



SENIOR PROGRAM ACTIVITIES AUGUST 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
3 9:15AM-11:00AM Canvas Painting & Music & Convo	4 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Jewelry	5 9:15AM-10:00AM Fitness Video 10:15AM-12:00PM Humming Bird Feeders	6 9:15AM-11:00AM Diamond Art 10:15AM-11:00AM Online Adventures:	7 9:15AM-10:00AM Fitness & Weekly Rewind 10:15AM-12:00PM Bingo
10 9:15AM-11:00AM Pre-Drawn Canvas Painting & Music & Convo	11 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Jewelry	12 9:15AM-10:00AM Fitness Video 10:15AM-12:00PM Bird Houses	13 9:15AM-11:00AM Diamond Art, Trivia, & Tech Support	14 9:15AM-10:00AM Fitness & Weekly Rewind 10:15AM-12:00PM Bingo
17 9:15AM-11:00AM Canvas Painting & Music & Convo	18 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Jewelry	19 9:15AM-10:00AM Fitness Video 10:15AM-12:00PM Pot Decorating	20 9:15AM-11:00AM Diamond Art, Trivia, & Tech Support	21 9:15AM-11:00AM Second Annual Spelling Bee 10:15AM-12:00PM Bingo
24 9:15AM-11:00AM Back to School Snack Packs	25 9:15AM-11:00AM Knots & Threads 10:15AM-11:00AM Jewelry	26 9:15AM-10:00AM Fitness Video 10:15AM-12:00PM Stained Glass Painting	27 9:15AM-11:00AM Diamond Art, 9:30AM-10:30AM Golden Chefs: Summer Salads	28 9:15AM-11:00AM Second Annual Spelling Bee Championship 10:15AM-12:00PM Bingo
31 9:15AM-11:00AM Canvas Painting & Music & Convo	Special Notes: Tai Chi will be every Monday and Thursday 9:30 AM- 10:30 AM			