MetroWest
MASSACHUSETTS
2020 GUIDE
SHOPPING • FOOD • DRINK • RECREATION • ARTS/CULTURE • ACCOMMODATIONS • SERVICES

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SHOPPING • FOOD/DRINK • RECREATION • ARTS/CULTURE • ACCOMMODATIONS • SERVICES

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PERFECT FOR ALL AGES & GROUP SIZES
With Wegmans Meals 2GO, we’ve made it even easier for you to get the food you love. Now you can order a variety of healthy cuisines right in the app, such as veggie crust pizza, sushi, salads and more!

Learn more at wegmans.com/wegmans2GO
Welcome to MetroWest!

For centuries, MetroWest has been a diverse and thriving region offering tremendous opportunities for personal exploration and professional growth. That innovative spirit has kept our region at the forefront of burgeoning new industries—from craft beverages to biotech—even as we preserve our historic New England traditions and landscape. Set between the two largest cities in New England, our region offers the best of two worlds: the vibrant excitement of a city with thriving cultural amenities and corporate leaders, and rural natural beauty that is perfect for recreation and relaxation. Our unique mix of urban, suburban, and rural communities makes it easy for visitors to experience luxury shopping and country boutiques, haute cuisine and farm-to-table, conference centers and restful inns. With major arteries crisscrossing the region, you are never far from intriguing opportunities in MetroWest!

Urban Air Adventure Park in Bellingham, the ultimate family entertainment destination, is the official sponsor of the 2020 Guide to MetroWest. Cover photography: Sudbury Valley Trustees conserve and care for over 5000 acres of fields, forests, and farms in the 36 communities surrounding the Sudbury, Assabet, and Concord Rivers. Photo courtesy of Thomas Cooper courtesy of OARs. Discover extended-stay comfort and modern convenience at the new Residence Inn Boston Natick. Photo courtesy of Residence Inn Boston Natick and JS Photography.

The Guide to MetroWest is published annually by the MetroWest Visitors Bureau, 665 Franklin Street, Upper Level Framingham, MA 01702. 508-361-9881 Design: ninagarfinkle.com Illustrations: christopherjagmin.com

Funded by the Massachusetts Office of Travel & Tourism.
All Roads Lead to MetroWest
Driving: from there to here

IN LESS THAN ONE HOUR!
• Bellingham > downtown Providence, RI: 15 miles
• Eastern Natick > western Northborough: 18 miles
• Natick > Boston’s Logan Airport: 20 miles
• Northborough > downtown Springfield: 60 miles
• I-90 / I-495 interchange > downtown Worcester: 12 miles
• Downtown Franklin > Downtown Marlborough: 23 miles
• Downtown Franklin > Cape Cod’s Bourne Bridge: 50 miles

EASY ACCESS:
TAKE INTERSTATES FROM OTHER STATES
• Hudson > New Hampshire border: 30 miles
• I-90 / I-495 interchange > downtown Providence: 35 miles
• Wayland > Kittery, ME: 70 miles
What’s in store?

With such a wealth of retail offerings, it’s easy to “spend” the day here.

Where else could you browse a quintessential country store and, minutes later, shop at New England’s largest enclosed retail mall, with luxury brands available nowhere else in the state outside of Boston?

MetroWest is referred to as a shopper’s world, and indeed, one of the nation’s first outdoor malls, with the apt title Shoppers’ World, anchors a three-square-mile shopping extravaganza along Route 9 that includes Natick Mall. Hundreds of national brand stores and local emporiums make shopping incomparable as you head west on Route 9 through Northborough. Solomon Pond Mall anchors the northern tip of the region, and Wrentham Village Premium Outlets anchor the southern tip. In between, you’ll find specialty stores to suit every need and whim.

Leave the driving to the MWRTA, a user-friendly bus service that stretches from Marlborough’s Solomon Pond Mall to Newton’s MBTA station, where it’s a ten-minute ride to Boston. It stops at all major MetroWest hotels, many town centers, and all along Route 9. Further south, GATRA’s bus service links 28 communities, including the plentiful retail districts of Franklin, Milford, and Bellingham. See the Services section for transportation information.

Oil, spice, and everything nice—from The Little Shop of Olive Oils to New England’s largest enclosed mall. Photos courtesy of Franklin Cultural Council and Natick Mall.
GENERAL SHOPPING

6 Bridges Gallery
77 Main Street, Maynard 01754 • 978-867-5209  www.6bridgesgallery.com

1854 Cycling Company
P.O. Box 3294, Framingham 01705 • www.1854cycling.com

Avenue C Design
1062 Edmands Road, Framingham 01701 • www.youravenuecdesign.com

Baldwin Hill Art & Framing
8 Court Street, Natick 01760 • 508-720-0310  www.baldwinhillframing.com

Bay State Commons
Union and Main Streets, Westborough 01581

Bedrock Comics
371 Worcester Road, Framingham 01701 • 774-427-9192  www.bedrock-comics.com

Big Picture Framing
99 Cedar Street, Milford 01757 • 508-634-0008  www.bigpictureframing.com/our-locations

Bose
1245 Worcester Street, Natick 01760 • 508-647-4012  www.bose.com

Boston Ski & Tennis
400 Union Street, Westborough 01581 • 508-616-2024  www.bostonskidtennis.com

Cabela's
44 Highland Common, Berlin 01749 • 978-212-6200  www.cabelas.com

Calliope Paperie
1 North Main Street 01760 • 774-290-4321  www.calliopepaperie.com

Cost Plus World Market
Shoppers World, 1 Worcester Road, Framingham 01701 • 508-626-1529  www.worldmarket.com

Dragonfly's Quilt Shop
Natick Center Cultural District • 41 Main Street, Natick 01760 • 508-653-2526  www.fivecrows.com

We offer handcrafted gifts from over 150 local, regional, and national artists. Custom orders are available and we offer free gift wrapping! We hope you will stop by during your visit to historic Natick Center.

