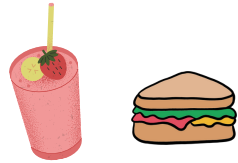




# FEBRUARY 2025: NUTRITION & COOKING EVENTS

Click on each event for additional details and registration.

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:



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1						1
2	3	4	5	6	7 <u>Family Dinner Night: Homemade Pizza!</u> 5:30- 7:30 PM Hopkinton Outdoor Center  <u>Cooking with Littles</u> 10:15 AM - 11:00 AM Framingham Branch	8 <u>Kids in the Kitchen: Homemade Pasta</u> 1:00 PM - 3:00 PM Hopkinton Outdoor Center  <u>Seed Paper Valentines Workshop</u> 11-12:30 PM Hopkinton Outdoor Center
9	10	11 <u>Tabling Event: Heart Healthy Snacks &amp; BP Screenings</u> 9:00 AM- 11:00 AM Framingham Branch	12 <u>Cooking For Older Adults</u> 12:30 PM - 1:30 PM Framingham Branch	13	14 <u>Cooking with Littles Heart Shaped Pizzas</u> 10:15 AM - 11:00 AM Hopkinton Outdoor Center	15 <u>Tabling Event: Heart Healthy Snacks &amp; BP Screenings</u> 9:30 AM- 11:00 AM Framingham Branch
16 <u>Adult Cooking Class: Meal Prep</u> 4:00 PM- 6:00 PM Hopkinton Outdoor Center	17	18 <u>KITK: Vacation Half Day Program Mexico:</u> 9:00 AM - 1:00 PM Hopkinton Outdoor Center	19 <u>KITK: Vacation Half Day Program Greece</u> 9:00 AM - 1:00 PM Hopkinton Outdoor Center	20 <u>KITK: Vacation Half Day Program India</u> 9:00 AM - 1:00 PM Hopkinton Outdoor Center	21 <u>KITK: Vacation Half Day Program Italy</u> 9:00 AM - 1:00 PM Hopkinton Outdoor Center	22
23	24	25	26	27	28	