farmers Market	20	21	22	23
24	25 Kids Outdoor Adventure Camp	26 Farmers Market Kids Outdoor Adventure Camp	27 Kids Outdoor Adventure Camp	28 Kids Outdoor Adventure Camp	29	30 Adult Adventure Camp: June 30-July 1

www.explorenortonva.com www.facebook.com/explorenortonva www.instagram.com/nortonvirginia

Get Outside in NORTON VIRGINIA

JUNE 2018

Norton Friends and Farmers Market Date: Every Tuesday June-September Time: 4-6 p.m. Location: Norton Friends and Farmers Market Building, 815 Park Ave. SW, Norton. More Information: www.nortonva.gov/farmersmarket	National Trails Day and Flag Rock Campout Date: Saturday, June 2 Time: Activities begin at 10 a.m. Location: Flag Rock Recreation Area/Flag Rock Campground Cost:. Campsites $20 per night. Activities free. Details: Guided hikes, bike rides, and fishing/kayaking during the day. Camp at Flag Rock Campground and enjoy an evening hike, storytelling and s'mores around a campfire. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.
Outdoor Yoga Date: Saturday, June 2 Time: 9 a.m. Location: To Be Announced. Cost: $5 per person Details: Join yoga instructor Jackie Cusano for an hourlong outdoor yoga session. Pre-Registration encouraged. Limited to 20 people. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.	Oil Painting Class Date: Monday, June 4 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.
Best Friend Festival Date: June 9-16 More Information: www.facebook.com/bestfriendfestival	Kids Fishing Day Date: Saturday, June 9 Time: 8:30-11 a.m. Cost: Free Location: Norton Reservoir Details: Children ages 12 and under. Part of the Best Friend Festival.
Outdoor Yoga Date: Saturday, June 9 Time: 9 a.m. Location: To Be Announced. Cost: $5 per person Details: Join yoga instructor Kelli Haywood for an hourlong outdoor yoga session. Pre-Registration encouraged. Limited to 20 people. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.	Woodbooger Chase Triathlon Date: Sunday, June 10 Time: 10 a.m. Advanced 8K Heat; 2 p.m. Beginners 5K Heat Location: Flag Rock Recreation Area Details: Second annual triathlon that challenges participants to canoe/kayak, run, and mountain bike. Part of Best Friend Festival. See www.facebook.com/bestfriendfestival.
Trash Treasures Workshop Date: Thursday, June 14 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Contact: Michele Knox, Norton Parks and Recreation, (276) 679-0754.	High Knob Music Festival Date: Saturday, June 16 Time: 12 p.m. Location: High Knob Recreation Area Details: See www.facebook.com/highknobmusicfestival for more information.
Kids Outdoor Adventure Camp Date: June 25-28 Location: Flag Rock Recreation Area Cost: To be Announced. Details: Coordinated by Norton Parks and Recreation. Archery, rappelling, rope bridge, map and compass, shelter construction, camping, kayaking, canoeing, paddle boarding, fire starting, hiking, and mountain biking. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754	Adult Adventure Camp Date: June 30-July 1 in Flag Rock Recreation Area Cost: $75 per person. Class size limited to 12 people. Minimum Class Size: 5 people. Details: Sponsored by Pathfinders Outdoor Adventures and Norton Parks and Recreation. Archery, rappelling, rope bridge, map and compass, shelter construction, camping, kayaking, canoeing, paddle boarding, fire starting, and hiking. Open to high school graduates and above. Contact: Pathfinders, (276) 219-4001 or Norton Parks and Recreation, (276) 679-0754.

Get Outside in NORTON VIRGINIA

JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Oil Painting Class	3 Farmers Market	4	5	6	7 Outdoor Yoga Flag Rock Scavenger Hunt
8	9	10 Farmers Market	11	12 Trash Treasures	13 Summer Concert	14 Outdoor Yoga
15	16	17 Farmers Market	18	19	20	21
22	23	24 Farmers Market	25	26	27	28
29	30	31 Farmers Market				

www.explorenortonva.com www.facebook.com/explorenortonva www.instagram.com/nortonvirginia

