

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 First Month Hike: Flag Rock
6	7 Oil Painting Class	8	9	10 Trash Treasures Workshop	11	12 Youth Basketball League (Jan. 12- Feb. 28) Snack and Paint
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Monthly Outdoor Chat: Hiking 101		



JANUARY 2019

<p><u>First Month Hike</u> Date: Saturday, Jan. 5 Time: 10 a.m. Location: Legion Park, 620 12th Street SW, Norton Cost: Free. Details: Join us for a First Month Hike to kick off 2019. We'll hike from Legion Park up the Legion Park Trail to the Norton Reservoir and return. Distance/Difficulty: 3-5 miles. First and last mile: Strenuous. Group Limit: 10 people. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>	<p><u>Oil Painting Class</u> Date: Monday, Jan. 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</p>
<p><u>Trash Treasures Workshop</u> Date: Thursday, Jan. 10 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$5. Covers all needed supplies. Details: Coordinated by 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</p>	<p><u>Winter Snack N' Paint</u> Date: Saturday, Jan. 12 Time: 11 a.m.-2 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$30. Covers all needed art supplies, including a 16x20 canvas and sweet snack. \$10 from each registration will benefit the Norton Friends and Farmers Market's Kids Bucks and Senior Tokens programs. Class Size: Limited to 20 adults. Registration Required. Local artist Susan Mullins will lead class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>Youth Basketball League</u> Dates: Jan. 12-Feb. 28 Cost: \$10 per child. Details: The Norton Parks and Recreation Department will offer a Boys and Girls Basketball League (Ages 7 &8). Registration forms will be available at Norton Elementary School and Norton Parks and Recreation Department. Games and practices will be held Saturday mornings at Norton Elementary gym. Registration Deadline: Jan. 7, 2019. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Monthly Outdoor Chat: Hiking 101</u> Date: Thursday, Jan. 31 Time: 7 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: Free. Details: Interested in hiking? Not sure where to start? Join Phil Meeks with Wise County Cooperative Extension and the Pine Mountain Trail Conference for an introduction into hiking and suggested treks in Southwest Virginia. Pre-Registration Encouraged. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>

FEBRUARY 2019


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Oil Painting Class	5	6	7	8	9
10	11	12	13	14 Trash Treasures Workshop	15	16
17	18	19	20	21	22 Norton Community Game Night	23 Guided Hike: Pickem Mountain Loop
24	25	26	27	28 Monthly Outdoor Chat: Mountain Biking 101		



FEBRUARY 2019

<p><u>Oil Painting Class</u> Date: Monday, Feb. 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</p>	<p><u>Trash Treasures Workshop</u> Date: Thursday, Feb. 14 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$5. Covers all needed supplies. Details: Coordinated by 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</p>
<p><u>Norton Community Game Night</u> Date: Friday, Feb. 22 Time: 6-9 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: Free Details: Join us for a Community Game Night. Bring your own board or card games to play with folks from the community, or choose from the following games that will be available that night: Sorry, Codenames Pictures, Boggle, Dominos, 5 Minute Dungeon, Blokus, Pictionary, Yahtzee!, and more! Contact: Katie Dunn, kated@nortonva.org or (276) 679-1160</p>	<p><u>Guided Hike: Pickem Mountain Loop</u> Date: Saturday, Feb. 23 Time: 11 a.m. Location: Norton Reservoir parking area. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Details: Join us for a 5-mile loop hike on the Flag Rock Area Trails system. See http://nortonva.gov/486/Explore-Norton-VA for details about the hike. Weather dependent. Distance/Difficulty: 5 miles/Moderate Group Size: Limited to 10 people. Pre-Registration Encouraged. Contact: Katie Dunn, kated@nortonva.org or (276) 679-1160</p>
<p><u>Monthly Outdoor Chat: Mountain Biking 101</u> Date: Thursday, Feb. 28 Time: 7 p.m. Location: Norton Community Center, 201 Park Ave. NE Details: Interested in mountain biking but not sure where to start? Join Andy Mullins with Lonesome Pine Cycling Club for a conversation about how to get into mountain biking, including the gear you'll need, local bike trails, and more. Pre-Registration Encouraged. Contact: Katie Dunn, kated@nortonva.org or (276) 679-1160</p>	

MARCH 2019


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Oil Painting Class	5	6	7	8	9 Snack N' Paint
10	11	12	13	14 Trash Treasures Workshop Daylight Saving Trail Run/MTB Ride	15	16 High Knob Litter Cleanup
17	18	19	20 Full Moon Hike	21	22	23
24	25	26	27	28 Monthly Outdoor Chat: Snakes of Southwest Virginia	29	30 Norton Community Game Night



