



SENIOR PROGRAM ACTIVITIES

JULY 2026

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

Paul "Cap" Caprioglio Center

5191 N. 6th Street
Fresno, Ca 93710
(559) 818-2420

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

Arts and Crafts

Exercise Classes

**Informational
Workshops**

Social Games

Stay Connected

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MON	TUE	WED	THU	FRI
		1 9:15AM-10:00AM Bingo 10:15AM-11:00AM Golden Chefs: Red White & Berry Good	2 9:15AM-10:00AM Indoor Games 10:15AM-11:00AM Fitness Video	3 9:30AM-11:00AM U.S. of Yay Gathering & Potluck
6 9:15AM-10:00AM Jewelry 10:15AM-11:00AM Calligraphy & Canvas Painting	7 9:15AM-11:00AM Knots & Threads & Music & Convo	8 9:15AM-10:00AM Bingo 10:15AM-11:00AM Fun Tote Bags	9 9:15AM-10:00AM Cognifit 10:15AM-11:00AM Fitness Video	10 9:15AM-11:00AM Diamond Art & Weekly Rewind
13 9:15AM-10:00AM Jewelry 10:15AM-11:00AM Calligraphy & Canvas Painting	14 9:15AM-11:00AM Knots & Threads & Music & Convo	15 9:15AM-10:00AM Bingo 10:15AM-11:00AM Resin Fun	16 9:15AM-10:00AM Indoor Games 10:15AM-11:00AM Fitness Video	Root Beer 17 Float Day 9:15AM-11:00AM Diamond Art & Weekly Rewind
20 9:15AM-10:00AM Jewelry 10:15AM-11:00AM Calligraphy & Canvas Painting	21 9:15AM-11:00AM Knots & Threads & Music & Convo	22 9:15AM-10:00AM Bingo 10:15AM-11:00AM DIY Cups	23 9:15AM-10:00AM Cognifit 10:15AM-11:00AM Fitness Video	24 9:15AM-11:00AM Diamond Art & Weekly Rewind
27 9:15AM-10:00AM Jewelry 10:15AM-11:00AM Calligraphy & Canvas Painting	28 9:15AM-11:00AM Knots & Threads & Music & Convo	29 9:15AM-10:00AM Bingo 10:15AM-11:00AM DIY Pens	30 9:15AM-10:00AM Indoor Games 10:15AM-11:00AM Fitness Video	31 9:15AM-11:00AM Diamond Art & Weekly Rewind