



# 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, October 20<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.