Frame Shop & Gallery
5 Main Street, Natick 01760 • 508-651-1551  www.frameshop-gallery.com

What’s in Store? See more at metrowestvisitors.org
Full Circle Arts
9 Middlesex Avenue, Natick 01760 • 276 Turnpike Road, Westborough 01581 • 508-651-0137
www.etsy.com/shop/fullcircleartsstudio
A nonprofit studio and retail shop that supports the creative abilities of artists and crafters with intellectual and developmental disabilities.

Hopkinton Jewelers
1 Clafin Commons, Hopkinton 01748 • 508-435-4737  www.facebook.com/HopkintonJewelers

Jane’s Frames
11 East Central Street, Franklin 02038 • 508-528-3256  www.janesframes.com

Landry’s Bicycles
790 Worcester Street, Natick 01760 • 508-655-1990  www.landrys.com

Microsoft Store – Natick Mall
1245 Worcester Street, Natick 01760 • 508-903-4500  www.microsoft.com/en-us/store/locations

Mill Village Plaza
365 Boston Post Road, Sudbury 01776 • www.facebook.com/MillVillageSudbury

Music Go Round
810 Worcester Street, Natick 01760 • 508-653-9300  www.musicgoroundboston.com

Natick Mall
1245 Worcester Street, Natick 01760 • 508-655-4800  www.natickcollection.com
Find something for every facet of your personality at New England’s most diverse selection of places to shop and eat. With over 220 stores and restaurants, you are sure to find your *favorite label here!

Newbury Comics
Charles River Center, 253B Hartford Avenue, Bellingham 02019 • 508-966-0619
Solomon Pond Mall, 601 Donald Lynch Boulevard, Marlborough 01752 • 508-460-0872
Natick Mall, 1245 Worcester Street, Natick 01760 • 508-650-4911
www.newburycomics.com

Northborough Crossing
Shops Way, Northborough 01532 • www.northboroughcrossing.com

Panza Shoes
8 Union Ave, Framingham 01702 • 508-872-3334
www.panzashoe.com

A Piece of Heaven
312 Main Street, Hudson 01749 • 978-562-6100
www.apieceofheavenltd.com

Robjet’s D’Art
1 North Main Street, Natick 01760 • 415-317-3240
www.robjetsd'art.com

Sally’s Alley
470 Franklin Village Drive, Franklin 02038 • 508-520-3123
www.sallysalley.com

Serendipity
638 Main Street, Hudson 01749 • 978-562-7756
www.serendipityinhudson.com

Shoppers World
1 Worcester Road, Framingham 01701 • 508-872-1257  www.shoppersworldma.com

Skinner Inc
274 Cedar Hill Street, Marlborough 01752 • 508-970-3232  www.skinnerinc.com
SKM Collection
419 Worcester Road, Framingham 01701 • 508-309-7758 www.skmcollection.com
SKM offers a wide selection of fashion jewelry, trendy clothing and fun accessories. Our number one goal is to make you look and feel good!

Solomon Pond Mall
601 Donald Lynch Boulevard, Marlborough 01752 • 508-303-0204 www.simon.com/mall
120 retailers, as well as restaurants, a carousel, and a 15-theater cinema.

Star Custom Framers
117 Great Road, #11a, Stow 01775 • 978-461-2155 www.starcustomframers.com

Swoon Women's Clothing
5 Walcott Street, Hopkinton 01748 • 508-497-9666 www.swoonneutral.com

Uni-T
1245 Worcester Street, Suite 4048, Natick 01760 • 617-835-8888 www.shopuni-t.com

Vallee's Jewelers
68 Main Street, Franklin 02038 • 508-528-2300 www.valleesjewelers.com

Wild Birds Unlimited
215 Franklin Village Drive, Franklin 02038 • 508-541-6800 www.franklinma.wbu.com

Wayside Country Store
1015 Boston Post Road East, Marlborough 01752 • 508-481-3458 www.waysidecountrystore.com

Wrentham Village Premium Outlets
1 Premium Outlet Boulevard, Wrentham 02093 • 508-384-0600 www.premiumoutlets.com

Yankee Candle
1245 Worcester Street (Natick Mall), Natick 01760 • 508-650-5300 www.yankeecandle.com

Simon's Furniture
8 Summer Street, Franklin 02038 • 508-528-0501 www.simonfurniture.com

Weston Nurseries
93 East Main Street, Hopkinton 01748 • 508-435-3414 www.westonnurseries.com
Known throughout the Northeast for providing exceptional plants and expert advice about your garden and landscaping. We are open year-round and offer great gifts for the gardener!

RETAIL FOOD & DRINK

Assabet Village Food Cooperative
54 Main Street, Suite 205, Maynard 01754 • www.assabetvillagecoop.com

Bacon’s Wine & Spirits
234 Washington Street, Hudson 01749 • 978-562-6650 www.baconspirits.com
624 Waverly Street, Framingham 01702 • 508-872-6650
308 Main Street, Northborough 01532 • 508-393-2134
Party and event planning, catering and bartending, wine cellar selection, special orders and beverage-finding service, do-it-yourself wine tastings. One of the best selections of Portuguese brandies, aguardentes, and liqueurs.

