

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

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

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2026

Mon	Tue	Wed	Thu	Fri	Sat
			October 1 Power Yoga 4:45-5:45pm 634 Main Street	2 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	3
5 Music and Movement 10:00 – 11:00am 634 Main Street	6 Sensory Seekers 10:00 – 11:00am 634 Main Street	7 Cultural Connections – Coffee and Art 10:00am – 12:00pm Power Yoga 4:45-5:45pm Vinnie's Jump & Jive 635 Main Street	8 Power Yoga 4:45-5:45pm 634 Main Street	9 Open Playgroup 9:30 – 11:00am 634 Main Street	10
12 Music and Movement 10:00 – 11:00am 634 Main Street	13 Open Playgroup 10:00 – 11:00am 634 Main Street	14 Power Yoga 4:45-5:45pm Vinnie's Jump & Jive 635 Main Street	15 Power Yoga 4:45-5:45pm 634 Main Street	16 Open Playgroup 9:30 – 11:00am 634 Main Street Breastfeeding Support Group - Zoom 11:00am – 12:00pm	17
19 Music and Movement 10:00 – 11:00am 634 Main Street	20 Sensory Seekers 10:00 – 11:00am 634 Main Street	21 Diaper Bank Pick - Up 12:00 – 3:00pm 634 Main Street Power Yoga 4:45 – 5:45pm Vinnie's Jump & Jive 635 Main Street	22 Power Yoga 4:45-5:45pm 634 Main Street	23 Open Playgroup 9:30 – 11:00am 634 Main Street	24
26 Music and Movement 10:00 – 11:00am 634 Main Street	27 Open Playgroup 10:00 – 11:00am 634 Main Street	28 Power Yoga 4:45 – 5:45pm Vinnie's Jump & Jive 635 Main Street	29 Power Yoga 4:45-5:45pm 634 Main Street	30 Open Playgroup 9:30 – 11:00am 634 Main Street	31 