



# General Exercise at the Ralph and Jenny Center



Join the signature SCOA class in the East Somerville area. We'll use a play ball, resistance band, and handheld weights to do seated exercises with optional standing strength and balance activities. Enjoy music while doing easy-to-follow functional movements that help support an independent and active lifestyle.

**Monday, April 6<sup>th</sup> and 13<sup>th</sup> at 3:00pm,  
no classes on April 20<sup>th</sup> and 27<sup>th</sup>**

For more information  
contact Michelle at 617-625-6600 x2315



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or [apomeroy@somervillema.gov](mailto:apomeroy@somervillema.gov).

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at [languageaccess@somervillema.gov](mailto:languageaccess@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.