



# Music and Movement with Steve



**More entertaining than exercise. More energizing than a performance.**

Come join for an energetic combination of live music, chair-based movement, music history, trivia, and community.

Participation is encouraged but all are welcome to just sit and enjoy!

With a backdrop of Sinatra, Elvis, and showtunes to the Great American Songbook, country, and 1960s pop, you'll leave feeling invigorated, with lifted spirits.

**Tuesday, May 19<sup>th</sup> at 1:00pm  
at the Holland Street Center**



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

Steve Gintz is a professional musician, board-certified music therapist, and mental health counselor. He is the founder of Instrumental Health, providing enriching arts programming for older adults in and around Boston.



Persons with disabilities can request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting the ADA Coordinator at 617-625-6600 x 2059 or [ADA@somervillema.gov](mailto:ADA@somervillema.gov) in advance of the event.

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.