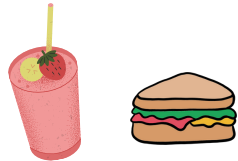




METROWEST YMCA



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

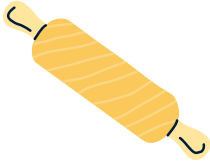
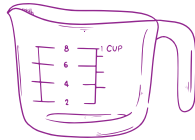
Garden programs

YMCA Events

JUNE 2025: NUTRITION & COOKING EVENTS

Click on each event for additional details and registration.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	<u>Kids in the Kitchen</u> Ages 6-9 5:00 PM – 7:00 PM 2	<u>Kid Chef Series</u> Ages 6-9 4:30 PM – 5:30 PM 3	<u>Healthy Hacks for Tiny Taste Buds</u> 10:00 AM – 11:00 AM Framingham Branch 4	<u>Teen Chef Series</u> Ages 10-16 5:00 PM – 6:30 PM 5	<u>Cooking With Littles</u> Ages 2-6 10:15 AM – 11:00 AM Hopkinton Outdoor Center 6 <u>FDN: Flavor Pairing</u> 5:30 PM – 7:30 PM Hopkinton Outdoor Center	<u>Kid Chef Series</u> Ages 6-9 11:15 AM – 12:15 PM 7 <u>Kids in the Kitchen Tea Party</u> 1:00 PM – 3:00 PM Hopkinton Outdoor Center
8	<u>Kids in the Kitchen</u> Ages 6-9 5:00 PM – 7:00 PM 9	<u>Kid Chef Series</u> Ages 6-9 4:30 PM – 5:30 PM 10	<u>Foodies over 50!</u> 5:15 PM – 6:15 PM Framingham Branch 11	<u>Teen Chef Series</u> Ages 10-16 5:00 PM – 6:30 PM 12 <u>Farm to Table Spring Harvest</u> 4:30 PM – 7:00 PM Hopkinton Outdoor Center	 13	<u>Cooking With Littles</u> Ages 2-6 10:15 AM – 11:00 AM 14 <u>Kid Chef Series</u> Ages 6-9 11:15 AM – 12:15 PM
 15	16	 17	18	<u>Summer Eats Kick Off Event!</u> 3:30 PM – 5:30 PM Gems at the Arts 19	20	 21
22	<u>Summer Camp Starts!</u> 23	24	 25	26	27	<u>Cooking With Littles</u> Ages 2-6 10:15 AM – 11:00 AM 28 <u>Kid Chef Series</u> Ages 6-9 11:15 AM – 12:15 PM
<u>Cooking With Littles</u> Ages 2-6 10:15 AM – 11:00 AM 29 <u>Kid Chef Series</u> Ages 6-9 11:15 AM – 12:15 PM	30		 		 	<u>Cooking With Littles</u> Ages 2-6 10:15 AM – 11:00 AM  <u>Kid Chef Series</u> Ages 6-9 11:15 AM – 12:15 PM