Ben & Jerry’s Natick Scoop Shop
1265 Worcester Road, Natick 01760 • 508-650-5400 www.benjerry.com/natick

Boston Nut Roasters
7 Hilldale Road, Ashland 01721 • 508-450-4345

FOR THE HOME & DORM

Aubuchon Hardware
240 Cottage Street, Franklin 02038 • 508-528-8484 www.aubuchon.com

Fabric Place Basement
321 Speen Street, Natick 01760 • 508-655-2000 www.fabricplacebasement.com

Giuberti Décor
381 Worcester Road, Framingham 01701 • 888-793-3267 www.giubertidecor.com

Home Goods
400 Cochituate Road, Framingham 01701 • 508-872-6522 www.homegoods.com
18 Lyman Street, Westborough 0158 • 508-870-1362 www.homegoods.com

Jordan's Furniture
1 Underprice Way (Route 9), Natick 01760 • 508-424-0088 www.jordans.com

Landscape Depot
57 Dilla Street, Milford 01757 • 508-478-9100 www.landscapedepotsupply.com
350 Irving Street, Framingham 01702 • 508-620-2988 www.landscapedepotsupply.com

Mary’s Indoor Garden & Plants
Fiske’s General Store, 776 Washington Street, Holliston 01746 • 508-259-4308 www.marygreendale.com

New England Bonsai Gardens
914 South Main Street, Bellingham 02019 • 508-883-2842 www.nebonsai.com

Renewal by Andersen
30 Forbes Road, Northborough 01532 • 508-351-2236 www.renewalbyandersen.com

Yankee Candle
1245 Worcester Street (Natick Mall), Natick 01760 • 508-650-5300 www.yankeecandle.com

Simon’s Furniture
8 Summer Street, Franklin 02038 • 508-528-0501 www.simonfurniture.com

Weston Nurseries
93 East Main Street, Hopkinton 01748 • 508-435-3414 www.westonnurseries.com
Known throughout the Northeast for providing exceptional plants and expert advice about your garden and landscaping. We are open year-round and offer great gifts for the gardener!

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624 Waverly Street, Framingham 01702 • 508-872-6650
308 Main Street, Northborough 01532 • 508-393-2134
Party and event planning, catering and bartending, wine cellar selection, special orders and beverage-finding service, do-it-yourself wine tastings. One of the best selections of Portuguese brandies, aguardentes, and liqueurs.

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Boston Nut Roasters
7 Hilldale Road, Ashland 01721 • 508-450-4345

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240 Cottage Street, Franklin 02038 • 508-528-8484 www.aubuchon.com

Fabric Place Basement
321 Speen Street, Natick 01760 • 508-655-2000 www.fabricplacebasement.com

Giuberti Décor
381 Worcester Road, Framingham 01701 • 888-793-3267 www.giubertidecor.com

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400 Cochitute Road, Framingham 01701 • 508-872-6522 www.homegoods.com
18 Lyman Street, Westborough 0158 • 508-870-1362 www.homegoods.com

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1 Underprice Way (Route 9), Natick 01760 • 508-424-0088 www.jordans.com

Landscape Depot
57 Dilla Street, Milford 01757 • 508-478-9100 www.landscapedepotsupply.com
350 Irving Street, Framingham 01702 • 508-620-2988 www.landscapedepotsupply.com

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914 South Main Street, Bellingham 02019 • 508-883-2842 www.nebonsai.com

Renewal by Andersen
30 Forbes Road, Northborough 01532 • 508-351-2236 www.renewalbyandersen.com

Yankee Candle
1245 Worcester Street (Natick Mall), Natick 01760 • 508-650-5300 www.yankeecandle.com
The Cake Bar
17 East Central Street, Franklin 02038 • 508-553-8700  www.thecakebaronline.com

The Candy Cottage
32 Central Street, Holliston 01746 • 508-429-5544  www.thecandyhouse.biz

Chocolate Therapy
60 Worcester Road, Framingham 01702 • 508-875-1571  www.ctsweetremedies.com

Crafted
400 Washington Street, Holliston 01746 • 508-429-1931  www.crafted-ma.com/#craftbeer

Elizabeth’s Bagels
456 West Central Street, Franklin 02038 • 508-541-3988  www.elizabethsbagels.com

Fifth Avenue Liquors
235 Old Connecticut Path, Framingham 01701 • 508-872-7777  www.fifthavelliquor.com
20 Milliston Road, Millis 02054 • 508-376-6056

Green Mountain Chocolates
25 South Street, Hudson 01749 • 978-562-5938  www.harvardsweetboutique.com

Harvard Sweet Boutique
321 Speen Street, Natick 01760 • 508-651-5210  www.totalwine.com

Hopkinton Wine & Spirits
77 West Main Street, Hopkinton 01748 • 508-435-1292  www.hopkintonwineandspirits.com

Julio’s Liquors
140 Turnpike Road, Westborough 01581 • 508-366-1942  www.juliosliquors.com

Mullahy’s Artisan Cheeses
63 Main Street, Hudson 01749 • 508-570-8068  www.mullahys.com

Outpost Farm
216 Prentice Street, Holliston 01746 • 508-429-5244  www.outpostfarm.net

Paired, Poured, and Plated
290 West Main Street, Northborough 01532 • 508-666-7786  www.pairedpouredplated.com

Roche Bros.
6 Milliston Road, Millis 02054 • 508-376-2091  www.rochebros.com
150 West Central Street, Natick 01760 • 508-655-5540  www.rochebros.com
1100 Union Street, Westborough 01581 • 508-836-3600  www.rochebros.com
Share in our love of food by shopping our deli, bakery, produce, cheeses, meats, seafood, and groceries. Full catering menu and service for events of any size.

