

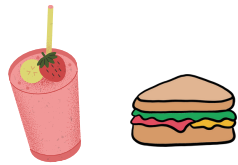


# APRIL 2025: NUTRITION & COOKING EVENTS



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:



KEY:

Hopkinton Outdoor Series  
Framingham Branch Series

A La Carte Cooking Classes

Tabling events  
Garden programs  
YMCA Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	<u>Kids in the Kitchen</u> Ages 6-9 5:00 PM - 7:00 PM	<u>Kid Chef Series</u> Ages 6-9 4:30 PM - 5:30 PM	<u>Healthy Hacks for Tiny Tastes Buds</u> Ages 18+ 10:30 PM - 11:30 AM Framingham Branch	<u>Teen Chef Series</u> Ages 10-16 5:00 PM - 6:30 PM	4	<u>Kid Chef Series</u> Ages 6-9 11:15 AM - 12:15 PM OR 12:45 PM - 1:45 PM
6	<u>Kids in the Kitchen</u> Ages 6-9 5:00 PM - 7:00 PM	<u>Kid Chef Series</u> Ages 6-9 4:30 PM - 5:30 PM	Tabling Event: Free Energy Bites Taste Test! 10:00 AM - 12:00 PM & 3:30 PM - 5:30 PM Framingham Branch <u>Cooking For Older Adults</u> ages 50+ 12:30 PM - 1:30 PM Framingham Branch	<u>Teen Chef Series</u> Ages 10-16 5:00 PM - 6:30 PM	<u>Cooking with Littles</u> 10:15 AM - 11:00 AM Hopkinton Outdoor Center OR Framingham Branch FDN: Homemade Gnocchi 5:30 PM - 7:30 PM Hopkinton Outdoor Center	<u>Kids in the Kitchen</u> Snack Attack! 1:00 PM - 3:00 PM Hopkinton Outdoor Center
13	<u>Kids in the Kitchen</u> Ages 6-9 5:00 PM - 7:00 PM	<u>Kid Chef Series</u> Ages 6-9 4:30 PM - 5:30 PM	16	<u>Teen Chef Series</u> Ages 10-16 5:00 PM - 6:30 PM	18	19
20	21	<u>Vacation Day: Kids in the Kitchen</u> Ages 6-9 9:00 AM - 1:00 PM Hopkinton Outdoor Center <u>Earth Day Garden Event:</u> 10:00 AM - 12:30 PM Hopkinton Outdoor Center	<u>Vacation Day: Kids in the Kitchen</u> Ages 6-9 9:00 AM - 1:00 PM Hopkinton Outdoor Center	<u>Vacation Day: Kids in the Kitchen</u> Ages 6-9 9:00 AM - 1:00 PM Hopkinton Outdoor Center	<u>Vacation Day: Kids in the Kitchen</u> Ages 6-9 9:00 AM - 1:00 PM Hopkinton Outdoor Center	<u>Healthy Kids Day</u> 9:00 AM - 1:00 PM Hopkinton Outdoor Center
<u>Spring 2 Classes Start!!</u>	<u>Kids in the Kitchen</u> Ages 6-9 5:00 PM - 7:00 PM	<u>Kid Chef Series</u> Ages 6-9 4:30 PM - 5:30 PM	30	<u>Teen Chef Series</u> Ages 10-16 5:00 PM - 6:30 PM	<u>Cooking With Littles Series</u> Ages 2-6 10:15 AM - 11:00 AM Kid Chef Series Ages 6-9 11:15 AM - 12:15 PM OR 12:45 PM - 1:45 PM	26
27	28	29	1	2	2	27