



SENIOR PROGRAM ACTIVITIES JULY 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
Special Notes: Tai Chi will be every Monday and Wednesday 9:30 AM- 10:30 AM		1 9:15AM-10:00AM Fitness Video 10:15AM-11:00AM DIY Pens	2 9:15AM-11:00AM Diamond Art 10:15AM-11:00AM Golden Chefs: Red White & Berry Good Treats	3 9:30AM-11:00AM U.S. of Yay Gathering & Potluck 10:15AM-11:00AM Bingo
6 9:15AM-11:00AM Pre-Drawn Canvas Painting & Music & Convo	7 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Jewelry	8 9:15AM-10:00AM Fitness Video 10:15AM-11:00AM Resin Fun	9 9:15AM-11:00AM Diamond Art, Trivia, & Tech Support	10 9:15AM-10:00AM Fitness & Weekly Rewind 10:15AM-12:00PM Bingo
13 9:15AM-11:00AM Canvas Painting & Music & Convo	14 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Jewelry	15 9:15AM-10:00AM Fitness Video 10:15AM-11:00AM Glass Art	16 9:15AM-11:00AM Diamond Art, Trivia, & Tech Support	17 Root Beer Float Day 9:15AM-10:00AM Fitness & Weekly Rewind 10:15AM-12:00PM Bingo
20 9:15AM-11:00AM Canvas Painting & Music & Convo	21 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Jewelry	22 9:15AM-10:00AM Fitness Video 10:15AM-11:00AM DIY Cups	23 9:15AM-11:00AM Diamond Art, Trivia, & Tech Support	24 9:15AM-10:00AM Fitness & Weekly Rewind 10:15AM-12:00PM Bingo
27 9:15AM-11:00AM Canvas Painting & Music & Convo	28 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Jewelry	29 9:15AM-10:00AM Fitness Video 10:15AM-11:00AM Fun Tote Bags	30 9:15AM-11:00AM Diamond Art, Trivia, & Tech Support	31 9:15AM-10:00AM Fitness & Weekly Rewind 10:15AM-12:00PM Bingo