Tilly & Salvy’s Bacon Street Farm
100 Bacon Street, Natick 01760 • 508-653-4851  www.baconstreetfarm.com

Total Wine & More
100 Bacon Street, Natick 01760 • 508-653-4851  www.totalwine.com

Visit Downtown Franklin, MA
Your destination for shopping, dining, and history. Find us on Facebook at www.FranklinDowntownPartnership.org.
The Vin Bin
91 Main Street, Marlborough 01752 • 508-480-9463 www.thevinbin.com
22 South Street, Hopkinton 01748 • 508-435-9463 www.thevinbin.com
154 Turnpike Road, Southborough 01772 • 508-485-8884 www.thevinbin.com
Brews and spirits, cheeses, gifts, weekly tastings.

Wegmans Food Markets, Inc.
1245 Worcester Street, Natick Mall 01760 • 508-960-0100 www.wegmans.com
9102 Shops Way, Northborough 01532 • 508-970-1200
For meals to go (to eat in or out), there’s a Market Café, sushi bar, pizza and sub shop, and dozens of hot, prepared entrees and sides. Full wine, liquor, and beer shop, kosher deli, butcher, patisserie, Nature’s Marketplace, and Burger Bar in Natick location.

Whole Foods
575 Worcester Road, Framingham 01701 • 508-628-9525 www.wholefoodsmarket.com/stores/framingham
536 Boston Post Road, Sudbury 01776 • 508-358-7700 www.wholefoodsmarket.com/stores/sudbury
442 Washington Street, Wellesley 02482 • 781-235-7262 www.wholefoodsmarket.com/stores/wellesley

Woodville Maples
217 Wood Street, Hopkinton 01748 • 508-341-5108 www.woodvillemaples.com

Yummy Mummy Bakery
72 East Main Street, Westborough 01581 • 508-366-4200
www.yummymummybrownies.com

VISIT Marlborough
Stay, eat, relax and be entertained in Marlborough, MA

visit-marlborough.com
Creative impulses

Our centuries-old spirit of innovation is the foundation of a rich cultural community.

We offer an exciting array of visual and performing arts, world-renowned curated collections, and grassroots artistic endeavors, all supported by local cultural councils and enthusiastic patronage.

Inspired by our rich traditions, we keep one foot in the past while we move forward. Here, arts and culture enthusiasts preserve the oldest New England venues while enjoying the most modern performance facilities. Historic homes dating to the Salem witch trials are within blocks of the Space-Age McAuliffe Challenger Center. Botanic gardens feature the oldest species of native plants; concert halls showcase emerging performers.

Art and artifacts are our treasures: from sculpture parks to stamp exhibits, from bluegrass festivals to battlefield re-enactments, from watercolor classes to World War II’s rarest memorabilia, from Russian icons to recycled objects d’art.

Plan a trip in MetroWest and put our past in your future.

PERFORMING ARTS

Allegro Music School
P.O. Box 66, Natick 01760 • 508-655-3733  www.allegromusic.org

Amazing Things Arts Center
160 Hollis Street, Framingham 01702 • 508-405-ARTS (2787)  www.amazingthings.org
Bringing together a diverse community of artists, arts supporters and arts appreciators of all ages, cultures and interests to experience the transformational power of rich and varied art forms.

Boston Bluegrass Union
PO Box 650061, West Newton 02465 • 617-782-2251  www.bbu.org
The Boston Bluegrass Union is a performing arts association based in the Boston area. We have over 38 years of presenting bluegrass concerts, festivals and educational activities.

Center for Arts and Wellness

Center for the Arts in Natick (TCAN)
14 Summer Street, Natick 01760 • 508-647-0097  www.natickarts.org
TCAN is one of the best-loved concert venues in MetroWest, where national acts like Peter Wolf, Joan Osborne, Paula Poundstone, Tom Rush, or The Smithereens perform. A busy calendar of events includes theatre, family concerts, open mike nights, and arts education programs.

Centre Music House
18 Main Street, Framingham 01702 • 508-875-0909  www.centremusic.com
A local family-owned and operated music studio and store serving Framingham and the MetroWest area for over 40 years. Specializing in private lessons for all ages, we provide an interactive and creative learning environment that is comfortable, fun, and professional.

Charles River Sinfonietta
58 Union Street,Millis 02054 • 508-376-4761

Clafin Hill Symphony Orchestra Inc.
208 Main Street, Milford 01757 • 508-478-5924  www.clafinhill.org

Commonwealth Shakespeare Company
231 Forest Street, Babson Park, Wellesley 02457 • 617-426-0863  www.commshakes.org

Dean College
99 Main Street, Franklin • 508-541-1605  www.dean.edu/Academics/Performance
Season and custom ticket packages for theater and dance performances in the Main Stage and the Guidry Center.

Drama Kids of Metro West
19 Dean Avenue, Franklin 02038 • 617-391-0369  www.dramakids.com

Encore Music Academy and Recording Studios
3 Bent Street, Franklin 02038 • 508-533-7700  www.encoremusicacademy.net
352 Village Street, Millis 02054 • 508-376-2776  www.encoremusicacademy.net

Enter Stage Left Theater
98 Hayden Rowe Street, Hopkinton 01748 • 508-435-9222  www.hopartscenter.org
Resident theater of Hopkinton Center for the Arts, ESL provides quality theater education for all ages and offers a wide array of 12 productions annually to MetroWest audiences looking for a great, affordable theater experience.

Exsultet!
725 Washington Street, Holliston 01746 • 781-249-9534  www.exsultet.us
Exsultet! is an auditioned women’s chorus performing a repertoire of choral literature spanning musical periods and cultures. The ensemble is comprised of 14 singers and is in residence at First Congregational Church in Holliston.

