

SENIOR PROGRAM ACTIVITIES MAY 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

[@PARCSFresno](https://www.facebook.com/PARCSFresno)

[@PARCSFresno](https://www.instagram.com/PARCSFresno)

| MON | TUE | WED | THU | FRI |
|--|--|--|--|--|
| Special Notes: Tai Chi will be every Monday and Thursday 9:30 AM- 10:30 AM | | | | 1 9:30AM - 10:15 AM Fitness, Senior Input Hour & Weekly Rewind 10:15AM-11:00AM Bingo |
| 4 9:15AM-11:00AM Pre-Drawn Canvas Painting & Music & Convo | 5 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Karaoke & Jewelry | 6 9:15AM-10:15AM Fitness 9:15AM-11:00AM Insect Rock Painting | 7 9:15AM-11:00AM Diamond Art & Online Adventures: Americas Ice Age Explained | 8 9:30AM-11:00AM Tea-rific Celebration! Mother's Day Potluck 10:15AM-11:00AM Bingo |
| 11 9:15AM-11:00AM Lady Bug Painting & Music & Convo | 12 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Karaoke & Jewelry | 13 9:15AM-10:15AM Fitness 9:15AM-11:00AM Insect Pens | 14 9:15AM-11:00AM Diamond Art & Music & Convo | 15 9:30AM - 10:15 AM Fitness & Weekly Rewind 10:15AM-11:00AM Bingo |
| 18 9:15AM-11:00AM Butterfly Painting & Senior Showcase | 19 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Karaoke & Jewelry | 20 9:15AM-10:15AM Fitness 9:15AM-11:00AM Bug Resin | 21 9:15AM-11:00AM Diamond Art & Music & Convo | 22 9:30AM - 10:15 AM Fitness & Weekly Rewind 10:15AM-11:00AM Bingo |
| 25 Memorial Day - Community Centers Closed | 26 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Karaoke & Jewelry | 27 9:15AM-10:15AM Fitness 9:15AM-11:00AM Bug Out Trivia Bug me signs | 28 9:15AM-11:00AM Diamond Art & 9:15AM-10:00AM Golden Chefs: Mud & Worms Dessert | 29 9:30AM - 10:15 AM Fitness & Weekly Rewind 10:15AM-11:00AM Bingo |



EVENTS

SIP SIP HOORAY! A TEA-RIFIC CELEBRATION

Date: Friday, May 8

Time: 9:30 AM - 11:00 AM

Wear your fancy tea-party outfit and sip tea while we share stories of moms and mother figures. Potluck participation is optional.

SENIOR SHOWCASE

Date: Monday, May 18

Time: 9:15 AM - 11:00 AM

Show off your creativity at our Senior Showcase. Display something you've made at the site and bring a friend to join the celebration.

GOLDEN CHEFS: MUD & WORMS DESSERT

Date: Thursday, May 28

Time: 9:15 AM - 10:00 AM

Make a tasty bowl of chocolate mud pudding with candy worms.

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).