



Somerville Council on Aging

Ageless Grace Exercise Program

Thursdays at 9:00am: April 6th, 13th, 20th & 27th
Virtual via Zoom with Maria Skinner

Ageless Grace is a fitness and wellness program consisting of 21 exercise tools designed for all ages and abilities. These exercises are designed around everyday movements and focus on the healthy longevity of the body and mind.

Please email Phelan at phowell@somervillema.gov for Zoom link or call 617-625-6600 ext. 2315 for more information.