MARCH 2019

<p><u>Oil Painting Class</u> Date: Monday, March 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</p>	<p><u>Snack N' Paint</u> Date: Saturday, March 9 Time: 11 a.m.-2 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$30. Covers all needed art supplies, including a 16x20 canvas and sweet snack. \$15 from each registration will benefit the Norton Friends and Farmers Market's Kids Bucks and Senior Tokens programs. Class Size: Limited to 20 adults. Registration Required. Local artist Susan Mullins will lead class. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>Trash Treasures Workshop</u> Date: Thursday, March 14 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$5. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Daylight Saving Time Trail Run and Mountain Bike Ride</u> Date: Thursday, March 14 Time: 5:30 p.m. Location: Norton Reservoir parking area, Flag Rock Recreation Area. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Details: Celebrate the start of Daylight Saving Time by joining local trail runners and mountain bikers for a celebratory run or bike ride on Norton's Flag Rock Area Trails. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org</p>
<p><u>High Knob Litter Cleanup</u> Date: Saturday, March 16 Time: 9 a.m. Location: Legion Park, 620 12th Street SW, Norton, VA 24273 Details: Join local residents for a litter cleanup at sites on High Knob. All volunteers will receive a free breakfast at Legion Park prior to the cleanup. All cleanup supplies will be provided. Contact: Jane Sandt, jsandt59@gmail.com or Katie Dunn, (276) 679-1160 or katied@nortonva.org</p>	<p><u>Full Moon Hike</u> Date: Wednesday, March 20 Time: 7:30 p.m. Location: Norton Reservoir Parking Lot Details: Hike 2 miles from Norton's Upper Reservoir to Flag Rock Overlook and view the full moon. Enjoy an astronomy presentation by Lucian Undreiu, associate professor of physics at UVa-Wise. A shuttle will be provided back to vehicles. Wear sturdy shoes and bring a headlamp/flashlight. Event is weather-dependent. Group Size: 20 people. Pre-Registration Required. Cost: Free. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org</p>
<p><u>Monthly Outdoor Chat: Snakes of Southwest Virginia</u> Date: Thursday, March 28 Time: 7 p.m. Location: Norton Community Center, 201 Park Ave. NE Details: Want to learn more about the species of snakes that call Southwest Virginia home? Join Wally Smith, UVa-Wise assistant professor of biology, for a presentation about these fascinating reptiles. Pre-Registration Encouraged. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>	<p><u>Norton Community Game Night</u> Date: Saturday, March 30 Time: 6-9 p.m. Cost: Free Location: Norton Community Center, 201 Park Ave. NE Details: Join us for a Community Game Night. Bring your own board or card games to play with folks from the community, or choose from the following games that will be available that night: Sorry, Codenames Pictures, Boggle, Dominos, 5 Minute Dungeon, Blokus, Pictionary, Yahtzee!, and more! Bring snacks to share, too! Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>

APRIL 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Oil Painting Class	2 Weeknight Mountain Bike Ride: Beginner	3	4 Weeknight Trail Run	5	6 2 nd Annual Walk/Run In Their Shoes 5K Color Run
7	8	9 Weeknight Mountain Bike Ride: Intermediate Yoga Class	10	11 Trash Treasures Workshop	12	13
14 Norton Easter Egg Hunt	15	16 Weeknight Mountain Bike Ride: Ladies Ride	17	18 Weeknight Trail Run	19 Full Moon Float: Norton Reservoir	20
21	22	23 FRAT Trail Building & Maintenance	24	25	26	27 Flag Rock BioBlitz Yoga Class Great American Cleanup Norton Game Night
28	29	30 Monthly Outdoor Chat: Southwest Virginia Wildlife				

APRIL 2019

<p>Oil Painting Class Date: Monday, April 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</p>	<p>Weeknight Mountain Bike Rides Dates/Time: 6 p.m. on Tuesdays: April 2, 9, 16 Details: Join local mountain bike riders for a spin on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. The first Tuesday is a Beginner Ride, second Tuesday an Intermediate Ride, and third Tuesday a Ladies Ride. All rides start at the Norton Reservoir parking lot. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org/(276) 679-1160 or Andy Mullins, amullins@gmail.com</p>
<p>Weeknight Trail Runs Dates/Time: 6 p.m. on Thursdays: April 4 and 18. Meet at Norton Reservoir parking lot. Details: Group runs on the Flag Rock Area Trails system. All paces welcome. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>	<p>2nd Annual Walk/Run In Their Shoes 5K Color Run Date/Time: Saturday, April 6. Registration: 7 a.m. Race Begins: 8 a.m. Details: Join Family Crisis Support Services for this second annual run benefitting victim services in the areas served by the agency. Register at https://runsignup.com/Race/VA/Norton/2ndAnnualAWalkRuninTheirShoes5KColorRun and call (276) 679-7240 with questions.</p>
<p>Weeknight Yoga Class Date/Time: 6 p.m. on Tuesday, April 9 Location: Norton Community Center, 201 Park Avenue NE Cost: \$5 per person. Pre-Registration Encouraged. Details: Join yoga instructor Jen Adams for an hourlong yoga session. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org, to register.</p>	<p>Trash Treasures Workshop Date/Time: 5 p.m. on Thursday, April 11 Location: Norton Community Center, 201 Park Ave. NE Cost: \$5. Covers all needed supplies. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p>Norton Easter Egg Hunt Date/Time: 4 p.m. on Sunday, April 14 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, Norton Parks and Recreation Director, (276) 679-0754</p>	<p>Full Moon Float with Stone Mountain Adventures Date: Friday, April 19 Time: Participants meet at 6:45 p.m. at Stone Mountain Adventures' office Details: Join Norton outfitter Stone Mountain Adventures, LLC for a kayaking trip on the Norton Reservoir during the full moon. Limited to 13 people. Contact: Visit www.stonemountainadventures.com for reservations and cost.</p>
<p>FRAT Trail Building and Maintenance Date/Time: 6-8 p.m. on Tuesday, April 23 Details: Help maintain and expand Norton's Flag Rock Area Trails system. Tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work evenings will be announced closer to each event. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>	<p>Great American Cleanup Date/Time: 9 a.m.-1 p.m. on Saturday, April 27 Location: 765 Park Ave. SW, Norton Details: Join Norton Parks and Recreation and the Upper Tennessee River Roundtable for the annual Great American Cleanup. All cleanup supplies provided. Contact: Michele Knox, Norton Parks and Recreation Director, 276-679-0754</p>
<p>Weekend Outdoor Yoga Class Date/Time: 10 a.m. on Saturday, April 27 Location: Flag Rock Recreation Area (Rain Location: Norton Community Center) Cost: \$5 per person. Pre-Registration Encouraged. Details: Join yoga instructor Selena Kiser for an outdoor yoga class. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160, to register.</p>	<p>Flag Rock BioBlitz Date/Time: 8 a.m.-midnight: Saturday, April 27 Location: Flag Rock Recreation Area Details: Explore Flag Rock Recreation Area and record as many species of plants, animals, and other organisms as possible. Stay tuned for more details. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>
<p>Monthly Outdoor Chat: Southwest Virginia Wildlife Date/Time: 7 p.m. on Tuesday, April 30 Location: Norton Community Center, 201 Park Ave. NE Details: Join Seth Thompson, Virginia Department of Game and Inland Fisheries wildlife biologist, for a talk about Southwest Virginia wildlife. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>	<p>Norton Community Game Night Date/Time: Saturday, April 27 from 6-8 p.m. Cost: Free Location: Norton City Park Details: Join us for a Community Game Night. Bring your own outdoor games to play with folks from the community, or choose from the following games that will be available that night: Giant Jenga, Badminton, Frisbee Golf, Cornhole, and more! Bring snacks to share, too! Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>

MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Weeknight Trail Run	3	4
5	6 Oil Painting Class	7 Beginner Mountain Bike (MTB) Ride	8	9 Trash Treasures Workshop	10	11 Mother's Day Wildflower Hike Yoga Class
12	13	14 Intermediate Mountain Bike (MTB) Ride Yoga Class	15	16 Weeknight Trail Run	17	18 Fit Farmer 12K Trail Run Full Moon Float: Norton Reservoir
19	20	21 Ladies Mountain Bike (MTB) Ride	22	23	24	25
26	27	28 FRAT Trail Building Monthly Outdoor Chat: Butterflies	29	30	31	

MAY 2019

<p><u>Weeknight Trail Runs</u> Dates/Time: 6 p.m. on Thursdays: May 2 and 16 Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. All runs will start at the Norton Reservoir parking area. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>	<p><u>Oil Painting Class</u> Date: Monday, May 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</p>
<p><u>Weeknight Mountain Bike (MTB) Rides</u> Dates/Time: 6 p.m. on Tuesdays: May 7, 14, and 21 Details: Join local mountain bike riders for a spin on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. The first Tuesday is a Beginner Ride, the second Tuesday is an Intermediate Ride, and the third Tuesday is a Ladies Ride. Rides start at the Norton Reservoir. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or Andy Mullins, amullins@gmail.com</p>	<p><u>Trash Treasures Workshop</u> Date: Thursday, May 9 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$5. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>Weekend Outdoor Yoga Class</u> Date: Saturday, May 11 Time: 10 a.m. Location: Flag Rock Recreation Area (Rain Location: Norton Community Center) Cost: \$5 per person. Pre-Registration Required. Details: Join yoga instructor Jen Adams for an outdoor yoga session. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org, to register.</p>	<p><u>Mother's Day Wildflower Hike</u> Date/Time: 2 p.m. on Saturday, May 11 Location: Flag Rock Recreation Area Cost: Free. Details: Join Phil Meeks with Wise County Cooperative Extension for a guided wildflower hike in Flag Rock Recreation Area. Registration Required. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160, to register.</p>
<p><u>Weeknight Yoga Class</u> Date: Tuesday, May 14 Time: 6 p.m. Location: Flag Rock Recreation Area, Upper Campground, 1348 Flag Rock Road Cost: \$5 per person. Pre-Registration Encouraged. Details: Join yoga instructor Jen Adams for an hourlong yoga session. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org, to register.</p>	<p><u>Fit Farmer 12K Trail Run</u> Date/Time: 9 a.m. on Saturday, May 18 Location: Flag Rock Area Trails Cost: \$25 through Jan. 31; \$30 Feb. 1-March 31; \$35 April 1-May 18. Details: The Norton Friends and Farmers Market's 2nd annual Fit Farmer 12K Trail Run benefits the market's Senior Supplement Nutrition Program. Registration: Visit www.fitfarmertrailrun.wordpress.com Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>
<p><u>Full Moon Float with Stone Mountain Adventures</u> Date: Saturday, May 18 Time: Participants meet at 6:45 p.m. at Stone Mountain Adventures' office Details: Join Norton outfitter Stone Mountain Adventures, LLC for a kayaking trip on the Norton Reservoir during the full moon. Limited to 13 people. Contact: Visit www.stonemountainadventures.com for reservations and cost.</p>	<p><u>Monthly Outdoor Chat: Butterflies of Southwest Virginia</u> Date/Time: 7 p.m. Tuesday, May 28 Location: Norton Community Center, 201 Park Ave. NE Details: Join High Knob Virginia Master Naturalist Chris Allgyer for a talk about butterflies of Southwest Virginia. Pre-Registration Encouraged. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>
<p><u>FRAT Trail Building and Maintenance</u> Date: 6-8 p.m. on Tuesday, May 28 Details: Join local residents and trail builders in maintaining and expanding Norton's Flag Rock Area Trails system. All tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work will be announced closer to each event. See www.frat.bike for trail system information. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>	

