



## 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, 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.

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

### **Tuesday, March 17**

**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.

**10:30AM St. Patrick's Day Crafts** Make & take a fun craft.

**1:00PM Monarchs in Mexico** Monarch butterflies will return to the US in the spring. Are your gardens ready? Milkweed is their host plant. Free seeds will be available.

**2:30PM National Save a Spider Day** In honor of this day, let's explore spiders of WV. An interactive game, fun facts and a search for spiders will occur because spiders are the true heroes.

**3:30PM Kahoot**: Join us with a fun game. In honor of St. Patrick's Day, let's play a few games of trivia. You will need a device to play. (ipad or phone)

### **Wednesday, March 18**

**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.

### **Thursday, March 19**

**10:00AM North Central Trail Hike** This 2 hour moderate hike will begin at the Upper Reservoir Parking area. Different flora & Fauna and geology will be discussed.

**1:00PM Turkey Talk** In honor of National Poultry Day, we'll 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.

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

*almost heaven.*



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### Friday, March 20

First Day of Spring!

**9:30PM 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**

**1:00PM Cacapon Birds** We will first learn some common bird calls & see visuals of each. Then we will walk looking for Cacapon spring birds. All Ages welcome. **YPP**

**2:30PM All About Bats** Bats are important to ecosystems. We'll discuss common WV bats, their habitats, their importance and their challenges. **YPP**

### Saturday, March 21

**10:00AM Green Day Hike** This hike celebrates the return of spring as the mountains return to green. The Hovermale Homestead trail is an easy 1.2 mile loop. All hikers will earn a sticker. **YPP**

**10:00AM National Quilting Day** Meet at the nature center. Leslie Clark & Others from the Delectable Mountain Quilt Guild will host an open house throughout the day. There will be quilting displays brought in, as well as nature center quilt displays. Visitors can try some and/or share some sewing techniques.

**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. **YPP**

**1:30 The American Black Bear** Be black bear aware while learning through an interactive game about West Virginia's state mammal. Also, play a black bear game. **YPP**

**2:30PM 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. **YPP**

**3:00PM West Virginia's Turtles** How many turtles live in WV. Let's take a look at our native species. Also, we'll play a turtle game. **YPP**

*Special Event: Dinner Theater \$50*

**Shakespeare Dinner Theater: A Midsummer Night's Dream** The Rustic Mechanicals are the only troupe of twelve actors in WV dedicated to touring the works of William Shakespeare. A Midsummer Night's Dream is a hilarious tribute to all you can imagine...Dream's theatrical spell is powerful enough to make audiences of all ages believe in anything...Fools for love. For reservations call: 304-258-1022. Cash bar, buffet, the play and overnight accommodations are all available.

### Sunday, March 22

**9:30AM Discovery Hike** Meet at the lodge. End of winter; beginning of spring trees, tracks,

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birds, mammals may be some of the discoveries we find on an easy to moderate hike. Afterwards, if you want we can journal about our adventure. **YPP**

**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. **YPP**

**2:30PM 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. **YPP**

**3:30PM Wildlife Survival Game** Learn the importance of camouflage while playing two interactive games. **YPP**

### Monday, March 23

**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 National Puppy Day Walk** Meet at the nature center and we will gather for a walk with your dogs. There will be an opportunity to certify 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. Older dogs are welcome too.

**1:00PM 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?

**3:30PM Chipmunks: mischievous, intellectual & self-reliant** The Eastern Chipmunk has all these qualities and more. Think you are hearing a bird call, it could possibly be a chipmunk.

### Tuesday, March 24

**10:00AM Frogs and Toads** Learn how to identify common frogs and toads by sound. Watch a short video and craft to follow.

**1:00PM 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?

**2:00PM Bird-Opoly** Just like Monopoly but with birds!

**3:30PM Chipmunks: mischievous, intellectual & self-reliant** The Eastern Chipmunk has all these qualities and more. Think you are hearing a bird call, it could possibly be a chipmunk.

### Wednesday, March 25

**10:00AM The CC' Boys, A West Virginia Legacy** This 30 minute film shares how the Civilian Conservation Corps in the late 1930's were

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active with conservation projects in our WV state parks and forests.

A short guided history walk to follow the video weather permitting.

### **1:00PM Vultures: Nature's Clean Up Crew**

Learn some unique features and behaviors of vultures. Can we see any using binoculars?

**3:00PM Bird BINGO** Play a few games of bingo, learn some facts, win a prize.

### **Thursday, March 26**

**10:30AM 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-3:00PM Birds of Prey Watch** Meet at the locked gate just beyond the Batt Parking Area. Join us anytime between 1-3pm at Cacapon Resort State Park overlook to watch migrating birds & monarchs. These birds: golden eagle, northern harrier, red-shouldered hawk, red-tailed hawk, American kestrel, would be experiencing peak migration at this time. Other wildlife could be spotted: ravens, crows, deer. Come join us just this one time or all the birds of prey watch series listed in the upcoming events. Binoculars will be provided or bring your own. Dress for the weather but this event will be canceled due to rain, fog or snow.

**3:30PM WV Weather: Where Does it Come From?** For all Ages? Clouds, types of weather, origins of our weather, and historical WV weather events will be discussed.

### **Friday, March 27**

**10:00AM Frogs and Toads** Learn how to identify common frogs and toads by sound. Watch a short video and craft to follow.

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

**2:30PM Bird-Opoly** Just like Monopoly but with birds!

### **Saturday, March 28**

**10:00AM Women's History Month** Learn about some awesome women trail blazers, and pose as "Rosie the Riveter". Influential women flashcards and a fun activity to follow.

**1:00PM 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?

**3:00PM All About Bats** Bats are important to ecosystems. We'll discuss common WV bats, their habitats, their importance and their challenges.

### **Sunday, March 29**

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Nature Center Open 11AM-3:00PM

**9:30AM Discovery Walk** Join master naturalist Dale for an easy stroll talking about the Parks History & Geology. Meet at the Lodge.

### Upcoming Events:

**Saturday, April 4:** Easter Egg Hunt & Activities

**Friday, April 10; Saturday, April 18; Friday, April**

**24:** Bird of Prey Watches: 1pm-3pm

**Saturday, April 25:** Earth Day Activities

**Saturday, May 16:** Kids to Parks Day: Youth Fishing Day

### 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>

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

Now at 8 parks!

<https://wvstateparks.com/west-furginia-range>

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