



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, June 22

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 Yucca Bush Craft Cordage can be made from many natural items. Different plant materials will be discussed. We'll use fibers from Yucca to make cordage.

1:00PM Pollinator Pursuit Join us to fill out a pollinator journal and learn more about pollinators and pollination. After, we will conduct a citizen science survey to determine what lives in the garden and what flowers they are attracted to.

3:00PM BINGO Play various nature bingo(s) and win a prize.

Tuesday, June 23

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, June 24

9:30AM Hike & Help & Patches Chop, pull, destroy, or dig up 10 invasive plants and you'll earn a free patch. You'll need to do this with a naturalist and learn & see & hear different flora & fauna. Wear protective clothing & bug spray. We'll provide some tools. This can count toward volunteer hours for those that need it.

11:00AM Visit Our Small Herb Garden Let's make some herbal teas in celebration of national herbs & spices day & national tea day. Take a small bag of herbs home.

1:00PM 9:30 AM Woodpecker Wow! Meet at the lodge. 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.

2:30PM Nature Journaling What do you enjoy about nature? Sketch, paint, or write in your nature journal.

3:30PM Turkey Talk We will learn the plight of the turkey in WV. We'll learn facts, see feathers and feet, and hear turkey calls. How can you help the wild turkey?

Thursday, June 25

10:00AM Turtle Talk Learn about Cacapon's common turtles and play a fun game.

1:00PM Monarch Butterflies Journey North

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

2:30PM 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.

3:30PM The Closer Your Look A nature & painting activity for all ages including adults.

Friday, June 26

9:15AM Boating with a Naturalist Join us at the boat dock for a paddle boat tour of the lower lake. We will look at animals and plants that may be present. We'll talk about geology and the CCC. \$6 per person Paddleboat rental

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

3:00PM 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.

4:00PM-6:00PM Meet & Greet at the Lodge Welcome to Cacapon! The park naturalist is on site to share nature center programming and weekend events.

8:30PM The Great Glow Stick Walk Meet the naturalist outside on the North Terrace patio for this night hike on the golf course. Free glowstick bracelets, necklaces and more! Observe night sounds and evening wildlife too.

almost heaven.



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Saturday, June 27

9:30AM Fishing 101 Meet at the nature center. Grab a fishing pole and let's head to the lake! Fishing poles & bait provided. In celebration of West Virginia Day, if you catch a golden trout, you'll win a prize.

11:00AM Black Bear Game Discover all about WV's state mammal while playing this fun game.

12:00PM-4:00PM Outdoor Survival Skills The Morgan County Preparedness Project (MCP) is offering a free two-day class on outdoor survival techniques led by our outdoor survival expert and retired U.S. Air Force SERE specialist Khristopher "Pete" Peterson. Registration is limited and required. The training will consist of "learning while hiking" on trails at Cacapon State Park. Hiking: easy to moderate.
<https://preparemorgancounty.com>

2:00PM Cacapon Tie Dye Design your own Cacapon Resort State Park T-shirt! Shirts can be purchased at the nature center.

3:30PM 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?

7:00PM: Special Presentation Wings of Wonder/WV Birds of Prey Join this free presentation from Three Rivers Avian Center. Meet their ambassadors: Regis the Bald Eagle, a variety of hawks and owls. The location is at the nature center pavilion next to the nature center. Bring camping chairs for extra comfort.

8:30PM-10:00PM Creatures of the Night Hike Following the Wings of Wonder, meet at the Nature Center. All night creatures are game for spotting but we'll especially focus on fireflies. [bats, owls, beetles, spiders, whippoorwills, salamanders, toads, frogs, fireflies] These are all possible night creatures.

Sunday, June 28

Nature Center open: 11:00AM-4:30PM

9:30 AM Nature & History Walk Meet at the nature center. Join park volunteer Dale 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.

12:00PM-4:00PM Outdoor Survival Skills The Morgan County Preparedness Project (MCP) is offering a free two-day class on

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1:00PM Beading Whether it's a friendship bracelet or a beading necklace, we have the materials and instructions to help guide you. You can also try your hand at Yucca bush craft cordage.

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

7:00PM Ridge Trail Ramble Meet Dale, West Virginia Master Naturalist and Volunteer at the nature center for a 45min. to hour hike on the Ridge Trail. Park history and flora & fauna will be discussed.

Monday, June 29

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 Fishing 101 Meet at the nature center. Grab a fishing pole and let's head to the lake! Fishing poles & bait provided. In celebration of West Virginia Day, if you catch a golden trout, you'll win a prize.

1:00PM Camouflage Chameleons 2 games. Game one: Birds & Worms: Use your bird skills to find worms in the yard. Game two: Can you camouflage like a chameleon and not be seen by the hawk?

3:00PM Monarch Life Cycle Game Join us for an exciting game to discover the monarch's life cycle.

Tuesday, June 30

10:00AM Cacapon Birds We will first learn some information about common WV birds. Then we will walk looking for Cacapon spring birds. All Ages welcome.

