



SENIOR PROGRAM ACTIVITIES SEPTEMBER 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

 www.fresno.gov/parks
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MON	TUE	WED	THU	FRI
	¹ 9:15AM-11:00AM Knots & Threads & Music & Convo	² 9:15AM-10:00AM Bingo 10:15AM-11:00AM Grandparents Day Totes	³ 9:15AM-10:00AM Cognifit 10:00AM -11:00AM Fitness Video	⁴ 9:15AM-11:00AM Diamond Art & Weekly Rewind
⁷ Labor Day - Community Centers Closed	⁸ 9:15AM-11:00AM Knots & Threads & Music & Convo	⁹ 9:15AM-10:00AM Bingo 10:15AM-11:00AM Retirement Cups	¹⁰ 9:15AM-10:00AM Indoor Games 10:00AM -11:00AM Fitness Video	¹¹ 9:15AM-11:00AM Legacy & Laughter: A Grand Generations Celebration
¹⁴ 9:15AM-10:00AM Jewelry 10:15AM-11:00AM Canvas Painting	¹⁵ 9:15AM-11:00AM Knots & Threads & Music & Convo	¹⁶ 9:15AM-10:00AM Bingo 10:15AM-11:00AM Soap Making	¹⁷ 9:15AM-10:00AM Cognifit 10:00AM -11:00AM Fitness Video	¹⁸ 9:15AM-11:00AM Diamond Art & Weekly Rewind
²¹ 9:15AM-11:00AM Movie & Popcorn Day	²² 9:15AM-11:00AM Knots & Threads & Music & Convo	²³ 9:15AM-10:00AM Bingo 10:15AM-11:00AM Golden Chefs: Chicken Egg Rolls	²⁴ 9:15AM-10:45AM OTS Visit 10:00AM -11:00AM Fitness Video	²⁵ 9:15AM-11:00AM Diamond Art & Weekly Rewind
²⁸ 9:15AM-10:00AM Jewelry 10:15AM-11:00AM Canvas Painting	²⁹ 9:15AM-11:00AM Knots & Threads & Music & Convo	³⁰ 9:15AM-10:00AM Bingo 10:15AM-11:00AM DIY Pot Holders		