



2015 Season:  
April 30 - Nov 11

### Inside:

- New recreation facilities
- Spring programs
- Summer exclusive use
- \$99/person rate dates
- Perks of sharing Capon and new ways to share
- Save at the Hygeia in the spring/fall
- 2015 rate calendar

304-874-3695  
caponsf@mountain.net  
www.caponsprings.net

Hygeia Bath House & Spa  
For info about services or to  
make an appointment:  
304-874-3004  
hygeia@mountain.net

### Dear Capon Friends,

As we maintain our shared legacy through the generations, the spirit of Capon is nurtured, strengthened and continues to prosper by your friendship. Your contributions of ideas, talents and donations continue to add to and deepen the memories we create here.

Over the winter we appreciate receiving your letters, phone calls and emails reminding us that so many families, couples, groups and individuals think of Capon as their second home. Here we all enjoy a sense of something familiar and solid, a sharp contrast to the rapid pace of change in the outside world. Whether by water, fresh air, wholesome food or just a good night's rest, Capon offers the chance to restore and rejuvenate body, mind and spirit so one can reenter the world refreshed.

As stewards of Capon Springs, we enjoy offering you our "heaping slice of Americana," as well as connecting with others who appreciate what is special here. We are really excited about how you will be able to PLAY, SAVE, and then SHARE Capon in 2015.

We look forward to the return of warmer weather, comfortable friendships and meeting those you choose to bring into the Capon family circle.

See you soon!

Eddie Patty Phil Ginny Tom  
Pete Jonathan Sam Betsy Glenn

-for all of us at Capon



P.O. Box 0, Capon Springs, WV 26823

# PLAY

Enjoy the outdoors... Be  
Create memories with

## New Facilities:

Blue Trail reopens with:

- Walk/run/bike path
- Challenge trail

Family-friendly disc golf

(Frisbee golf)

Pickleball

Jumbo lawn games

(Jenga, Yahtzee, Kubb)

## Weekday Fun

May 4 - June 10

2:15 - 3:15pm

Spa Mondays:

Seated bodywork samplers

History Tuesdays:

Building/grounds tours

Play Wednesdays:

Disc golf or pickleball

## New at the Spa:

Monthly drawings for \$50 certificates and featured product discounts!

## Summer Exclusive Use:

Does your group want exclusive use of Capon? Starting Sunday, August 23 come with at least 100 adults for any number of nights until Friday, August 28 and have Capon for your very own!

For the last minute planner, there is also space for at least 75 people for these late April dates: 4/19-24 and 4/26-30.

Free 2-night stay for two when you book a group for any of these times!



## Save at the Spa...

in the spring & fall!

Enjoy 10% OFF one day of services when you make or confirm your appointment at least one week before your spring and/or fall Capon visit!

(April 30 - June 14 & Sept 7 - Nov 11)

## Spring Programs:

Bridge Gathering:

Join card coach, Jim Allen

Sun - Wed, May 10 - 13

JFK & Jackie Talks:

Join Kennedy family photographer, **Howard Allen, and Jackie's personal** assistant, Mary Gallagher  
Thur & Fri, May 14 & 15

Photography Seminar:

Led by WV Magazine Photographer, Frank Ceravalo

Wed - Fri, May 20 - 22

Big Band Dance:

**Join Red Arwood's Jazz Band**

Wed Night, May 27

Weekend Outdoor Party:

Star party, square dance & games

Fri - Sun, May 29 - 31 (SOLD OUT!)

Watercolor Workshop:

Led by Capon favorite, Fran Call

Sun - Thurs, May 31 - June 4

Adventures with Play Lady:

TEDx speaker, Pat Rumbaugh

Wed - Fri, June 10 - 12

## \$99/person/night:

You have 41 dates to choose from!  
(85 shared bath)

Sun, Mon, Tues & Wed nights:

May 3 to June 11\*

Sept 7 to Oct 1 and Nov 8 to 11

\*Excludes Sun night, May 24

together...  
with us in 2015!



