



SENIOR PROGRAM ACTIVITIES

MARCH 2026

Stay active, stay connected. Designed for seniors. All activities are free of charge.

Inspiration Park

5770 W Gettysburg Ave.
Fresno, CA 93722

(559) 691-1058

Program Hours

Monday - Friday
9:00 AM - 12:00 PM

Arts and Crafts

Exercise Classes

Informational Workshops

Social Games

Stay Connected

www.fresno.gov/parks

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MON	TUE	WED	THU	FRI
<p style="text-align: right;">2</p> <p>9:15AM-11:00AM Mind's Eye Art Painting</p>	<p style="text-align: right;">3</p> <p>9:15AM-11:00AM Knots & Threads 10:00AM-10:45AM Pedestrian Safety Presentation</p>	<p style="text-align: right;">4</p> <p>9:15AM-10:15AM Fitness 9:15AM-11:00AM Shamrock Key Chain Resin</p>	<p style="text-align: right;">5</p> <p>9:15AM-11:00AM Diamond Art & Senior Input Chat 10:15AM-11:00AM Online Adventures: Lost Treasures of Arabia</p>	<p style="text-align: right;">6</p> <p>9:30AM - 10:15 AM Fitness & Weekly Rewind 10:15AM-11:00AM Bingo</p>
<p style="text-align: right;">9</p> <p>9:15AM-11:00AM Lucky Hat Painting</p>	<p style="text-align: right;">10</p> <p>9:15AM-11:00AM Knots & Threads & Music & Convo</p>	<p style="text-align: right;">11</p> <p>9:15AM-10:15AM Fitness 9:15AM-11:00AM Shamrock Soap Molds</p>	<p style="text-align: right;">12</p> <p>9:15AM-11:00AM Diamond Art 10:15AM-11:00AM Lucky Tote Bags</p>	<p style="text-align: right;">13</p> <p>9:30AM - 10:15 AM Fitness & Weekly Rewind 10:15AM-11:00AM Bingo</p>
<p style="text-align: right;">16</p> <p>9:15AM-11:00AM Digging for Gold Painting</p>	<p style="text-align: right;">17</p> <p>9:30AM-10:30AM Pot O' Gold Hunt & Shamrock Shakes</p>	<p style="text-align: right;">18</p> <p>9:15AM-10:15AM Fitness 9:15AM-11:00AM Green Garden Stakes & Pens</p>	<p style="text-align: right;">19</p> <p>9:15AM-11:00AM Diamond Art 10:15AM-11:00AM Jewelry</p>	<p style="text-align: right;">20</p> <p>9:30AM - 10:15 AM Fitness & Weekly Rewind 10:15AM-11:00AM Bingo</p>
<p style="text-align: right;">23</p> <p>9:15AM-11:00AM Shamrock Bouquet Painting</p>	<p style="text-align: right;">24</p> <p>9:15AM-11:00AM Knots & Threads & Music & Convo</p>	<p style="text-align: right;">25</p> <p>9:15AM-10:15AM Fitness 9:15AM-11:00AM Festive Candles</p>	<p style="text-align: right;">26</p> <p>9:15AM-11:00AM Diamond Art 10:15AM-11:00AM Golden Chefs: Shrimp Cocktail</p>	<p style="text-align: right;">27</p> <p>9:30AM - 10:15 AM Fitness & Weekly Rewind 10:15AM-11:00AM Bingo</p>
<p style="text-align: right;">30</p> <p>9:15AM-11:00AM Gnome Painting</p>	<p style="text-align: right;">31</p> <p>9:15AM-11:00AM Knots & Threads & Music & Convo</p>			



EVENTS

PEDESTRIAN SAFETY PRESENTATION-INSPIRATION

Date: Tuesday, March 3

Time: 10:00AM-10:45AM

Learn pedestrian safety tips from our Office of Traffic Safety Team.

POT O' GOLD HUNT-ALL SENIOR SITES

Date: Tuesday, March 17

Time: 9:30AM-10:30AM

Join us for a festive adventure as we search for shiny gold coins hidden throughout the center!

GOLDEN CHEFS: SHRIMP COCKTAIL-INSPIRATION

Date: Thursday, March 26

Time: 10:15AM- 11:00AM

Learn how to make a healthy snack using shrimp!

HOT MEALS SERVED: MONDAY – FRIDAY AT 11:15 AM CALL (559) 691-1058 TO RESERVE

Senior Hot Meals are FREE for anyone 60 years or older. Anyone under 60 can buy a meal for \$7.45. Please note the meals are on a reservation system. You must make a reservation at a senior site of your choice in person or over the phone by 11:30 AM, one day prior to the day you want to eat. You will complete an FMAAA registration form on site the first day of receiving meal. Meals are served for only 30 minutes after the start of the serving time.

INSPIRATION PARK

 www.fresno.gov/parks

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 (559) 621-7529

SCAN TO
SEE MORE
EVENTS



Services of an interpreter and additional accommodations such as assistive listening devices can be made available. Request for accommodations should be made more than five working days but no later than 48 hours prior to the scheduled program/event. Please contact 621-PLAY (7529).