



## 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, February 2**

**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 Hike Paw Paw & Start Me Up** Meet at the Batt Parking area for a 1 hour, 2 mile loop hike on the Paw Paw Trail & Start Me Up Trail. Too much snow on the trail; we'll walk Overlook road.

**1:00PM Groundhog Day** Whether it's an early spring or six more weeks of winter, we'll talk about groundhog's importance for our soils. We'll explore the pros and cons of having groundhogs on your property.

**3:30PM West Virginia's Bats** We'll learn about WV's 13 bat species. Bat characteristics, bat's needs, and a few facts about WV bat species will be discussed. We'll play a bat/moth game. All ages welcome.

### **Tuesday, February 3**

### **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.

### **Wednesday, February 4**

**1:00PM Monarch's in Mexico** Let's learn about this butterfly's life cycle, migration, and how they are doing in the monarch sanctuaries.

### **Thursday, February 5**

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

**10:45AM Bluebird Box Monitoring** Bluebirds look for a place to nest in February. We'll check each of our boxes, repair or replace and learn all about the bluebird. They have been seen on a few of the boxes. Meet at the lodge.

**1:00PM 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.

**2:30PM Feeder Watch** Let's count the number and types of birds, record that and enjoy those birds that come to our feeder. We will enter the data with FeederWatch.

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

### **Friday, February 6**

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**10:00AM 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.

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

**2:30PM 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 pumpkin seed feeder.

**3:00PM Feeder Watch & Bird ID** Which birds are at our feeders? We will enter the data with FeederWatch. After identifying them, we'll match the birds with sounds.

### **Saturday, February 7**

**10:00AM Discovery Hike** Winter trees, tracks, birds, mammals may be some of the discoveries we find on an easy to moderate hike.

**1:00PM Sledding Adventures** Meet outside the lodge for sledding down the hill between the lodge and the Old Inn. Please bring your own sledding equipment. In case of no snow, we'll switch to hiking a trail.

**3:00PM Bird-Opoly** Just like Monopoly but with birds!

### **Sunday, February 8**

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

**9:15 AM Spill the Tea** Meet a naturalist at the lodge lobby fireplace. We'll recap any programs you may have missed. We'll offer some spearmint tea and coffee. Share your feedback and outdoor experiences from your stay!

**1:00PM Tracking** Let's learn about various animal tracks. We will compare animal prints by the use of track molds and a key guide. 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.

**2:30PM 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.

### **Monday, February 9**

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, February 10**

**1:00PM Love Your Dog Day!** Meet at the nature center, and we will gather for a walk with your dogs! There will be an opportunity to certify

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your pet as a West Virginia State Park Ranger. Earn a certificate with your pet's paw print and a ranger dog tag. Dog swag will be available for sale! Those without dogs please feel free to join us!

### **Wednesday, February 11**

#### **10:00AM Monarch Butterflies in Mexico**

Did you know that monarchs fly over 2,000-3,000 miles to the same overwintering sites every year? Come find out more!

### **Thursday, February 12**

**10:00AM Middle Fork Trail Hike** Meet at the Batt Parking area for this 1.2 moderate hike. The Ziler/Centrail Trail & Overlook Road to the Batt Parking will be incorporated into this walk with a total distance of 3 miles. We'll be on the look out for local flora & fauna & rock formations. Too much snow, we'll walk the Overlook Road.

**1:00PM Beginner Birding Walk** Meet at the lodge front desk for an easy walk. No experience necessary. Guides and binoculars provided.

**2:30PM Crafting & Art for Adults** Modeling Clay, Natural Item Art, Watercoloring. Meet at the nature center for a choice of one of the above projects.

### **Friday, February 13**

**10:00AM Nature Valentines** Color and create a nature based Valentine!

**11:00AM Every Tree for Itself** explores the parts of a tree, a tree's needs, and how trees survive in this interactive kinesthetic simulation. **YPP**

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

**2:00PM WV Mammals** Fun facts for all ages. This WVDNR powerpoint helps us to discuss well known and lesser known mammals of WV. Pelts, taxidermy scat models, track models, some skulls and bones, and animal calls will help us to use our senses for this program. **YPP**

**3:00PM Triple Life: Red-spotted Newt** Newt vs Salamander. How does the red-spotted newt have 3 lives? How can community science help monitor the red-spotted newt? **YPP**

### **Saturday, February 14**

**10:00AM West Virginia State Parks Almost Heaven Heart & Soul Hikes** Meet at the nature center. Winter trees, tracks, birds, mammals may be some of the discoveries we find on an easy to moderate hike. Weather will determine the route. Participants will receive a Hiking Stick Medallion. **YPP**

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

**2:00PM WV Owls & Owl Pellet Dissection** Are owls out at night? Do all owls make a hoot sound? A few facts will be presented about each WV owl, along with owl strengths, owl sounds and an owl's diet. **YPP**

**3:00PM Feeder Making & Feeder Watch** We will make natural bird feeders that you can take home or leave for us. We will also conduct a feeder watch counting birds coming to our feeder. **YPP**

### Valentine's Day Special Events at Lodge

- Valentine's Day Buffet with live acoustic music
- Wine tasting pairing
- Line Dancing

### Sunday, February 15

Nature Center Open 11:30AM-5:30PM

**10:00AM The American Black Bear** Be black bear aware while learning about West Virginia's state mammal. **YPP**

**10:30AM West Virginia's Turtles** How many turtles live in WV. Let's take a look at our native species. **YPP**

**11:00AM Turkey Talk** Learn about Wild Turkey and the National Turkey Federation's efforts to save and increase the number of wild turkeys. Turkey calls, feathers, feet, and taxidermy will be provided. **YPP**

**1:00PM West Virginia State Parks Almost Heaven Heart & Soul Hikes** Meet at the nature center. Winter trees, tracks, birds, mammals may be some of the discoveries we find on an easy to moderate hike. Weather will determine the route. Participants will earn a hiking stick medallion. **YPP**

**3:00PM Tracking Bingo** Learn about wildlife tracks while playing this game. Prizes will be awarded!

### Monday, February 16

Nature Center Open 11AM-4:30PM

**9:30AM West Virginia State Parks Almost Heaven Heart & Soul Hikes** Meet at the lodge. Winter trees, tracks, birds, mammals may be some of the discoveries we find on an easy to moderate hike. Weather will determine the route. If there are any Hiking Stick Medallions left over, you'll receive one. **YPP**

**1:00PM Woodpecker Wow!** West Virginia has a wide variety of woodpeckers with many right here in Cacapon. Join us for a talk on woodpecker calls and a short walk to ID them. **YPP**

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**3:30PM West Virginia's Bats** We'll learn about WV's 13 bat species. Bat characteristics, bat's needs, and a few facts about WV bat species will be discussed. We'll play a bat/moth game. All ages welcome. **YPP**

<https://wvstateparks.com/west-furgingia-range/r/>

### Upcoming Events:

**Pet Walks: Friday, February 20, Sunday, February 22, Monday, February 23, Thursday, February 26**



**Saturday, March 7:** 1PM: National Play Outside Day: Kite flying on hill outside the lodge

**Saturday, March 21:** Dinner Show William Shakespeare's A MIDSUMMER NIGHT'S DREAM by The Vintage Theatre Company, Rustic Mechanicals from Clarksburg, WV.

### Young People for Parks

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



**Find the nature center schedule online**

<https://wvstateparks.com/programs/naturalist/>

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

**Now at 8 parks!**

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