



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.
*Nature Center Gift Shop Open during these
hours for select souvenirs!*

Monday, December 8

Nature Center Closed

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

Tuesday, December 9

10:00AM All About Bird Anatomy Feel bones, claws, and feathers. Learn about the basic anatomy of birds through a Cornell Lab of Ornithology Interactive Program. Learn some unique bird only body parts.

10:30AM 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 Name that Tree Naming trees without leaves is harder but not impossible. Learn some leafless ID tricks. Stem features, fruits, seedpods, and bark can help ID a tree. We'll

take a short walk to reinforce our newly learned skills.

3:00PM The Return of the West Virginia Elk

We'll learn about elk characteristics. What happened to the eastern elk and how is the reintroduction of elk to WV going?

Wednesday, December 10

9:15AM Woodpecker Wow! Meet Cacapon's woodpeckers through facts, calls and a walk to ID them.

1:00PM The CC' Boys, A West Virginia Legacy

This 30 minute film shares how the Civilian Conservation Corps in the late 1930's were active with conservation projects in our WV state parks and forests. Followed by a history walk.

3:00PM Nature Mobile Craft Collect natural items and create mobile made of these items.

Thursday, December 11

Nature Center open 10:30AM-4:30

10:30AM Mountain View Walk Join us for a walk around the park that will have views of Sleepy Creek Mountain and Cacapon Mountain. We'll discuss park history and park regional geology. (meet at the Lodge)

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1:00PM Feeder Watch Let's count the number and types of birds, record that and enjoy those birds that come to our feeder.

1:30PM Pinecone & Other Food for Birds We'll create some bird food options that you can take home or leave for our birds. Options may include: pinecone/peanut butter/seed feeder, corn cob feeder, and smashing pumpkin seed feeder.

3:00PM Bird Bingo Join us for this fun activity! Win a prize. We can also continue to observe our bird feeder.

Friday, December 12

10:00AM Cacapon Birds We will first learn some common bird calls & see visuals of each. Then we will walk looking for Cacapon fall birds. All ages welcome.

1:00PM-4:00PM Open House at the Old Inn Tour the Old Inn and visit the individual rooms and discover the history of this building. Park naturalists will be on site to discuss how the CCC built Cacapon State Park.

Saturday, December 13

10:00AM-12:30PM Santa at the Old Inn Bring your camera for this fun holiday event. Santa will have a special token for all, and a variety of holiday crafting stations will be available. A warm fire, decorations and refreshments will be available.

2:00PM-4:00PM Christmas Social at the Old Inn

Listen to live traditional holiday music while enjoying some holiday themed games, puzzles, and crafts. Holiday bird seed craft, and a gingerbread house challenge. The challenge will be to make a replica of a park CCC cabin or the Old Inn.

6:00PM Christmas Carolling at the Lodge Bring your Christmas spirit! Holiday song books will be provided as we will carol through the lodge and around the lower cabins. Meet at the lodge. Afterwards, we'll warm up with a cup of hot chocolate.

Sunday, December 14

Nature Center open 10:30AM-4:30PM

9:15AM Spill the Tea Lodge Meet at the lodge lobby fireplace. We'll recap any programs you may have missed. We'll offer some spearmint tea and coffee. Spilling the tea means you can share your experiences here in the area.

1:00PM Black bear While black bear hibernates, let's learn some facts, see taxidermy, and feel a pelt, skull and claw. We'll learn some bear safety tips and play a quick game. For all ages.

3:00PM Local History: When Tomato was King & Queen, Followed by a Hike In this local history series, we will focus on the tomato and how it was a big contributor to the local economy. We'll read excerpts from that time period. We'll do a hike following if anyone is interested.

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Monday, December 15

Nature Center: Open: 11-12; 3-4:30

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 Tracking Let's learn about various animal tracks. We will compare animal prints by the use of track molds and a key guild. If there is snow on the ground, we'll go out and look for tracks and follow a few. If there isn't snow, we'll play a game of track BINGO.

1:00PM Salt Art Using salt, chalk and plastic & glass jars, let's make a sand art type gift. (for all ages)

3:45PM Bird Song Hero: Bird ID though Sound Listen to some bird vocalizations using a Cornell Lab of Ornithology Interactive Program and through our Identifier Lyric BirdSong Scanning Wand. The Merlin Bird ID app will also be used.

Tuesday, December 16

Nature Center Closed

Wednesday, December 17

1:00PM The CC' Boys, A West Virginia Legacy This 30 minute film shares how the Civilian Conservation Corps in the late 1930's were active with conservation projects in our WV state parks and forests.

1:30PM Feeder Watch & Bird ID Which birds are at our feeders? After identifying them, we'll match the birds with sounds.

Thursday, December 18

9:15AM Beginner Birding Walk Meet at the lodge front desk for an easy walk. No experience necessary. Guides and binoculars provided.

1:00PM WV Geology Discussion Let's go back in time to discuss the formation of WV and the general rock types in the state.

2:00PM Park Geology Walk We will explore some visible features of Cacapon's geology through a walk through the park. (easy stroll)

Friday, December 19

10:00AM West Virginia Wildlife West Virginia has a wide variety of mammals. We'll discuss and experience them through pelts, bones and taxidermy.

1:00PM All About Bats Bats are important to ecosystems. We'll discuss common WV bats, their habitats, their importance and their challenges.

3:00PM Bingo Bonanza Choosing from various BINGO games, we'll play some games while learning some information. Options include:

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bug bings, wildflower bingo, tree bingo, bird bingo, insect bingo, and tracks bingo.

Saturday, December 20

10:00AM Dr. Seuss Christmas Craft Free book mark coloring craft and wood cookie craft.

1:00PM Vultures: Nature's Clean Up Crew
Learn some unique features and behaviors of vultures. Can we see any using binoculars?

Sunday, December 21

Nature Center Open 11AM-2PM

Save the Date:

Wednesday, December 31: NYE Celebration at the Lodge

Thursday, January 1: 1st Day Hike: 10AM, meet at the Nature Center; 3 trails: easy to moderate.

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/programs/naturalist/>

**Dog Friendly Programming
Westfurgina State Park Ranger Program**

Now at 8 parks!
<https://wvstateparks.com/west-furginia-ranger/>



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