JUNE 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 High Knob Litter Cleanup Bark on Park 5K Walk: PAWS of SWVA
2	3 Oil Painting Class Get Fit Camp	4 Farmers Market Beginner MTB Ride Get Fit Camp	5 Get Fit Camp	6 Get Fit Camp Weeknight Trail Run	7	8 Kids Fishing Day Best Friend Festival
9 Best Friend Festival Woodbooger Chase Triathlon	10 Best Friend Festival Tennis Camp	11 Farmers Market Best Friend Festival Intermediate MTB Ride Yoga Class Tennis Camp	12 Best Friend Festival Tennis Camp	13 Best Friend Festival	14 Best Friend Festival	15 Best Friend Festival High Knob Music Festival
16	17 Full Moon Float: Norton Reservoir Engineering Camp	18 Farmers Market Ladies MTB Ride Engineering Camp	19 Engineering Camp	20 Weeknight Trail Run Engineering Camp	21	22 Flag Rock Campout Yoga Class
23/30	24 Kids Outdoor Adventure Camp	25 Farmers Market FRAT Trail Building & Kids Outdoor Adventure Camp	26 Kids Outdoor Adventure Camp	27 Monthly Outdoor Chat: Geocaching 101 Kids Outdoor Adventure Camp	28	29



JUNE 2019

<p><u>Norton Friends and Farmers Market</u> Dates: Tuesdays: June-September Time: 4-6 p.m. Location: Norton Friends and Farmers Market Building, 815 Park Ave. SW More Information: www.nortonva.gov/farmersmarket</p>	<p><u>2019 Bark on Park (Avenue) 5K Walk</u> Date: Saturday, June 1 Time: Walk begins at 9 a.m. Cost: \$20 Adults; \$10 Kids ages 12 and under. No charge for dogs. Details: Hosted by PAWS of Southwest Virginia. All proceeds benefit the organization. Walk will begin at Norton Elementary School. See www.pawsswva.org for more information and to register or pick up an entry form at PetSense in Norton.</p>
<p><u>High Knob Litter Cleanup</u> Date: Saturday, May 4 Time: 9 a.m. Location: Meet at Legion Park Details: Join local residents for a litter cleanup at sites on High Knob. All volunteers will receive a free breakfast at Legion Park prior to the cleanup. All cleanup supplies will be provided. Contact: Jane Sandt, jsandt59@gmail.com or Katie Dunn, (276) 679-1160 or katied@nortonva.org</p>	<p><u>Oil Painting Class</u> Date/Time: 10 a.m. on Monday, June 3 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</p>
<p><u>Get Fit Camp</u> Dates/Time: June 3-6: 9 a.m.-Noon Location: Norton Elementary School Cost: Norton Residents, Free; Non-Residents, \$30 Details: Focuses on running, physical activity, team building skills, and healthy eating habits. Open to girls and boys grades 2-6. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Weeknight Mountain Bike (MTB) Rides</u> Dates/Time: 6 p.m. on Tuesdays: June 4, 11, and 18 Details: Join local mountain bike riders for a spin on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. The first Tuesday is a Beginner Ride, the second Tuesday is an Intermediate Ride, and the third Tuesday is a Ladies Ride. All rides will start at the Norton Reservoir parking lot. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>
<p><u>Weeknight Trail Runs</u> Dates/Time: 6 p.m. on Thursdays: June 6 and 20 Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. All runs will start at the Norton Reservoir parking area. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>	<p><u>Kids Fishing Day</u> Date/Time: 8:30-11 a.m. on Saturday, June 8 Cost: Free Location: Norton Reservoir. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Details: Open to children ages 12 and under. Part of Best Friend Festival. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>Woodbooger Chase Triathlon</u> Date: Sunday, June 9 Time: 10 a.m. Advanced 8K Heat; 2 p.m. Beginners 5K Heat Location: Flag Rock Recreation Area Details: Third annual triathlon that challenges participants to canoe/kayak, run, and mountain bike. Part of Best Friend Festival. See www.facebook.com/bestfriendfestival.</p>	<p><u>Best Friend Festival</u> Dates: June 8-15 Details: www.facebook.com/bestfriendfestival</p>



