Middletown Family Wellness Center
634 Main Street
Middletown, CT

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

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NOVEMBER 2026

Mon	Tue	Wed	Thu	Fri	Sat
November 2 **Music and Movement** 10:00 – 11:00am 634 Main Street	**3** **Open Playgroup** 10:00 – 11:00am 634 Main Street	**4** **Cultural Connections –** Coffee and Art 10:00am – 12:00pm	**5** **Power Yoga** 4:45-5:45pm 634 Main Street	**6** **Open Playgroup** 9:30 – 11:00am 634 Main Street **Breastfeeding Support Group - Zoom** 11:00am – 12:00pm	**7** Where health care is a right, not a privilege, since 1972 Community Health Center, Inc.
9 **Music and Movement** 10:00 – 11:00am 634 Main Street	**10** **Sensory Seekers** 10:00 – 11:00am 634 Main Street	**11** **Power Yoga** 4:45-5:45pm Vinnie's Jump & Jive 635 Main Street	**12** **Power Yoga** 4:45-5:45pm 634 Main Street	**13** **Open Playgroup** 9:30 – 11:00am 634 Main Street	**14**
16 **Music and Movement** 10:00 – 11:00am 634 Main Street	**17** **Open Playgroup** 10:00 – 11:00am 634 Main Street	**18** **Diaper Bank Pick - Up** 12:00 – 3:00pm 634 Main Street **Power Yoga** 4:45-5:45pm Vinnie's Jump & Jive 635 Main Street	**19** **Power Yoga** 4:45-5:45pm 634 Main Street	**20** **Open Playgroup** 9:30 – 11:00am 634 Main Street **Breastfeeding Support Group - Zoom** 11:00am – 12:00pm	**21** **Celebration of Arts and Culture** 5:30-7:30pm 675 Main Street
23 **Music and Movement** 10:00 – 11:00am 634 Main Street	**24** **Sensory Seekers** 10:00 – 11:00am 634 Main Street	**25** **Power Yoga** 4:45 – 5:45pm Vinnie's Jump & Jive 635 Main Street	**26** **THANKSGIVING**	**27**	**28**
30 **Music and Movement** 10:00 – 11:00am 634 Main Street					**31** The Family Wellness Center Nurturing families, strengthening communities A PROJECT OF COMMUNITY HEALTH CENTER, INC.