



# Age Thrive



**UR  
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DANCE**

**Movement, music, and community;  
designed for older adults at every level of ability.**

Urbanity Dance is a nonprofit arts organization, and its mission is to empower individuals and communities through movement. Age Thrive is a class for seniors and built around the idea that it's never too late to move, connect, and have fun. Through upbeat movement exercises set to a variety of music styles, you'll build strength, flexibility, and mobility - in a joyful, judgment-free space where everyone belongs.

All skill levels and abilities are welcome -  
this class can be done seated or standing!

**Thursday, July 23<sup>rd</sup> at 4:00pm at the  
Holland Street Center**

**Please RSVP to Michelle at 617-625-6600 x2315**



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.