Get Outside in NORTON VIRGINIA

JULY 2018

Norton Friends and Farmers Market Date: Every Tuesday June-September Time: 4-6 p.m. Location: Norton Friends and Farmers Market Building, 815 Park Ave. SW, Norton. More Information: www.nortonva.gov/farmersmarket	Oil Painting Class Date: Monday, July 2 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.
Outdoor Yoga Date: Saturday, July 7 Time: 9 a.m. Location: To Be Announced. Cost: $5 per person Details: Join yoga instructor Kelli Haywood for an hourlong outdoor yoga session. Pre-Registration Encouraged. Session limited to 20 people. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.	Flag Rock Scavenger Hunt Date: Saturday, July 7 Time: 11 a.m. Location: Flag Rock Recreation Area Cost: Free. Details: Explore Flag Rock Recreation Area while on a nature scavenger hunt. Family-friendly. More details to be announced. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 to register.
Trash Treasures Workshop Date: Thursday, July 12 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation, (276) 679-0754.	Summer Concert: City Park Date: Friday, July 13 (tentative) Time: 7 p.m. Location: Norton City Park Cost: Free. Details: Join the City of Norton for a summer concert in Norton City Park. Details to be announced at a later date.
Outdoor Yoga Date: Saturday, July 14 Time: 9 a.m. Location: To Be Announced. Cost: $5 per person Details: Join yoga instructor Jackie Cusano for an hourlong outdoor yoga session. Pre-Registration Encouraged. Session limited to 20 people. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.	Summer Camps The Norton Parks and Recreation Department is planning an Environmental Camp, Volleyball Camp, and Pottery Camp in July. Dates and more details to be announced later.

Get Outside in NORTON VIRGINIA

AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Flag Rock Bug Hunt
5	6 Oil Painting Class	7 Farmers Market	8	9 Trash Treasures	10	11 Outdoor Yoga Rappelling and Rope Bridge Class
12	13	14 Farmers Market	15	16	17	18 Outdoor Yoga High Knob Outdoor Festival
19	20	21 Farmers Market	22	23	24	25 Salamander Hike Canoe/Kayak Class
26	27	28 Farmers Market	29	30	31	

www.explorenortonva.com www.facebook.com/explorenortonva www.instagram.com/nortonvirginia

Get Outside in NORTON VIRGINIA

AUGUST 2018

Norton Friends and Farmers Market Date: Every Tuesday June-September Time: 4-6 p.m. Location: Norton Friends and Farmers Market Building, 815 Park Ave. SW, Norton. More Information: www.nortonva.gov/farmersmarket	Flag Rock Bug Hunt Date: Saturday, Aug. 4 Time: To Be Announced. Location: Flag Rock Recreation Area Cost: Free. Details: Join an entomologist in finding and identifying the various insects and invertebrates that call Flag Rock home. Family-friendly. More details to be announced. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 to register.
Oil Painting Class Date: Monday, Aug. 6 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.	Trash Treasures Workshop Date: Thursday, Aug. 9 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation, (276) 679-0754.
Outdoor Yoga Date: Saturday, Aug. 11 Time: 9 a.m. Location: To Be Announced. Cost: $5 per person Details: Join yoga instructor Jackie Cusano for an hourlong outdoor yoga session. Pre-Registration Encouraged. Session limited to 20 people. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.	Rappelling and Rope Bridge 101 Micro Class Date: Saturday, Aug. 11 Time: 9 a.m.-noon Location: Flag Rock Recreation Area, Shelter No. 2 Cost: $30 per person. Class size limited to 12 people. Minimum Class Size: 5 people. Details: Sponsored by Pathfinders Outdoor Adventures and Norton Parks and Recreation Department. Open to ages 13 and up. Ages 13-17 must have an adult guardian present. Registration: Contact Pathfinders, (276) 219-4001 or Norton Parks and Recreation, (276) 679-0754.
Outdoor Yoga Date: Saturday, Aug. 18 Time: 9 a.m. Location: To Be Announced. Cost: $5 per person Details: Join yoga instructor Kelli Haywood for an hourlong outdoor yoga session. Pre-Registration Encouraged. Session limited to 20 people. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.	High Knob Outdoor Festival Date: Saturday, Aug. 18 Time: All Day. Location: Downtown Norton, Flag Rock Recreation Area, High Knob. Cost: Free Details: Join the City of Norton and Wise County Cooperative Extension for an all day festival offering guided adventures on High Knob and a festival in downtown focused on the outdoor recreation opportunities available in the High Knob region. Food and music. Vendors from local communities, businesses, and organizations. Stay tuned. Contact: Katie Dunn, (276) 679-1160/katied@nortonva.org or Michele Knox, (276) 679-0754.
Canoe and Kayak 101 Micro Class Date: Saturday, Aug. 25 Time: To Be Announced. Location: Norton Reservoir Cost: $30 per person. Class size limited to 12 people. Minimum Class Size: 5 people. Details: Sponsored by Pathfinders Outdoor Adventures and Norton Parks and Recreation Department. Open to ages 13 and up. Ages 13-17 must have an adult guardian present. Registration: Contact Pathfinders, (276) 219-4001 or Norton Parks and Recreation, (276) 679-0754.	Flag Rock Salamander Hike Date: Saturday, Aug. 25 Time: To Be Announced. Location: Flag Rock Recreation Area Cost: Free. Details: Join a herpetologist in discovering the many amphibious creatures that call Flag Rock Recreation Area home. Family-friendly. More details to be announced. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 to register.

