



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 8

9:00AM Nature Walk Meet at the nature center. Dale, a master naturalist and volunteer will lead you on a short walk discovering what you are seeing & hearing in nature. Park history could be discussed.

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

10:30AM 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 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.

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

Tuesday, June 9

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 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 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.

Wednesday, June 10

9:30AM Hike & Help & Freeze Pops Chop, pull, destroy, or dig up 10 invasive plants and you'll earn a free freeze pop. 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 The CC' Boys, A West Virginia Legacy
This 30 minute film shares how the Civilian Conservation Corps in the late 1930's were

almost heaven.



CACAPON RESORT STATE PARK

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

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

3:30PM Beaks Beaks are not unique to birds but different species of birds have specialized beaks to serve various purposes especially to obtain and eat food. This two part one hour program will explore ways to identify birds and focus on bird beak functions. An interactive game will follow to test your new knowledge.

Thursday, June 11

10:30AM Black Bear Game Discover all about WV's state mammal while playing this fun game.

1:00PM Feet Specialized feet are not unique to birds but different species of birds have specialized feet to serve various purposes. This two part one hour program will explore ways to identify birds and focus on bird feet functions. A small craft will follow to test your new knowledge.

2:30PM Monarch Life Cycle Game Join us for an exciting game to discover the monarch's life cycle.

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

Friday, June 12

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 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 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 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!

Saturday, June 13

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

10:00AM 1st Annual: Paper Airplane Making & Paper Airplane Flying Contest Meet at the

almost heaven.



CACAPON RESORT STATE PARK

lodge fireplace area. We'll make paper airplanes & small gliders. We'll have a distance throwing contest over the lodge hill just outside where we make the airplanes. Official measurement distances will occur.

1:00PM Cacapon Tie Dye Design your own Cacapon Resort State Park T-shirt! Shirts can be purchased at the nature center.

2:30PM Black Bear Game Discover all about WV's state mammal while playing this fun game.

3:30PM Vultures: Nature's Clean Up Crew
Learn some unique features and behaviors of vultures. Can we see any using binoculars?

7:00PM 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.

8:00PM-9:00PM Creatures of the Night Hike
Meet at the Nature Center. All night creatures are game for spotting but we'll especially focus on finding bats. [bats, owls, beetles, spiders, whippoorwills, salamanders, toads, frogs, fireflies] These are all possible night creatures.

Sunday, June 14

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

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.

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.

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

Monday, June 15

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 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?

1:00PM Discovery Walk Join the naturalist for an easy stroll talking about the Parks History & the park's plants and animals. Meet at the nature center.

3:00PM 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.

almost heaven.



CACAPON RESORT STATE PARK

Tuesday, June 16

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.

3:00PM Every Tree for Itself Play this interactive game learning about what trees need and hazards trees encounter.

Wednesday, June 17

10:00AM 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.

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 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.

3:15PM Critter Catch Find & catch critters from insects, to arachnids, to macroinvertebrates (crayfish), and small fish. Fun with a little education thrown in.

Thursday, June 18

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 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.

2:30PM Migratory Games Join us for 2 fun interactive games on migratory birds.

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?

Friday, June 19

10:00AM Bluebird Box Survey Let's survey the bluebird boxes near the lodge and pollinator. Bluebird nests, eggs, or young may be possible. Meet at the lodge front desk area.

1:00PM Stream Study Learn about stream macroinvertebrates and how they let us know a stream's health.

almost heaven



CACAPON RESORT STATE PARK

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.

7:00PM Wildflower Stroll Discover wildflowers & birds during our walk into the 2 acre wildflower meadow. Meet at the lodge front desk.

8:30PM 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!

Saturday, June 20

Happy West Virginia Day Almost Heaven: Win a sticker if you can recite some lines of one of West Virginia's State Songs. See a naturalist for details.

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.

1:30PM Gold and Blue Tie Dye T-shirts

Celebrate WV Day and make your own Cacapon Resort State Park T-shirt. \$\$

2:30PM 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.

3:30PM West Virginia Day Meet at the lodge.

In celebration of West Virginia Day, we'll explore the bluebird boxes and pollinator fields looking for blue & gold.

7:00PM Making Fire Starters & Fire Starting

Meet at the nature center campfire circle. We'll learn various ways to make fire starters & do a few. Also, we'll learn various ways to start a campfire. If we get a campfire going, our reward will be marshmallows with a possible spooky story at the end.

9:30:PM-11:00PM Firefly Frenzy Night Hike

Meet at the nature center for a firefly walk. Learn about West Virginia's 31 species with their color patterns and blink patterns.

Sunday, June 21

Happy Father's Day

Happy 1st Day of Summer

All Day National Selfie Day It's National Selfie Day, so come to the park and get selfies at our lower lake spillway, upper lake, mountain overlook, playground picture board, and nature center picture frame.

10:00AM 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,

almost heaven.

some skulls and bones, and animal calls will help us to use our senses for this program.

1:00PM Friendship Bracelets Make bracelets for your fathers and 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.

Upcoming Events:

Saturday, June 27, 7PM: Wings of Wonder, Live Birds of Prey

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

Check out our new JUNIOR NATURALIST program at the nature center!

Find the nature center schedule online

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

/

Dog Friendly Programming Westfurgina State Park Ranger Program

Now at 8 parks!

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

/



almost heaven.