<p><u>Tennis Camp</u> Dates/Time: June 10-12: Boys and Girls K-3, 9:30-11 a.m.; Boys and Girls grades 4-7: 11 a.m.-12:30 p.m. Location: Norton City Park Tennis Courts Cost: Norton Residents, Free; Non-Residents, \$35 Details: Learn basic tennis skills, including forehand, backhand, and how to serve. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Weeknight Yoga Class</u> Date/Time: 6 p.m. on Tuesday, June 11 Location: Flag Rock Recreation Area, Upper Campground, 1348 Flag Rock Road Cost: \$5 per person Details: Join yoga instructor Jen Adams for an hourlong yoga session. Pre-Registration Encouraged. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org, to register.</p>
<p><u>High Knob Music Festival</u> Date: Saturday, June 15 Location: High Knob Recreation Area Details: See www.facebook.com/highknobmusicfestival.</p>	<p><u>Full Moon Float with Stone Mountain Adventures</u> Date: Monday, June 17 Time: Participants meet at 6:45 p.m. at Stone Mountain Adventures' office Details: Join Norton outfitter Stone Mountain Adventures, LLC for a kayaking trip on the Norton Reservoir during the full moon. Limited to 13 people. Contact: Visit www.stonemountainadventures.com for reservations and cost.</p>
<p><u>Engineering Camp</u> Dates/Time: June 17-20: 9 a.m.-1 p.m. Location: Norton Community Center, 201 Park Avenue NE Cost: Norton Residents, Free; Non-Residents, \$50 Details: June 17-18: Grades K-4; June 19-20: Grades 5-7. Students will view some of the most inspiring work of engineers around the globe in the film <i>Dream Big</i>. They will witness how engineers work together to solve major challenges of our time and then participate in several engineering challenges rich in math, language, and social sciences that tie directly to the film. In order to solve these challenges, students walk through the problem-solving process used by engineers in the real world and develop an understanding of the core ideas and principles that shape the world of engineering. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Weekend Outdoor Yoga Class</u> Date/Time: 10 a.m. on Saturday, June 22 Location: Flag Rock Recreation Area (Rain Location: Norton Community Center) Cost: \$5 per person Details: Join yoga instructor Jen Adams for an hourlong outdoor yoga session. Pre-Registration Encouraged. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org to register.</p>
<p><u>Flag Rock Campout</u> Date: Saturday, June 22 Location: Flag Rock Recreation Area/Flag Rock Campground Details: Stay tuned for more details. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org</p>	<p><u>Kids Outdoor Adventure Camp</u> Dates/Time: June 24-27 Location: Flag Rock Recreation Area: 10 a.m.-2 p.m. Cost: Norton Residents, Free; Non-Residents, \$75 Details: Experience a variety of outdoor activities, including hiking, archery, rappelling, water sports, fishing, team building exercises, and wilderness survival skills. Open to ages 10-17. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>FRAT Trail Building and Maintenance</u> Date: Tuesday, June 25 Time: 6-8 p.m. Details: Join local residents and trail builders in maintaining and expanding Norton's Flag Rock Area Trails system. All tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work evenings will be announced closer to each event. See www.frat.bike for trail system information. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>	<p><u>Monthly Outdoor Chat: Geocaching 101</u> Date: Thursday, June 27 Time: 7 p.m. Location: Norton Community Center, 201 Park Ave. NE Details: Interested in geocaching? Join avid geocacher and Woodbooger GeoTour/GeoTrail organizer Rick Watts for an introduction into geocaching and information about the annual Woodbooger GeoTour/GeoTrail set for Sept. 7, 2019. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>

JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Oil Painting Class	2 Farmers Market Beginner MTB Ride	3	4 Weeknight Trail Run	5	6 Independence Day Celebration Flag Rock MTB Ride/Fireworks
7	8 Basketball Camp Theatre Camp	9 Farmers Market Intermediate MTB Yoga Class Basketball Camp Theatre Camp	10 Basketball Camp Theatre Camp	11 Trash Treasures Weeknight Trail Run Basketball Camp	12	13 Yoga Class
14	15 Pottery Camp	16 Farmers Market Ladies MTB Ride Full Moon Float Pottery Camp	17 Pottery Camp	18 Pottery Camp	19	20
21	22 Volleyball Camp	23 Farmers Market Trail Build Night Volleyball Camp	24 Volleyball Camp	25 Volleyball Camp	26	27
28	29 Environmental Activity Camp	30 Farmers Market Outdoor Chat: Trout Streams Environment Camp	31 Environmental Activity Camp			




JULY 2019

<p><u>Norton Friends and Farmers Market</u> Dates: Tuesdays: June-September Time: 4-6 p.m. Location: Norton Friends and Farmers Market Building, 815 Park Ave. SW More Information: www.nortonva.gov/farmersmarket</p>	<p><u>Oil Painting Class</u> Date: Monday, July 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</p>
<p><u>Weeknight Mountain Bike Rides</u> Dates: Tuesdays: July 2, 9, and 16 Time: 6 p.m. Details: Join local mountain bike riders for a spin on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. The first Tuesday is a Beginner Ride, the second Tuesday is an Intermediate Ride, and the third Tuesday is a Ladies Ride. All rides will start at the Norton Reservoir parking lot. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>	<p><u>Weeknight Trail Runs</u> Dates: Thursdays: July 4 and 11 Time: 6 p.m. Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. All runs will start at the Norton Reservoir parking area. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>
<p><u>Independence Day Celebration</u> Date: Saturday, July 6 Time: To Be Announced. Location: Downtown Norton Cost: Free. Details: Festivities will include an Independence Day parade, Music, Fireworks, and more. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Mountain Bike Ride: Flag Rock Area Trails/Fireworks Viewing from Flag Rock</u> Date: Saturday, July 6 Time: 7-11 p.m. Location: Flag Rock Recreation Area Cost: \$20 per person. Includes bike rental, helmet, guide, and shuttle transportation. Details: Join outfitter Stone Mountain Adventures for a mountain bike ride on Norton's Flag Rock Area Trails system and then enjoy Norton's fireworks show from Flag Rock Overlook. Contact: www.stonemountainadventures.com</p>
<p><u>Basketball Camp</u> Dates: July 8-11 Time: 10 a.m.-2 p.m. Location: Norton Elementary School Gym Cost: Norton Residents, Free; Non-Residents: \$40 Details: Learn ball handling skills and the fundamentals of basketball. Open to girls and boys ages 6-12. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Theatre Camp</u> Dates: July 8-10 Time: 9 a.m.-Noon Location: Norton Community Center, 201 Park Ave. NE Cost: Norton Residents, Free; Non-Residents: \$20 Details: The theme for this year's theatre camp will be "Jumping Jungle Theatre Camp." Open to grades 3-7. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>Weeknight Yoga Class</u> Date: Tuesday, July 9 Time: 6 p.m. Location: Flag Rock Recreation Area, Upper Campground, 1348 Flag Rock Road Cost: \$5 per person Details: Join yoga instructor Jen Adams for an hourlong yoga session. Pre-Registration Encouraged. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org, to register.</p>	<p><u>Trash Treasures Workshop</u> Date: Thursday, July 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 Director, (276) 679-0754</p>
<p><u>Weekend Outdoor Yoga Class</u> Date: Saturday, July 13 Time: 10 a.m.</p>	<p><u>Pottery Camp</u> Dates: July 15-18 Time: 10 a.m.-2 p.m.</p>



