



SENIOR PROGRAM ACTIVITIES

JUNE 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

@PARCSFresno

MON	TUE	WED	THU	FRI
<p>1</p> <p>9:15AM-11:00AM Sandals in the Sand Painting & Music & Convo</p>	<p>2</p> <p>9:15AM-11:00AM Knots & Threads 10:15AM-10:45AM Karaoke & Jewelry</p>	<p>3</p> <p>9:15AM-10:15AM Fitness 9:15AM-11:00AM Sea Animal Soap Molds</p>	<p>4</p> <p>9:15AM-11:00AM Diamond Art & Senior Input Hour 10:15AM-11:00AM Online Adventures: Our Planet Fresh water</p>	<p>5</p> <p>9:30AM - 10:15 AM Fitness & Weekly Rewind 10:15AM-11:00AM Bingo</p>
<p>8</p> <p>9:15AM-11:00AM Under the Sea Painting & Music & Convo</p>	<p>9</p> <p>9:15AM-11:00AM Knots & Threads 10:15AM-10:45AM Karaoke & Jewelry</p>	<p>10</p> <p>9:15AM-10:15AM Fitness 9:15AM-11:00AM Beach Theme Personal Cups</p>	<p>11</p> <p>9:15AM-11:00AM Diamond Art & Music & Convo</p>	<p>12</p> <p>9:30AM - 10:15 AM Fitness & Weekly Rewind 10:15AM-11:00AM Bingo</p>
<p>15</p> <p>9:15AM-11:00AM Boat at sunset Painting & Music & Convo</p>	<p>16</p> <p>9:15AM-11:00AM Knots & Threads 10:15AM-10:45AM Karaoke & Jewelry</p>	<p>17</p> <p>9:15AM-10:15AM Fitness 9:15AM-11:00AM Sea Animal Pens</p>	<p>18</p> <p>9:15AM-11:00AM Diamond Art & Music & Convo</p>	<p>19</p> <p>9:15AM-11:00AM Fitness 10:15AM-11:00AM Bingo 9:30AM-10:30AM Donuts & Dads Delight</p>
<p>22</p> <p>9:15AM-11:00AM Sea Turtles Painting & Movie Day</p>	<p>23</p> <p>9:15AM-11:00AM Knots & Threads 10:15AM-10:45AM Karaoke & Jewelry</p>	<p>24</p> <p>9:15AM-10:15AM Fitness 9:15AM-11:00AM Sea Animal Iron on hats</p>	<p>25</p> <p>9:15AM-11:00AM Diamond Art 10:00AM-11:00am Golden Chefs: 7 Layer Dlp</p>	<p>26</p> <p>9:30AM - 10:15 AM Fitness & Weekly Rewind 10:15AM-11:00AM Bingo</p>
<p>29</p> <p>9:15AM-11:00AM Sea Horse Painting & Music & Convo</p>	<p>30</p> <p>9:15AM-11:00AM Knots & Threads 10:15AM-10:45AM Karaoke & Jewelry</p>	<p>Special Notes: Tai Chi will be every Monday and Thursday 9:30 AM- 10:30 AM</p>		