



**Middletown  
Family Wellness  
Center**  
634 Main Street  
Middletown, CT

For More Info:  
Visit our website!  
[familywellness.chc1.com](http://familywellness.chc1.com)

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**2026**

| Mon  | Tue  | Wed  | Thu   | Fri  | Sat   |
|--|--|--|---|--|---|
|  |  |  | January 1<br><br><b>New Year's Day</b>                    | 2<br><b>Open Playgroup</b><br>9:30 – 11:00am<br>634 Main Street<br><br><b>Breastfeeding Support<br/>Group - Zoom</b><br>11:00am – 12:00pm  | 3<br>    |
| 5  | 6<br><b>Open Playgroup</b><br>10:00 – 11:00am<br>634 Main Street   | 7<br><b>Power Yoga</b><br>4:45-5:45pm<br>634 Main Street   | 8<br><b>Power Yoga</b><br>4:45-5:45pm<br>634 Main Street  | 9<br><b>Open Playgroup</b><br>9:30 – 11:00am<br>634 Main Street  | 10  |
| 12   | 13<br><b>Sensory Seekers</b><br>10:00 – 11:00am<br>634 Main Street | 14<br><b>Power Yoga</b><br>4:45-5:45pm<br>634 Main Street  | 15<br><b>Power Yoga</b><br>4:45-5:45pm<br>634 Main Street | 16<br><b>Open Playgroup</b><br>9:30 – 11:00am<br>634 Main Street<br><br><b>Breastfeeding Support<br/>Group - Zoom</b><br>11:00am – 12:00pm | 17  |
| 19<br><b>Music and Movement</b><br>10:00 – 11:00am | 20<br><b>Open Playgroup</b><br>10:00 – 11:00am<br>634 Main Street  | 21<br><b>Diaper Bank Pick - Up</b><br>12:00 – 3:00pm<br>634 Main Street<br><br><b>Power Yoga</b><br>4:45 – 5:45pm<br>634 Main Street | 22<br><b>Power Yoga</b><br>4:45-5:45pm<br>634 Main Street | 23<br><b>Open Playgroup</b><br>9:30 – 11:00am<br>634 Main Street   | 24  |
| 26<br><b>Music and Movement</b><br>10:00 – 11:00am | 27<br><b>Sensory Seekers</b><br>10:00 – 11:00am<br>634 Main Street | 28<br><b>Power Yoga</b><br>4:45 – 5:45pm<br>634 Main Street  | 29<br><b>Power Yoga</b><br>4:45-5:45pm<br>634 Main Street | 30<br><b>Open Playgroup</b><br>9:30 – 11:00am<br>634 Main Street   | 31<br> |