



CACAPON RESORT STATE PARK

Come and visit the Tom Ambrose Nature Center! Park naturalists are staffed year round to provide a variety of interpretive, educational and recreational programs on the park's natural and cultural history. Nature Center is Open 9:30AM-4:30PM unless noted

Monday, March 3

10:00AM Tai Chi This volunteer led class will help increase balance, flexibility, and focus on connection to mind, body, & spirit. Location lodge.

10:00AM Discovery Stroll Trees, rocks, & wildlife are some things we may see on an easy stroll on a park trail.

1:00PM Tree Stem and Bark ID Let's first learn the parts of a twig. Then learn some tricks to ID trees by their stem parts. Finally, we'll go outside to ID some trees by their stems and bark.

3:00PM Tree Bingo Let's play bingo that focuses on trees. Win a small prize.

Tuesday, March 4

Nature Center Closed

Wednesday, March 5

10:00AM Monarch Hour Come and learn how you can help the beautiful monarch butterfly survive, as their numbers are declining. Color, sketch, or paint this butterfly. Fun for all ages.

1:00PM CC History Film & History Walk The Civilian Conservation Corps Camp Morgan constructed this park and all of the recreational opportunities in the late 1930's. Watch a 30 minute film & join for a guided history walk.

Thursday, March 6

10:00AM Tracking Hunt Let's take our tracking guide and go hunting for tracks and other signs of animals. Dress for temperatures and snow.

1:00PM Tree Stem and Bark ID Let's first indoors learn the parts of a twig. Then learn some tricks to ID trees by their stem parts. Finally, we'll go outside to ID some trees by their stems and bark.

3:00PM Fallen Log Study Go for 45 min. to 1 hour hike to explore the ecosystem of fallen logs. We will look on, beneath the bark, in the wood and under the log for life and signs of life. For all ages.

Friday, March 7

10:00AM Evergreen Discovery Stroll Let's learn about some of West Virginia's evergreens while on a walk.

1:00PM Pine Cone Crafts Let's use our imagination and share ideas to create pinecone crafts. All ages welcome.

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3:00PM Food for Birds We will make several food sources for birds that you can either take home or place in the park.

Saturday, March 8

International Woman's Day: Visit the nature center seeing a small exhibit featuring legacy women of WV.

10:00AM Vernal Pool Discovery Walk Let's watch a short video about what vernal pools are and what may be found in them. Next walk the Rock & Roll Trail, looking at 3 known vernal pools and perhaps discovering more of them. Wildlife may be present.

1:00PM Frog & Toads Yes, frogs and toads have or are about to come out of hiding. Can you tell the difference between them by sight or sound? Let's learn some croaks and identify characteristics of some common WV frogs.

3:00PM Water Wonders Let's simulate the movement of water on the Earth in this interactive game of chance. Open to all ages and can be done indoors.

Sunday, March 9

Nature Center Open 10AM-2PM

Monday, March 10

10:00AM Tai Chi This volunteer led class will help increase balance, flexibility, and focus on connection to mind, body, & spirit. Location

lodge.

10:00AM All About Feathers Learn about bird feathers. Bird uniqueness, how feathers are built, what feathers do for birds, feathers through time, and taking a feather quiz will be some of the topics covered. Bird feathers and bird taxidermy will be available to see. A Cornell Lab activity.

1:00PM Tree Stem and Bark ID Let's first learn the parts of a twig. Then learn some tricks to ID trees by their stem parts. Finally, we'll go outside to ID some trees by their stems and bark.

3:00PM Bird Bingo Let's play bingo that focuses on birds. Win a small prize.

Tuesday, March 11

10:00AM Geology Discussion & Hike Meet at the lodge front desk to learn about WV & Cacapon Geology and then take a 45 minute walk.

1:00PM The North American River Otter Playful. Curious. Join us for a talk about the North American River Otter. Learn some facts, feel a pelt, and watch a short video clip. Also, participate in a fun matching card game to help learn about otter body parts and their adaptations.

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3:00PM Feeder Watch Let's count the number and types of birds, record that and enjoy those birds that come to our feeder.

Wednesday, March 12

National Plant & Flower Day

10:00AM Milkweed for Monarchs Come and learn how you can help the beautiful monarch butterfly survive, as their numbers are declining. Color, sketch, or paint this butterfly. Fun for all ages. Also, get free milkweed seeds.

1:00PM CC History Film & History Walk The Civilian Conservation Corps Camp Morgan constructed this park and all of the recreational opportunities in the late 1930's. Watch a 30 minute film & join for a guided history walk.

Thursday, March 13

Nature Center Opens 12PM-4:30PM

1:00PM Discovery Stroll Trees, rocks, & wildlife are some things we may see on an easy stroll through the park.

Friday, March 14

National Save a Spider Day

10:00AM Bluebird Box Survey Let's survey the bluebird boxes near the lodge and pollinator field & fix or replace any in need. Meet at the lodge front desk area.

1:00PM Spiderverse In honor of National Save a Spider Day, let's learn about WV spiders and their benefits to the ecosystem and to humans. Web game, fun facts, and a quick search for spiders included.

3:00PM Web of Life Join us in this interactive game to explore food chains and how life interacts. All ages are welcome for this 30 minute activity. Can be done indoors.

Saturday, March 15

10:00AM St. Patrick's Day Scavenger Hunt Let's go on a short guided scavenger hunt. Leprechauns, 4 leaf clovers, a pot of gold, rainbows, gnomes, and fairies may be found.

1:00PM St. Patrick's Day Tie Dye Design your own Cacapon Resort State Park T-shirt! \$10 shirts can be purchased at the nature center.

2:00PM Irish Road Bowling Meet at the nature center for a game of Irish Road Bowling. Use a small cannonball as the ball and our nature center blacktop circle as our course. Least amount of throws wins. Individuals will be placed into groups of 4.

5:00PM Murder Mystery Comedy "When Irish Eyes are Crying" Murder Mysteries Will Travel, presents the special evening paired with a St. Patrick's Day themed buffet. Reservations required: 304-258-1022 opt.0
Tickets \$50 per person

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CACAPON RESORT STATE PARK

Sunday, March 16

Nature Center Open 11AM-3PM

9:15AM Nature & History Walk Meet at the lodge front desk and we'll take a 45 minute to 1 hour walk looking at sites in the park related to our CCC history and beyond. We'll discuss any wildlife we may see too.

1:00PM The North American River Otter
Playful. Curious. Join us for a talk about the North American River Otter. Learn some facts, feel a pelt, and watch a short video clip. Also, participate in a fun matching card game to help learn about otter body parts and their adaptations.

3:00PM Every Tree for Itself Join us for another interactive game that explores the needs of trees. Even light exercise could occur. Open to all ages and can be done indoors.

Young People for Parks

YPP is an environmental education program for children ages 6-16. Participants attend three activities to receive a certificate and patch.

Find the nature center schedule online at <https://wvstateparks.com/cacapon-resort-state-park/>

Scroll down to the Nature Center and click on current or upcoming activities!

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