Get Outside in NORTON VIRGINIA

SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Youth Flag Football					1 Outdoor Yoga
2	3	4 Farmers Market	5	6	7 Sunset Hike: Flag Rock	8 Woodbooger Geo-Trail
9 Benge's Revenge Bike Race	10 Oil Painting Class	11 Farmers Market	12	13 Trash Treasures	14	15
16	17	18 Farmers Market	19	20	21	22
23	24	25 Farmers Market	26	27	28	29/30

www.explorenortonva.com www.facebook.com/explorenortonva www.instagram.com/nortonvirginia

Get Outside in NORTON VIRGINIA

SEPTEMBER 2018

Norton Friends and Farmers Market Date: Every Tuesday June-September Time: 4-6 p.m. Location: Norton Friends and Farmers Market Building, 815 Park Ave. SW, Norton. More Information: www.nortonva.gov/farmersmarket	Outdoor Yoga Date: Saturday, Sept. 1 Time: 9 a.m. Location: To Be Announced. Cost: $5 per person Details: Join yoga instructor Jackie Cusano for an hourlong outdoor yoga session. Pre-Registration Encouraged. Session limited to 20 people. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.
Sunset Hike: Flag Rock Overlook Date: Saturday, Friday, Sept. 7 Time: 6 p.m. Location: Legion Park, 620 12th Street SW, Norton Details: Hike 1.5-2 miles on the Legion Park Trail to Flag Rock Overlook and soak in the sunset before being shuttled back to your vehicle. Wear sturdy hiking boots/shoes. Bring water and a snack. Route involves a stout climb from Legion Park to the overlook. Group Size: 10 people. Registration Required. Cost: Free Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160.	Woodbooger Geo-Trail Date: Saturday, Sept. 8 Time: 11 a.m. Location: Flag Rock Recreation Area/High Knob Details: Second annual event. Contact:. Rick Watts, biblemanrick@hotmail.com or (276) 365-2091; Sally Watts, sallywatts2000@yahoo.com or (276) 365-2090; or Treavor Calhoun, Treavor_01@hotmail.com or (276) 393-7278.
Benge's Revenge Bike Race Date: Sunday, Sept. 9 Details: Annual bike race that offers 25-, 50-, and 75-mile ride options. Organized by Norton Kiwanis Club. Contact: See http://www.bengesrevenge.com/ for more information.	Oil Painting Class Date: Monday, Sept. 10 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.
Trash Treasures Workshop Date: Thursday, Sept. 13 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation, (276) 679-0754.	Youth Flag Football The Norton Parks and Recreation Department will offer youth flag football in September. More details to be announced at a later date.

Get Outside in NORTON VIRGINIA

OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fall Leaf Hike*	1 Oil Painting Class	2	3	4	5 Woodbooger Fest	6 High Knob Hellbender 10K Woodbooger Fest Outdoor Yoga
7	8	9	10	11 Trash Treasures	12	13 Cloudsplitter 100
14 Cloudsplitter 100	15	16	17	18	19	20 Halloween Bash in the Park
21	22	23	24	25	26	27
28	29	30	31			

www.explorenortonva.com www.facebook.com/explorenortonva www.instagram.com/nortonvirginia