<p>Location: Flag Rock Recreation Area (Rain Location: Norton Community Center) Cost: \$5 per person Details: Join yoga instructor Jen Adams for an hourlong outdoor yoga session. Pre-Registration Encouraged. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org, to register.</p>	<p>Location: J.I. Burton High School Cost: Norton Residents, Free; Non-Residents, \$30 Details: Learn basic pottery skills, pinch pots, coil pots, and a pot made on a pottery wheel. Open to ages 7-12. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>Full Moon Float with Stone Mountain Adventures</u> Date: Tuesday, July 16 Time: Participants meet at 6:45 p.m. at Stone Mountain Adventures' office Details: Join Norton outfitter Stone Mountain Adventures, LLC for a kayaking trip on the Norton Reservoir during the full moon. Limited to 13 people. Contact: Visit www.stonemountainadventures.com for reservations and cost.</p>	<p><u>Volleyball Camp</u> Dates: July 22-25 Time: 10 a.m.-2 p.m. Location: J.I. Burton High School Details: Learn and develop volleyball skills such as passing, setting, hitting, and serving. Open to female students in grades 2-8. Cost: Norton Residents, Free; Non-Residents, \$40. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.</p>
<p><u>FRAT Trail Building and Maintenance</u> Date: Tuesday, July 23 Time: 6-8 p.m. Details: Join local residents and trail builders in maintaining and expanding Norton's Flag Rock Area Trails system. All tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work evenings will be announced closer to each event. See www.frat.bike for trail system information. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>	<p><u>Environmental Activity Camp</u> Dates: July 29-31 Time: 10 a.m.-Noon Location: Clear Creek Park Cost: Norton Residents, Free; Non-Residents, \$20. Details: Discover how to make treasures from trash. Explore stream habitat. Find the best plants that attract butterflies. Open to grades 2-5. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754.</p>
<p><u>Monthly Outdoor Chat: Southwest Virginia Trout Streams</u> Date: Tuesday, July 30 Time: 7 p.m. Location: Norton Community Center, 201 Park Ave. NE Details: Join Stephen Owens, a fisheries biologist with the Virginia Department of Game and Inland Fisheries, for a conversation about opportunities in the Norton area to fish for wild trout and fingerling stocked trout. Several quality special regulation waters can be found locally for anglers to enjoy year-round, in addition to a number of seasonally stocked trout waters for the more traditional angler. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>	

AUGUST 2019


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Weeknight Trail Run	2	3
4	5 Oil Painting Class	6 Farmers Market Beginner MTB Ride	7	8 Trash Treasures	9	10
11	12	13 Farmers Market Intermediate MTB Ride Yoga Class	14	15 Weeknight Trail Run	16	17 High Knob Outdoor Festival Yoga Class Full Moon Float
18	19	20 Farmers Market Ladies MTB Ride	21	22	23	24
25	26	27 Farmers Market FRAT Trail Building & Maintenance	28	29 Monthly Outdoor Chat: Outdoor Stewardship/Leave No Trace Ethics	30	31



AUGUST 2019

<p><u>Norton Friends and Farmers Market</u> Dates: Tuesdays: 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</p>	<p><u>Oil Painting Class</u> Date/Time: 10 a.m. on Monday, Aug. 5 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</p>
<p><u>Weeknight Trail Runs</u> Dates: Thursdays: August 1 and 15 Time: 6 p.m. Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. All runs will start at the Norton Reservoir parking area. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>	<p><u>Weeknight Mountain Bike Rides</u> Dates/Time: 6 p.m. on Tuesdays: August 6, 13, and 20 Details: Join local mountain bike riders for a spin on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. The first Tuesday is a Beginner Ride, the second Tuesday is an Intermediate Ride, and the third Tuesday is a Ladies Ride. All rides will start at the Norton Reservoir parking lot. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>
<p><u>Trash Treasures Workshop</u> Date: Thursday, Aug. 8 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$5. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Weeknight Yoga Class</u> Date: Tuesday, August 13 Time: 6 p.m. Pre-Registration Encouraged. Location: Flag Rock Recreation Area, Upper Campground, 1348 Flag Rock Road Cost: \$5 per person Details: Join yoga instructor Jen Adams for an hourlong yoga session. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org, to register.</p>
<p><u>Full Moon Float with Stone Mountain Adventures</u> Date: Saturday, August 17 Time: Participants meet at 6:45 p.m. at Stone Mountain Adventures' office Details: Join Norton outfitter Stone Mountain Adventures, LLC for a kayaking trip on the Norton Reservoir during the full moon. Limited to 13 people Contact: Visit www.stonemountainadventures.com for reservations and cost.</p>	<p><u>High Knob Outdoor Festival</u> Date: Saturday, Aug. 17 Location: Downtown Norton/Flag Rock Recreation Area/High Knob Details: Join the City of Norton and Wise County Cooperative Extension for the second annual High Knob Outdoor Festival. Festival will feature outdoor recreation trips and activities, live music, food, beer, vendors. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org</p>
<p><u>Weekend Outdoor Yoga Class</u> Date/Time: 10 a.m. on Saturday, Aug. 17 Location: Flag Rock Recreation Area (Rain Location: Norton Community Center) Cost: \$5 per person. Pre-Registration encouraged. Details: Join yoga instructor Jen Adams for an hourlong outdoor yoga session. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org, to register.</p>	<p><u>FRAT Trail Building and Maintenance</u> Date: Tuesday, August 27 Time: 6-8 p.m. Details: Join local residents and trail builders in maintaining and expanding Norton's Flag Rock Area Trails system. All tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work evenings will be announced closer to each event. See www.frat.bike for trail system information. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>
<p><u>Monthly Outdoor Chat: Outdoor Stewardship</u> Date: Thursday, August 29 Time: 7 p.m. Location: Norton Community Center, 201 Park Ave. NE Details: Join Brandon Olinger, natural resource specialist with the U.S. Forest Service's Clinch Ranger District, for a chat about Leave No Trace ethics. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org</p>	