Framingham Community Theatre
3 Maple Street, Framingham 01702 • 508-875-5554  www.framways.com

Franklin School for the Performing Arts-Franklin
38 Main Street, Franklin 02038 • 508-528-8668  www.fspaonline.com

Ghost Light Players of MetroWest
29 Fontaine Street, Marlborough 01752 • Performances: 37 High Street, Marlborough 01752 • 508-263-0052  www.ghostlightplayers.com

Greater Milford Ballet Company
28 Bellingham Street, Mendon 01756 • 508-473-3354  www.greatermilfordballetcompany.com

Heritage Chorale
P.O. Box 1335, Framingham 01701 • 508-270-3999  www.heritagechorale.org

Holliston's Washington Street Players
Performing at 703 Washington Street, Holliston 01746 • www.washingtonstreetplayers.org

Hopkinton Center for the Arts
98 Hayden Rowe Street, Hopkinton 01748 • 508-435-9222  www.hopartscenter.org
The Hopkinton Center for the Arts provides visual and performing arts programs for individuals of all ages and abilities. Each year, we present many juried and community art exhibits, concerts, theater performances, art sales, classes, and workshops.

Indian Hill Music
36 King Street, Littleton 01460 • 978-486-9524  www.indianhillmusic.org

LiveARTS—First Universalist Society of Franklin
262 Chestnut Street, Franklin 02038 • 508-528-5348  www.fusf.org/livearts

MetroWest Harmony Chorus
www.metrowestharmony.com

MetroWest Symphony Orchestra
In residence at Hopkinton High School, Hopkinton 01742 • 508-686-3100  www.metrowestsymphony.org

Milford Performing Arts Center
150 Main Street, Milford 01757 • 508-473-1684  www.milfordpac.org

Pakachoag Music School of Greater Worcester
203 Pakachoag Street, Auburn 01501 • 508-791-8159  www.pakmusic.org

Performing Arts Center of MetroWest
3 Maple Street, Framingham 01702 • 508-875-5554  www.pacmetrowest.org

Rhapsody Music & Art Center
138 Hartford Avenue, Hopedale 01747 • 508-733-2299  www.musictogetherofblackstonevalley.com

Rivers Edge Arts Alliance
155 Aspley Street, Hudson 01749 • 978-562-1646  www.upwitharts.org

School of Rock Natick
38 Main Street, Natick 01760 • 508-830-0105  www.natick.schoolofrock.com
More than just lessons, our performance-based music education takes students from the lesson room to the stage. Guitar • Bass • Keys • Drums • Vocals

Stacey Peasley Children's Music
Natick 01760 • 617-861-7477  www.staceypeasley.com

Strike Up The Band
5 Washington Street, Natick 01760 • 508-655-9223  www.strikeuptheband.com
Symphony Pro Musica
14 Main Street, Hudson 01749 • 978-562-0939  www.symphonypromusica.org
SPM enriches the cultural life of our communities with live performances of the best symphonic repertoire, opera, and choral music. SPM showcases area instrumentalists and gifted young soloists.

Umbrella Community Arts Center
40 Stow Street, Concord 01742 • 978-371-0820  www.theumbrellaarts.org

Voices of MetroWest
P.O. Box 497, Natick 01760 • www.voicesofmetrowest.com

Walnut Hill School for the Arts
12 Highland Street, Natick 01760 • 508-653-4312  www.walnuthillarts.org
Walnut Hill School for the Arts offers a unique combination of academic rigor and artistic excellence for day and boarding students grades 9-12. Performances and exhibitions are open to the public, many free of charge.

Wellesley College
106 Central Street, Wellesley 02481 • 781-283-1000  www.wellesley.edu/events
Offering visual art, theater, film, lectures, concerts, visiting artists, lectures, and other cultural events to the public throughout the year.

Wellesley Symphony Orchestra
Concerts at 50 Oak Street, Wellesley 02457 • 781-235-0515  www.wellesleysymphony.org

VISUAL ARTS

6 Bridges Gallery
77 Main Street, Maynard 01754 • 978-897-3825  www.6bridgesgallery.com

60 Nobsot Gallery and Showroom
60 Nobsot Road, Sudbury 01776 • 948-440-8066  www.60nobsot.com

Art and Frame Emporium
18 Lyman Street, Westborough 01581 • 508-366-5650  www.artandframeemporium.com

Arts Wayland & @theW Gallery
57 Andrew Avenue, Wayland 01778 • 974-421-9211  www.artswayland.com

ArtSpace Maynard
63 Summer Street, Maynard 01754 • 978-897-9828  www.artspacemaynard.com

Blue Skies Studios
43 Broad Street, Suite B307, Hudson 01749 • 508-357-8855  www.blueskiesstudios.org

Ceramics Garage
914-227-2090 • www.theceramicsgarage.com

Community Kiln
26 Park Street, Framingham 01702 • 508-309-4604  www.brickstack.org
A program of SMOC open to all, Community Kiln at Brick Stack Arts Center offers classes and workshops for beginners through more advanced students of all ages to actively engage in the joy of ceramics.

Concord Center for the Visual Arts
37 Lexington Road, Concord 01742 • 978-369-2578  www.concordart.org
Where art is for everyone! Concord Arts' happenings include engaging exhibitions, classes, workshops, and special programs. Our teachers are among the best, and our demos, lectures, films and trips provide something for everybody.

Damianos Photography & Publishing
1630 Concord Street, Framingham 01701 • 508-872-4880  www.damianosphotography.com
Distinctive photography of architecture, interiors, products, and people for business. Services include digital image retouching (our images or yours), consulting and classes, in-house Giclée printing, and book publishing.

