Music and Movement with Steve

Jake Wilson
Mayor



instrumental health

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, December 15th 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 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.