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

3:00PM Geology Hour Play a fun interactive geology game, color WV's State Fossil, and try a geology word puzzle. We'll go on a walk for fossils.

almost heaven.



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Wednesday, July 1

10:00AM Cloud Spotting Meet at the Upper Lake. Where do WV clouds come from, how are they made, and what are the 3 main clouds. If it's raining, we can meet at the nature center and make a cloud in a jar.

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

2:30PM Insect Safari Learn about insect body structure and capture various pollinator garden insects, colony insects and stream benthos macroinvertebrates.

3:30PM Bird Bingo Learn some fun facts about birds while playing this fun game.

Thursday, July 2

10:00AM Beading Whether it's a friendship bracelet or a beading necklace, we have the materials and instructions to help guide you. You can also try your hand at Yucca bush craft cordage.

1:00PM A Lizards Life We'll learn about WV lizards. If it is sunny, there's a good chance we'll see 1 or 2 different species around the nature center.

1:30PM Walking Stick Craft Stick bugs are unique insects. Let's learn about this insect while doing a craft.

3:00PM Stream Study Learn about stream macroinvertebrates and how they let us know a stream's health.

Friday, July 3

10:00AM Woodpecker Wow! Meet at the lodge. 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.

1:00PM Spider Splash We'll learn about the superhero of the animal world: spiders. They help humans in more ways than we can count. A small walk will occur to find spiders & webs. With this small graft we'll make web prints.

2:30PM Sassafras & Birch: Nature's Flavor Trail Step into the woods to find and identify these two trees. A flavorful adventure connecting nature, history, and taste buds!

4:00PM-6:00PM Meet & Greet at the Lodge Welcome to Cacapon! The park naturalist is on site to share nature center programming and weekend events.

6:00PM-9:00PM Beach Party Music & Games: Beach Volleyball, Cornhole, Sand Castle Competition and More! \$6 Adults & \$5 Youth ages 6-12. Free kids under 6 years.

Saturday, July 4

Happy Independence Day

10:00AM Pollinator Pursuit Join us to fill out a pollinator journal and learn more about pollinators and pollination. After, we will conduct a citizen science survey to determine what lives in the garden and what flowers they are attracted to.

2:00PM Red, White & Blue Tie Dye Design your own Cacapon Resort State Park T-shirt! Shirts can be purchased at the nature center. For \$12.99 + tax.

Water Balloon Challenge will follow the tie-dye event!

3:30PM 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 owls diet. We'll dissect owl pellets.

5:00PM-8:30PM Prospect Dining Room Buffet Adults: \$21, Children under 12 years: \$13. Menu will include BBQ Ribs, Chicken, Corn on the Cob, Mac-n-Cheese, Garden Salad.

7:00PM-9:30PM Live Acoustic Music Meet on the North Lodge Terrace

7:00PM Irish Road Bowling Join our volunteer and West Virginia Master Naturalist Dale for WV sport of Irish Road Bowling. Meet at the nature center. He'll divide you into groups and everyone will use a small cannonball to roll around the nature center loop. Lowest amount of throws wins.

7:00PM-10:00PM Activities for All Activities include: Cornhole, Croquet, Bracelets, Trivia, Campfire & S'mores, Red, White & Blue Glow Stick Party & LED Games! (glow cornhole, badminton, frisbee, yo-yo, putt-putt)

Sunday, July 5

Nature Center Open 11AM-4:30PM

almost heaven.

10:00AM Pollinator Pursuit Join us to fill out a pollinator journal and learn more about pollinators and pollination. After, we will conduct a citizen science survey to determine what lives in the garden and what flowers they are attracted to.

1:00PM Friendship Bracelets Make bracelets for your friends. Learn several techniques.

3:00PM Turtle Talk Game Join us for this fun game and learn about Eastern Box Turtles. Let's take a lake walk and look for aquatic turtles.

7:00PM Ridge Trail Ramble Meet Dale, West Virginia Master Naturalist and Volunteer at the lodge entrance area for a 45min. to hour. Park history and flora & fauna will be discussed. The walk is considered easy.

Upcoming Events:

Saturday, July 11, 10AM-11AM: Irish Road Bowling Tournament

Saturday, July 11, 7PM: Train History & Musical Performance "All Aboard the Iron Horse"

Wednesday, July 15: Geology Rocks with Geologist Ken Ashton

Thursday, July 16: Geology Walk with Geologist Ken Ashton

Saturday, July 18, 7PM: Professional Story Teller: Bil Lepp

Saturday, August 1: History Alive! Gabriel Arthur at 7PM

10AM Medicinal, edible, & useful plants of Native Americans slideshow & walk

1PM Interpretive Hike on ecology off a bog/fen

Saturday, August 8: Herps Alive! Reptile Rescue

Friday, August 8, 8PM: Full Moon Paddle Boat

Saturday, August 9: Professional Storytelling by Adam Booth

Junior Naturalist Program

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



Budding Naturalist

Program for youth 5 & under!

Find the nature center schedule online

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

Dog Friendly Programming
West Virginia State Park Ranger Program

Now at 8 parks!

<https://wvstateparks.com/west-furgingia-ranger/>



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