Danforth Art Museum at Framingham State University
14 Vernon Street, Framingham 01701 • 508-215-5110  www.danforth.framingham.edu
Focusing on American art from 19th century to present day, Danforth Art Museum has a permanent collection of 3,500 works of art and offers studio art courses, workshops, and artist lectures. Exhibitions focus on historical American art and contemporary, regional artists.

DZian Gallery
1245 Worcester Street (Natick Mall), Natick 01760 • 508-655-6522  www.dzian.net

Distinctive photography of architecture, interiors, products, and people for business. Services include digital image retouching (our images or yours), consulting and classes, in-house Giclée printing, and book publishing.

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Distinctive photography of architecture, interiors, products, and people for business. Services include digital image retouching (our images or yours), consulting and classes, in-house Giclée printing, and book publishing.
Full Circle Arts
9 Middlesex Avenue, Natick 01760 • 276 Turnpike Road, Westborough 01581 • 508-745-3732 www.jri.org
276 Turnpike Road, Westborough 01581 • 508-745-3732 www.jri.org
A program of Justice Resource Institute, this nonprofit studio and retail shop supports the creative abilities of artists and crafters with intellectual and developmental disabilities.

Holliston Mill Artists
24 Water Street, Holliston 01746 • 508-395-5692 www.hollistonmill.com

Jordan’s IMAX
1 Underprice Way (Route 9), Natick 01760 • www.jordans.com/imax

Jorie Designs Gallery & Gifts
1017 Boston Post Road, Marlboro 01752 • www.joriedesignsgg.com

Mazmanian Gallery at Framingham State University
McCarthy Center, 100 State Street, Framingham 01702 • 508-620-1220 www.framingham.edu/art-and-music
A gallery located at Framingham State University that showcases well known and local artists, as well as student and faculty art work.

Mendon Twin Drive-in
35 Milford Street, Mendon 01756 • 508-473-1092 www.mendondrivein.com

New Art Center
61 Washington Street, Newton 02460
617-964-3424 www.newartcenter.org
In a setting that is welcoming and conveniently located, we offer an inclusive, multi-generational approach to art education that serves 2,500 children, teens, and adults at all skill levels annually.

Paradise City Arts Festival
Royal Plaza Trade Center, Marlborough 01758 • 800-511-9725 www.paradisecityarts.com
Metro Boston’s award-winning fair of fine and functional art features 175 extraordinary artists from every corner of the country showing the very best in American craftsmanship. Takes place March and November annually.

Post Road Arts Center
1 Boston Post Road East, Marlborough 01752 • 508-485-2580 www.postroadartcenter.com

Renjeau Galleries
79 Worcester Street, Natick 01760 • 508-655-5121 www.renjeau.com

Saxonville Studios Inc.
1602 Concord Street, Framingham 01701 • 508-877-4730 www.saxonvillestudios.com

Spaightwood Gallery
120 Main Street, Upton 01568 • 508-529-2511 www.spaightwoodgalleries.com
We are the largest gallery in New England, featuring 9000 works, mostly on paper, including original prints from the late 15th century to the present by old, modern, and contemporary masters.

Sudbury Art Association
P.O. Box 192, Sudbury 01776 • www.sudburyart.com

Susie’s Stories
www.susiesstories.com
Local author Susie Rich offers five books, poetry, and additional works designed to educate, entertain, and promote a positive image of self-esteem, confidence and the importance of community to both young readers and adults.

Wayland Art Center
14 East Plain Street, Wayland 01778 • 508-653-8251
Saturday, June 13 11am–4pm
Bowditch Athletic & Cultural Complex, Framingham
A day-long celebration of arts, live music, family activities, and gastronomic delights
100 exhibitors and vendors! • free parking and shuttles
Info: www.metrowestvisitors.org

MetroWest Visitors Bureau PRESENTS
ARTS, MUSIC & FOOD TRUCK FESTIVAL
METRO fest!
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Bowditch Athletic & Cultural Complex, Framingham

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HISTORY

American Heritage Museum
568 Main Street, Hudson 01749 • 978-562-9182 www.americanheritagemuseum.org
A military history museum with over 100 major artifacts on display from every major US conflict from World War One through the War on Terrorism.

Concord Tour Company
48 Monument Square, Concord 01742 • 978-399-8229 www.concordtourcompany.com

Dedham Historical Society & Museum
612 High Street, Dedham 02027 • 781-326-1385 www.dedhamhistorical.org

Dwight-Derby House
7 Frairy Street, Medfield 02052 • 508-359-6565 www.dwightderbyhouse.org

The Fairbanks House
511 East Street, Dedham 02026 • 781-326-1170 www.fairbankshouse.org

Faulkner Homestead
5 High Street, Acton 01720 • www.ironworkfarm.org

Framingham History Center
16 Vernon Street, Framingham 01701 • 508-872-3780 www.framinghamhistory.org
Our rich offerings of programs, exhibitions, and community celebrations build excitement for local history, citizenship, and pride of place now and for generations to come.

Franklin Historical Museum
80 West Central Street, Franklin 02038 • www.franklinhistoricalmuseum.com
Displays include locally discovered Native American arrowheads and stone implements, antique tools from Franklin's industrial-age past, and an extensive collection of Civil War artifacts.

Gropius House & Codman Estate, Historic New England
68 Baker Bridge Road and 34 Codman Road, Lincoln 01773 • 781-259-8098 www.historicnewengland.org/historic-properties/homes

Hosmer House
299 Old Sudbury Road, Sudbury 01776 • 978-443-6722

Louisa May Alcott's Orchard House
399 Lexington Road, Concord 01742 • 978-369-4118 www.louisamayalcott.org

Marlborough Historical Society & Peter Rice Homestead
377 Elm Street, Marlborough 01752 • www.historicmarlborough.org
The Marlborough Historical Society is an all-volunteer, nonprofit organization dedicated to historic preservation, education, and celebration in Marlborough. Free monthly meetings and the city’s historical archives are held in the Peter Rice Homestead and Museum.

