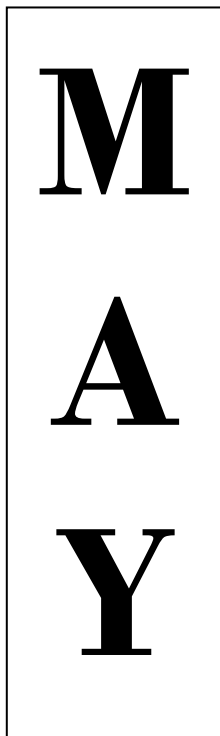



**Middletown
Family Wellness
Center**
634 Main Street
Middletown, CT

For More Info:
Visit our website!
familywellness.chc1.com

Nat Holmes
Community Wellness &
Engagement Program
Specialist
HolmesN@chc1.com
860-347-6971 x3662



2026

Mon	Tue	Wed	Thu	Fri	Sat
				May 1 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	2
4 Music and Movement 10:00 – 11:00am 634 Main Street	5 Open Playgroup 10:00 – 11:00am 634 Main Street	6 Cultural Connections – Coffee and Conversation Drop in group for English Learners 10:00am – 12:00pm Power Yoga 4:45-5:45pm Vinnie’s jump and Jive 635 Main Street	7 Power Yoga 4:45-5:45pm 634 Main Street	8 Open Playgroup 9:30 – 11:00am 634 Main Street	9
11 Music and Movement 10:00 – 11:00am 634 Main Street	12 Sensory Seekers 10:00 – 11:00am 634 Main Street	13 Power Yoga 4:45-5:45pm Vinnie’s Jump and Jive 635 Main Street	14 Power Yoga 4:45-5:45pm 634 Main Street	15 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	16
18 Music and Movement 10:00 – 11:00am 634 Main Street Cultural Connections "Artolution- Art Through Crisis - 12-1pm @ Wesleyan University Learn more & register: cultural.conn@gmail.com	19 Open Playgroup 10:00 – 11:00am 634 Main Street	20 Diaper Bank Pick - Up 12:00 – 3:00pm 634 Main Street Power Yoga 4:45 – 5:45pm Vinnie’s Jump and Jive 635 Main Street	21 Power Yoga 4:45-5:45pm 634 Main Street	22 Open Playgroup 9:30 – 11:00am 634 Main Street	23
25 Memorial Day	26 Sensory Seekers 10:00 – 11:00am 634 Main Street	27 Power Yoga 4:45 – 5:45pm Vinnie’s Jump and Jive 635 Main Street	28 Power Yoga 4:45 – 5:45pm 634 Main Street	29 Open Playgroup 9:30 – 11:00am 634 Main Street	30 