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.

Every Monday in December at 3:00pm

For more information
contact 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 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 or call 311 (617-666-3311) at least 7 days in advance of this event.