Medfield Historical Society
6 Pleasant Street, Medfield 02052 • 508-359-4773 www.medfieldhistoricalsociety.org

Medway Historical Society
223 Main Street, Medway, 02053 • 508-533-7222 www.medwayhistoricalsociety.org

Old Sturbridge Village
1 Old Sturbridge Village Road, Sturbridge 01566 • 800-733-1830 www.osv.org

Old Marlborough Inc.
255 Main Street, Marlborough 01752 • 508-579-0658 www.oldemarlborough.org

Plymouth 400
6 Main Street Extension, Post Office Square, Plymouth 02360 • 508-812-2020 www.Plymouth400inc.org
For the Plymouth anniversary in 2020, our exhibitions, programs, festivals, and arts and entertainment highlight the contributions and traditions that resulted from the interaction of the Wampanoag and English peoples.
Annual Events
Boston Marathon - April
ArtWeek - April
NAOS Juried Art Show - May
Holi Festival - May
Natick Farmers Market
Every Saturday 9-1 pm
Concerts on the Common
June - August
Natick Nights, Every Thurs. 5-8 pm
June & July
4th of July Festivities - July
Artwalk - 3rd Thurs. in July
Multi-Cultural Day - August
Natick Days - September
Spooktacular - October
Natick Artists Open Studios - Oct.
Mass. Innovation Nights - Fall
Small Business Sat. - November
Holiday on the Common, Nov.
Holiday Window Contest - Dec.

Natick Center Cultural District is a proud sponsor of arts, culture & community events.

Visit natickcenter.org
For a full calendar of events & walking tours of Natick Center!
Spellman Museum of Stamps & Postal History
235 Wellesley Street at Regis College, Weston 02493 • 781-768-8367 www.spellmanmuseum.org
You don’t have to be a stamp collector to enjoy a visit to the Spellman. Rotating exhibits of U.S. and worldwide stamps and postal history. Family Days, group visits, gift shop, U.S. Post Office. Thursday–Sunday 12-5pm.

**COUNCILS & CONVENERS**

**Assabet Village Cultural District**
Downtown Maynard 01754 • www.townofmaynard-ma.gov/projects/cultural-district

**Arts! Ashland Alliance**
Ashland 01721 • 508-561-2507 www.artsashland.org
Our mission is to support access to diverse expressions of arts and cultural programming, promote arts education, and cultivate Ashland’s cultural and economic vitality.

**Framingham Cultural Council**
150 Concord Street, Framingham 01702 • 508-532-5440 www.mass-culture.org/framingham
The FCC distributes MCC grants funds to arts, humanities, and interpretive science projects in the city of Framingham.

**Franklin Cultural District**
Franklin 02038 • www.franklinculturaldistrict.org
The purpose of the District is to attract artists and cultural enterprises, encourage business development and job growth, expand tourism, preserve and reuse historic buildings, enhance property values, and foster local cultural development.

**Natick Center Cultural District**
20 Main Street, Natick 01760 • 508-650-8848 www.natickcenter.org
The District is home to more than 100 working artists, venues, and many independently owned businesses and cultural organizations, all contributing to a busy year-round schedule of arts and cultural events.

**Other MetroWest Cultural Councils**
Ashland: www.ashlandculturalcouncil.org.
Bellingham: www.mass-culture.org/Bellingham
Franklin: www.franklinma.virtualtownhall.net
Holliston: www.mass-culture.org/holliston
Hopkinton: www.mass-culture.org/Hopkinton
Hudson: www.townofhudson.org
Marlborough: www.marlborough-ma.gov
Medway: www.medwayculturalcouncil.org
Milford: www.mass-culture.org/Milford
Natick: www.mass-culture.org/Natick
Northborough: www.town.northborough.ma.us
Sherborn: www.mass-culture.org/sherborn
Southborough: www.southborougharts.org
Sudbury: www.sudbury.ma.us
Westborough: www.westboroughculturalcouncil.org

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A hands-on museum for families that blends science, nature, and play.

**Discovery Museum**
177 Main Street, Acton MA 978-264-4200 discoveryacton.org

**Framingham State University**
For information about our undergraduate and graduate programs, visit framingham.edu or call 508-620-1220.

Career Growth
My Way

framingham.edu
There's More to Explore in MetroWest

A full regional events calendar and hundreds of shopping, dining, recreation, and cultural listings are at www.metrowestvisitors.org
Local motion

Here in MetroWest, we do work hard, but we don’t always mean business!

We balance our high tech with low stress, and that means that when we’re not working, we’re playing around: walking, crafting, biking, kayaking, and generally relaxing. In fact, visitors to nearby cities find MetroWest the quickest, easiest destination for unwinding. Miles of trails and gardens, six state parks, three major rivers, and four wildlife sanctuaries satisfy outdoor enthusiasts.

We’re good sports, too, with some of the country’s finest indoor facilities for hockey, lacrosse, badminton, and soccer tournaments year-round. Outdoor stadiums, including Bowditch Complex (the largest stadium between Boston and Worcester), New England Sports Center, New England Baseball Complex, and other top-notch venues host youth, college, and professional match-ups.

Around the world, people know the MetroWest town of Hopkinton as the starting line of the Boston Marathon, whose course threads through five nearby towns. In fact, all our towns are criss-crossed with hiking, walking, and running trails that connect users to parks, athletic fields, restaurants, hotels, businesses and shopping areas. Come see why everyone is racing to MetroWest!
WALKING TRAILS

Aqueduct Trail Network
40 miles of trails along four aqueduct networks criss-cross through MetroWest.