Get Outside in NORTON VIRGINIA

OCTOBER 2018

Oil Painting Class Date: Monday, Oct. 1 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.	Woodbooger Fest Date: Friday, Oct. 5 and Saturday, Oct. 6 Time: To Be Announced. Location: Flag Rock Recreation Area. Details: Fifth annual event. Contact: www.woodboogerfest.com
High Knob Hellbender 10K Date: Saturday, Oct. 6 Time: 10 a.m. Location: Downtown Norton/High Knob Details: Fifth annual running race that climbs more than 2,000 feet from Downtown Norton to the High Knob summit. Contact: www.highknobhellbender.wordpress.com, www.facebook.com/highknobhellbender	Outdoor Yoga Date: Saturday, Oct. 6 Time: 9 a.m. Location: To Be Announced. Cost: $5 per person Details: Join yoga instructor Jackie Cusano for an hourlong outdoor yoga session. Pre-Registration Encouraged. Session limited to 20 people. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register
Trash Treasures Workshop Date: Thursday, Oct. 11 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation, (276) 679-0754.	Cloudsplitter 100 Date: Oct. 13-14 Time: To Be Announced. Location: Downtown Norton/High Knob Details: Second annual trail running event that offers 25-kilometer, 50-kilometer, 100-kilometer, and 100-mile options. Contact: www.cloudsplitter100.com
Halloween Bash in the Park Date: Saturday, Oct. 20 Location: Norton City Park More details to be announced closer to event date.	*Fall Leaf Hike A fall leaf hike in Flag Rock Recreation Area will be scheduled at a later date.

Get Outside in NORTON VIRGINIA

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 Guided Hike: Lost Creek Trail
4	5 Oil Painting	6	7	8 Trash Treasures	9	10
11	12	13	14	15	16	17 Map and Compass 101 Micro Class
18	19	20	21	22 Dairy Queen Turkey Day 5K	23	24
25	26	27	28	29	30	

www.explorenortonva.com www.facebook.com/explorenortonva www.instagram.com/nortonvirginia

Get Outside in NORTON VIRGINIA

NOVEMBER 2018

Guided Hike: Lost Creek Trail Date: Saturday, Nov. 3 Time: 10 a.m. Location: Norton Reservoir/Lost Creek Trail Details: To Be Announced. Group Size: Limited to 10 people. Contact: Katie Dunn, katied@nortonva.org, (276) 679-1160	Oil Painting Class Date: Monday, Nov. 5 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.
Trash Treasures Workshop Date: Thursday, Nov. 8 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation, (276) 679-0754.	Map and Compass 101 Micro Class Date: Saturday, Nov. 17 Time: 9 a.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $30. Pre-Registration Required. Details: Sponsored by Pathfinders Outdoor Adventures and the City of Norton Parks and Recreation Department. Class size limited to 10 people. Minimum Class Size: 5 people. Open to ages 13 and above. Class will introduce participants to topographic maps, terms, and techniques for overland navigation and lensatic compass use. Contact: Pathfinders, (276) 219-4001 or Norton Parks and Recreation Department, (276) 679-0754.
Dairy Queen Turkey Day 5K Date: Thursday, Nov. 22 Details: Fourth annual event. More Information: Visit www.facebook.com/DQTurkeyDay5K	

Get Outside in NORTON VIRGINIA

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Norton Christmas Parade	3 Oil Painting Class	4	5	6 Flag Rock Information Session	7	8
9	10	11	12	13 Trash Treasures	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29/30/31

Get Outside in NORTON VIRGINIA

DECEMBER 2018

City of Norton Christmas Parade Date: Sunday, Dec. 2 Time: 6 p.m. Location: Downtown Norton Details: To Be Announced at a later date. Contact: Michele Knox, (276) 679-0754	Oil Painting Class Date: Monday, Dec. 3 Time: 10 a.m. Cost: $50. Includes all needed supplies. Details: Class size limited. Register early. Landscape and floral paintings offered. Students take home a finished painting at the end of class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.
Flag Rock/High Knob Information Session Date: Thursday, Feb. 15. Time: 6 p.m. Location: Norton Community Center, 201 Park Ave. NE Details: Join the City of Norton for a casual conversation about the outdoor recreation activities in the city and Flag Rock Recreation Area. Contact: Katie Dunn, katied@nortonva.org and (276) 679-1160	Trash Treasures Workshop Date: Thursday, Dec. 13 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: $5. Covers all needed supplies. Details: Coordinated by the Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation, (276) 679-0754.