



## 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 17**

*Happy St. Patrick's Day*

**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 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. Craft activity to follow.

**1:00PM St. Patrick's Day Crafts** Make & take a fun craft.

**3:00PM Kahoot:** St. Patrick's Day Trivia

### **Tuesday, March 18**

**10:00AM 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.

**1:00PM Black Bear Facts** Learn some fun facts about the WV state mammal and how to recreate responsibly to help keep them safe!

Learn more about their diet, dens, and tracks!

### **Wednesday, March 19**

**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 20**

*First Day of Spring*

**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 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 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 21**

*almost heaven.*



## CACAPON RESORT STATE PARK

Nature Center Open 12:30PM-4:30PM

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

**3:00PM Evergreen Discovery Stroll** Let's learn about some of West Virginia's evergreens while on a walk.

### **Saturday, March 22**

**10:00AM Green Day Hike** Cacapon Resort State Park is hosting the annual Green Day Hike. This hike celebrates the return of spring as the mountains return to green. This naturalist guided hike will begin at the nature center, and all participants will earn a West Virginia green day hiking patch. The Hovermale Homestead Trail is rated easy with a 1.2 mile loop. Dogs on leash are welcome.

**9:30AM-1:00PM Celebrate Quilt Month: Hand-Made vs Machine-Made** DMQG is the Deletable Mountain Quilt Guild of Berkeley Springs. They meet the 1st & 3rd Wednesday of the month at 11am-2pm at the American Legion and every 1st & 3rd Monday at 5:30-7:00 pm at the WVU extension office in the old hospital. At the nature center, they will show samples of hand quilting and machine quilting along with a few Yard Square Quilts for the charity auction in September. Come anytime during the posted hours. Susan & Leslie will be your host.

**1:00PM 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.

**3:00PM Kahoot Trivia** This fun nature trivia is played on your cell phone. Think quick! Points for correct and quickness.

### **Sunday, March 23**

Nature Center Open 11:30AM-4:30PM

**9:15AM Beginner Birding** Meet at the lodge front desk to learn about birding and take a 45 minute walk looking for birds on the Piney Ridge trail. Binoculars are provided.

**1:00PM 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.

**3:00PM 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.

### **Monday, March 24**

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## CACAPON RESORT STATE PARK

**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 Bird Anatomy** Learn about bird anatomy and put it to the test! Take the quiz by Cornell Lab Bird University.

**1:00PM 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.

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

### **Tuesday, March 25**

**10:00AM 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.

**1:00PM Black Bear Facts** Learn some fun facts about the WV state mammal and how to recreate responsibly to help keep them safe!

### **Wednesday, March 26**

**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 27**

**10:00AM Kahoot Trivia** This fun nature trivia is played on your cell phone. Think quick! Points for correct and quickness.

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

**3:00PM 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.

### **Friday, March 28**

**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.

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## CACAPON RESORT STATE PARK

**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 29**

**10:00AM Special Presentation "Tree ID Fundamentals"** Join tree expert and master of forestry, Shawn Walker, to discuss tree identification and care. This class is hosted by WVU Extension office.

**1:00PM 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.

**1:30PM Wildlife Survival Game** Learn the importance of camouflage while playing two interactive games.

**3:00PM** Kahoot Trivia

### **Sunday, March 30**

Nature Center Open 11AM-3PM

**9:15AM Geology Discussion & Hike** Meet at the lodge front desk to learn about WV &

Cacapon Geology and then take a 45 minute walk.

**1:00PM 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.

**3:00PM 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.

### **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!**

*almost heaven.*