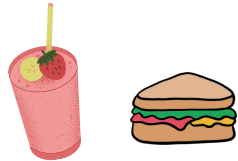




METROWEST YMCA



CHANGEMAKER
CAFÉ

Monday–Friday
9:00 AM – 2:00 PM
3:00 PM – 6:00 PM

Saturday–Sunday
9:00 AM – 2:00 PM

EXPLORE
EVENTS:



KEY:

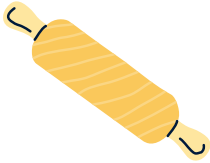
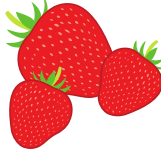
Hopkinton Outdoor Series
Framingham Branch Series
A La Carte Cooking Classes

Tabling events
Garden programs
YMCA Events

MAY 2025: NUTRITION & COOKING EVENTS

Click on each event for additional details and registration.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	Kids in the Kitchen Ages 6–9 5:00 PM – 7:00 PM 2	Kid Chef Series Ages 6–9 4:30 PM – 5:30 PM 3	 4	Teen Chef Series Ages 10–16 5:00 PM – 6:30 PM 1	Cooking With Littles Series Ages 2–6 10:15 AM – 11:00 AM 2 FDN: Cinco De Mayo 5:30 PM – 7:30 PM Hopkinton Outdoor Center	Kid Chef Series Ages 6–9 11:15 AM – 12:15 PM OR 12:45PM –1:45 PM 3 Mother's Day Bouquet Soiree 10:00 AM – 11:00 AM Hopkinton Outdoor Center
 4	Kids in the Kitchen Ages 6–9 5:00 PM – 7:00 PM 5	Kid Chef Series Ages 6–9 4:30 PM – 5:30 PM 6	Healthy Hacks for Tiny Tastes Buds Ages 18+ 10:00 PM –11:00 AM Framingham Branch 7	Teen Chef Series Ages 10–16 5:00 PM – 6:30 PM 8	Cooking With Littles Series Ages 2–6 10:15 AM – 11:00 AM 9	Kids in the Kitchen Mother's Day Brunch 1:00 PM – 3:00 PM Hopkinton Outdoor Center 10
 11	Kids in the Kitchen Ages 6–9 5:00 PM – 7:00 PM 12	Kid Chef Series Ages 6–9 4:30 PM – 5:30 PM 13	Foodies Over 50! 5:15 PM –6:15 PM Framingham Branch 14	Teen Chef Series Ages 10–16 5:00 PM – 6:30 PM 15	Cooking With Littles 10:15 AM – 11:00 AM Hopkinton Outdoor Center 16 FDN: Kids Cook Dinner! 5:30 PM – 7:30 PM Hopkinton Outdoor Center	Cooking With Littles Series Ages 2–6 10:15 AM – 11:00 AM 17 Kid Chef Series Ages 6–9 11:15 AM – 12:15 PM OR 12:45PM –1:45 PM
 18	Kids in the Kitchen Ages 6–9 5:00 PM – 7:00 PM 19	Kid Chef Series Ages 6–9 4:30 PM – 5:30 PM 20	 21	Teen Chef Series Ages 10–16 5:00 PM – 6:30 PM 22	Cooking With Littles Series Ages 2–6 10:15 AM – 11:00 AM 23	Cooking With Littles Series Ages 2–6 10:15 AM – 11:00 AM 24 Kid Chef Series Ages 6–9 11:15 AM – 12:15 PM OR 12:45PM –1:45 PM
 25	 26	Kid Chef Series Ages 6–9 4:30 PM – 5:30 PM 27	 28	Teen Chef Series Ages 10–16 5:00 PM – 6:30 PM 29	Cooking With Littles Series Ages 2–6 10:15 AM – 11:00 AM 30	May Magic Gardening Workshop 10:00 AM – 11:00 AM Hopkinton Outdoor Center 31