SEPTEMBER 2019


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Farmers Market Beginner MTB Ride	4	5 Weeknight Trail Run	6	7 Woodbooger GeoTour Benge's Revenge Bike Race
8	9 Oil Painting Class	10 Farmers Market Intermediate MTB Ride	11	12 Trash Treasures	13	14 Full Moon Float: Norton Reservoir
15	16	17 Farmers Market Ladies MTB Ride	18	19 Weeknight Trail Run	20	21
22	23	24 Farmers Market FRAT Trail Building & Maintenance	25	26	27	28 The Clinch Coalition's Naturalist Rally
29	30					



SEPTEMBER 2019

<p><u>Norton Friends and Farmers Market</u> Dates: Tuesdays: 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</p>	<p><u>Weeknight Mountain Bike Rides</u> Dates/Time: 6 p.m. on Tuesdays: September 3, 10, and 17 Details: Join local mountain bike riders for a spin on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. The first Tuesday is a Beginner Ride, the second Tuesday is an Intermediate Ride, and the third Tuesday is a Ladies Ride. All rides will start at the Norton Reservoir parking lot. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>
<p><u>Weeknight Trail Runs</u> Dates: Thursdays: September 5 and 19 Time: 6 p.m. Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. All runs will start at the Norton Reservoir parking area. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>	<p><u>Woodbooger GeoTour</u> Date: Saturday, Sept. 7 Location: Flag Rock Recreation Area/High Knob Details: Third annual event. Contact: Rick Watts, biblemanrick@hotmail.com or (276) 365-2091 Website: https://www.geocaching.com/play/geotours/woodbooger</p>
<p><u>Benge's Revenge Bike Race</u> Date: Saturday, Sept. 7 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.</p>	<p><u>Oil Painting Class</u> Date/Time: 10 a.m. on Monday, Sept. 9 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</p>
<p><u>Trash Treasures Workshop</u> Date: Thursday, Sept. 12 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$5. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Full Moon Float with Stone Mountain Adventures</u> Date: Saturday, Sept. 14 Time: Participants meet at 6:45 p.m. at Stone Mountain Adventures' office Details: Join Norton outfitter Stone Mountain Adventures, LLC for a kayaking trip on the Norton Reservoir during the full moon. Limited to 13 people. Contact: Visit www.stonemountainadventures.com for reservations and cost.</p>
<p><u>FRAT Trail Building and Maintenance</u> Date: Tuesday, September 24 Time: 6-8 p.m. Details: Join local residents and trail builders in maintaining and expanding Norton's Flag Rock Area Trails system. All tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work evenings will be announced closer to each event. See www.frat.bike for trail system information. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>	<p><u>High Knob Naturalist Rally</u> Date: Saturday, Sept. 28 Cost: Free Details: The Clinch Coalition will hold its annual Naturalist Rally at High Knob Recreation Area. Visit www.clinchcoalition.net for more details.</p>
<p><u>Monthly Outdoor Chat: Topic and Date To Be Announced</u></p>	

OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Beginner MTB Ride	2	3	4 Woodbooger Fest	5 High Knob Hellbender 10K Woodbooger Fest
6	7 Oil Painting Class	8 Intermediate MTB Ride	9	10 Trash Treasures Weeknight Trail Run	11	12 Cloudsplitter 100
13 Cloudsplitter 100	14	15 Ladies MTB Ride	16	17 Weeknight Trail Run	18	19 Halloween Bash in the Park
20	21	22 FRAT Trail Building & Maintenance	23	24 Monthly Outdoor Chat: Canoeing/Kayaking	25	26
27	28	29	30	31		