Our thanks to you for your efforts and goodwill in continuing our word-of-mouth tradition-- our pre-season 2015 guest counts are as high as they have ever been!

### The Perks of Sharing Capon:

#### Weekday Visits in May:

Come for a day visit in May, and you and your guests can enjoy a complimentary meal and tour! Call or email us for availability.

#### Kids Can Participate Too!

During the month of July, when kids (ages 5-12) bring a Capon first-timer (ages 5-12), he/she will stay, play and eat for free! Contact us for details.

### Random Acts of Sharing Make a Difference!

#### Conversation Cards:

Convenient business card-sized tools for sharing Capon with a neighbor, colleague or friend. Over 2,000 distributed so far... Pick some up at the front desk!

#### Social media:

Stay in touch, introduce someone new or write a review. Find us on Facebook, Instagram, Tripadvisor and our blog: Front Porch Chatter

#### Travel writing:

Look for Capon in the March/April issue of WV Living; April, May and June issues of Recreation News!

Mid-Atlantic Mommy bloggers (MONA) and DC area neighborhood listservs: Write your own review!

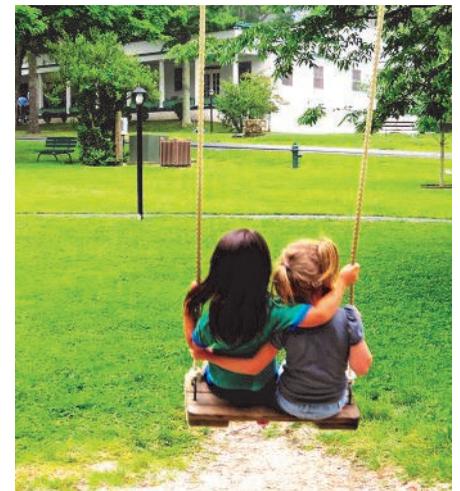
#### Local Rotary Groups:

We have already shared Capon at six local chapters. Why not yours?



*"Once you've made your first trip to Capon, you're considered an old friend."*

~Lou Austin,  
Capon Co-Founder



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APRIL/MAY						
S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

OCTOBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14

Legend	\$99/Adult/Weeknight (\$85 Shared Bath)	\$150 weekends/late June (\$120 shared bath)	Exclusive Use Reserved
	\$117 October weeknights (\$95 shared bath)	\$163 Summer Rates (\$133 shared bath)	

2015 Adult Per Person Rates (13 years and up)	Summer	Spring/Fall	
	Daily/Weekly	April 30-June 14 Sept. 7 - Oct. 1 Nov 8-Nov 11	Oct 1- Nov. 1
Double or Single Room Anywhere (with bath)	June 14 - 28: \$150/\$975 June 28 - Sept 7: \$163/\$1060	\$99 Su/M/T/W \$150 Th/F/Sa	\$117 Su/M/T/W \$150 Th/F/Sa
Double or Single Room in Main Building (with shared bath)	June 14 - 28: \$120/\$780 June 28 - Sept 7: \$133/\$855	\$85 Su/M/T/W \$120/Th/F/Sa	\$95 Sun/M/T/W \$120 Th/F/Sa

2015 Children's Rates (based on staying in the room with 2 adults)	Summer June 14 - Sept 7		Spring/Fall April 30 - June 14 Sept 7 - Nov 11	
	Daily	Weekly	Daily	Weekly
Child under 5	free	free	free	free
Child ages 5 -12	\$50	\$325	\$35	\$225
Child 13 & up (or 3rd adult)	\$90	\$550	\$60	\$400

## Our rates include...

your lodging, three daily homemade comfort food meals served family style/buffet, before and after dinner snacks as well as: fishing, hiking, swimming, tennis, pickleball, disc golf, croquet, badminton, basketball, horseshoes, volleyball, shuffleboard, ping pong, lawn games, and indoor puzzles and games. Join in daily flag-raising, tournaments, Bingo, campfire sing-a-longs, dances, hayrides, talent shows, and special programs in the spring and fall.