OCTOBER 2019

<p><u>Weeknight Mountain Bike Rides</u> Dates/Times: 6 p.m. on Tuesdays: October 1, 8, and 15 Details: Join local mountain bike riders for a spin on the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. The first Tuesday is a Beginner Ride, the second Tuesday is an Intermediate Ride, and the third Tuesday is a Ladies Ride. All rides start at the Norton Reservoir parking lot. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>	<p><u>Weeknight Trail Runs</u> Dates: Thursdays: October 10 and 17 Time: 6 p.m. Details: Join local trail runners and run the Flag Rock Area Trails system in Norton's Flag Rock Recreation Area. All paces welcome. All runs will start at the Norton Reservoir parking area. Driving Directions: https://goo.gl/maps/oaxUbVudtCR2. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>
<p><u>Woodbooger Fest</u> Date: Friday, Oct. 4 and Saturday, Oct. 5 Time: To Be Announced Location: Flag Rock Recreation Area Details: Sixth annual event that celebrates Flag Rock Recreation Area and the "Woodbooger," a mythical Bigfoot-like creature rumored to roam Flag Rock. Contact: www.woodboogerfest.com</p>	<p><u>High Knob Hellbender 10K</u> Date: Saturday, Oct. 5 Time: 10 a.m. Location: Downtown Norton/High Knob Details: Sixth annual running race that climbs more than 2,000 feet from Downtown Norton to the High Knob summit. Contact: www.highknobhellbender.wordpress.com OR www.facebook.com/highknobhellbender</p>
<p><u>Oil Painting Class</u> Date: Monday, Oct. 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</p>	<p><u>Trash Treasures Workshop</u> Date: Thursday, Oct. 10 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$5. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>Cloudsplitter 100</u> Dates: Oct. 12-13 Location: Downtown Norton/High Knob Details: Third annual trail running event that offers 25-kilometer, 50-kilometer, 100-kilometer, and 100-mile options. Contact: www.cloudsplitter100.com</p>	<p><u>Halloween Bash in the Park</u> Date: Saturday, Oct. 19 Location: Norton City Park Details: To Be Announced Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>FRAT Trail Building and Maintenance</u> Date/Time: 6-8 p.m. on Tuesday, October 22 Details: Join local residents and trail builders in maintaining and expanding Norton's Flag Rock Area Trails system. All tools provided. Bring water and snack. Sturdy shoes, work gloves, and eye protection also suggested. Location of trail work evenings will be announced closer to each event. See www.frat.bike for trail system information. Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160 or Andy Mullins, amullins@gmail.com</p>	<p><u>Monthly Outdoor Chat: Canoeing/Kayaking 101</u> Date/Time: 7 p.m. on Thursday, October 24 Location: Norton Community Center, 201 Park Ave. NE Details: Join Adam Wells, an experienced paddling instructor and avid canoeist, for an introduction into canoeing and kayaking, including how to get into the sport, gear you'll need, safety tips, advice on how to have a great time, and the best places to paddle in Southwest Virginia. Pre-Registration Encouraged. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org</p>

NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Guided Hike: Flag Rock Area Trails
3	4 Oil Painting Class	5	6	7	8	9
10	11	12	13	14 Trash Treasures	15	16
17	18	19	20	21 Monthly Outdoor Chat: To Be Announced	22	23
24	25	26	27	28 Dairy Queen Turkey Day 5K	29	30



NOVEMBER 2019

<p><u>Guided Hike: Flag Rock Area Trails</u> Date: Saturday, Nov. 2 Time: 10 a.m. Location: Norton Reservoir Details: Hike from Norton's Upper Reservoir on the Flag Rock Area Trails system to High Knob Observation Tower and return. Distance/Difficulty: 5-6 miles/Moderate Group Size: Limited to 10 people. Contact: Katie Dunn, katied@nortonva.org, (276) 679-1160</p>	<p><u>Oil Painting Class</u> Date: Monday, Nov. 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</p>
<p><u>Trash Treasures Workshop</u> Date: Thursday, Nov. 14 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$5. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Monthly Outdoor Chat: To Be Announced</u> Date: Thursday, Nov. 21 Time: 7 p.m. Cost: Free Details: To Be Announced Contact: Katie Dunn, katied@nortonva.org or (276) 679-1160</p>
<p><u>Dairy Queen Turkey Day 5K</u> Date: Thursday, Nov. 28 Details: Fifth annual event. More Information: Visit www.facebook.com/DQTurkeyDay5K</p>	

DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Oil Painting Class	3	4	5	6	7 Norton Tree Lighting Ceremony
8 Norton Christmas Parade	9	10	11	12 Trash Treasures	13	14
15	16	17	18	19 Monthly Outdoor Chat: Edible Plants	20	21
22	23	24	25	26	27	28
29	30	31				



DECEMBER 2019

<p><u>Oil Painting Class</u> Date: Monday, Dec. 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</p>	<p><u>City of Norton Christmas Tree Lighting</u> Date: Saturday, Dec. 7 Time: To Be Announced Location: Downtown Norton Details: To Be Announced Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>City of Norton Christmas Parade</u> Date: Sunday, Dec. 8 Time: 6 p.m. Location: Downtown Norton Details: To Be Announced Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>	<p><u>Trash Treasures Workshop</u> Date: Thursday, Dec. 12 Time: 5 p.m. Location: Norton Community Center, 201 Park Ave. NE Cost: \$5. Covers all needed supplies. Details: Coordinated by Norton Parks and Recreation Department and the Upper Tennessee River Roundtable with Keep Southwest Virginia Beautiful. Contact: Michele Knox, Norton Parks and Recreation Director, (276) 679-0754</p>
<p><u>Monthly Outdoor Chat: Edible Plants</u> Date: Thursday, December 19 Time: 7 p.m. Location: Norton Community Center, 201 Park Ave. NE Details: Join Phil Meeks with Wise County Cooperative Extension for a presentation about Southwest Virginia's edible plants. Contact: Katie Dunn, (276) 679-1160 or katied@nortonva.org</p>	