Ashland Town Forest and Cowassick Woods Trail
Winter Street, Ashland 01721 • www.sudburyvalleytrustees.org/cowassock-woods-and-ashland-town-forest

Assabet River Rail Trail
Hudson and Marlborough • www.arrtinc.org

Bay Circuit Trail
www.baycircuit.org
A 34-town trail extending through Wayland, Sudbury, Framingham, Marlborough, Southborough, Ashland, and Sherborn.

Cochituate Rail Trail
www.traillink.com/trail/cochituate-rail-trail
A four-mile, multi-use trail connecting Framingham to Natick Center MBTA station.

Friends of Holliston Trails
www.hollistontrails.org

SNETT (Southern New England Trunkline Trail)
www.franklinbellinghamrailtrail.org
Trail starts in Franklin and goes west 22 miles to Douglas.

TRAILS

Walk this way To discover our many wooded walking trails, go to www.traillink.com/state/ma-trails or:
Ashland: www.ashlandopenspace.org/trails.html
Framingham: www.framinghamma.gov. Search “Passive Recreation Areas & Trails”
Franklin: www.walkboston.org
Holliston: hollistontrails.org
Hopkinton: www.hopkintontrailsclub.com
Marlborough: www.marlboroughma.gov/Gen/MarlboroughMA_ConCommisn/parks/parks
Medway: www.townofmedway.org/open-space-committee/pages/trails-maps
Milford: www.milfordtrail.org
Northborough: www.northboroughtrails.org
Sherborn: www.sherbornforestandtrail.org
Southborough: www.southboroughtown.com/recreation-department

On the waterfront Most MetroWest towns have public beaches, many with boat launches. The Assabet, Concord, and Sudbury Rivers offer limitless kayaking, canoeing, and fishing. For recreation guides to these rivers, go to www.oars3rivers.org/river/recreation
www.paddling.net/places/MA
www.kayakonline.com/Massachusetts

Fun runs For running trails go to www.mapmyrun.com.htm
It’s snow good For snowmobile trails, go to www.sledmass.com
Hot to trot? For horseback riding trails see page 20, or go to www.alltrails.com/us.massachusetts/horseback-riding

Sudbury Valley Trustees
978-443-5588 • www.svtweb.org/recreation
SVT conserves natural areas and wildlife habitat in the region around the Sudbury, Assabet, and Concord Rivers. More than 65 Miles of public trails for hiking, bird watching and snowshoeing. Dozens of recreational outings and educational programs.

Trustees of Reservations
200 High Street, Boston 02110 • 508-785-0339 www.thetrustees.org
Caring for 100 outdoor spaces in Massachusetts, the Trustees manage these MetroWest spaces, all with trails:
Bridge Island Meadows: South End Pond, Millis 02054
Pegan Hill: Pegan Lane, Dover and Natick 02030
Cedariver: 161 Forest Road, Millis 02054
Cheestnut Hill Farm: Chestnut Hill Road, Southborough 01772
Rocky Narrows/Sherborn Town Forest: South Main Street, Sherborn 01770

Upper Charles Trail
www.upperchariestrail.org
There are more than 15 miles of completed multi-use trail in Milford, Holliston, Hopkinton, and Ashland. Check the website for more information about the trail in each town.

Walk ‘n Mass Volkssport Club
www.walknmass.org
A nonprofit organization hosting walking events.

WalkBoston
www.walkboston.org
This organization offers individual maps of Framingham, Natick, Northborough, Franklin, Milford, and Marlborough showing walks from homes, schools, downtown businesses and shopping centers to all parts of town.

BIKING MAPS

Bike New England www.bikenewengland.com
Assabet River Bicycles www.assabetbicycles.com
Landry’s Bicycles www.landrys.com/about/places-to-ride-pg90.htm
Mass Bike www.massbike.org/resourcesnew/pathstrails
Massachusetts Department of Recreation &Conservation www.mass.gov/dcr/recreate/biking.htm
A searchable database of state parks with mountain bike and other trails.
Metropolitan Area Planning Council www.trailmap.mapc.org
Greater Boston cycling and walking map
Trail Link www.traillink.com/stateactivity/ma-bike-trails.aspx
Massachusetts Bicycle Coalition www.masspaths.net/bikeways

STATE PARKS

Ashland State Park
Route 135, Ashland 01721 • 508-881-4092 (Summer), 508-435-4303
470-acre, multiuse park with swimming, picnicking, boating, fishing, bicycling, and hiking.

Callahan State Park
Millwood Street, Framingham 01701 • 508-653-9641
A favorite place for dog walkers, this park also offers horseback-riding, fishing, cross-country skiing, and hiking.
**HORSEBACK RIDING TRAILS**

**Callahan State Park**
Millwood Street, Framingham 01701 • 508-653-9641
This park offers boating, fishing, and hiking trails.

**Hopkinton State Park**
164 Cedar Street, Hopkinton 01748 • 508-435-4303
10 miles of marked trails, open field space, and boat launching ramp for non-motorized watercraft.

**Whitehall State Park**
Route 135, Hopkinton 01748 • 508-435-5303
This park offers boating, fishing, a public boat ramp, hiking trails, biking, cross-country skiing, and horseback riding.

**HORSEBACK RIDING RENTALS & LESSONS**

**August Farm**
79 Highland Street, Holliston 01746 • 508-429-9411 www.rideaugustfarm.com

**North Gate Farm**
999 Concord Road, Sudbury 01776 • 978-443-0999 www.northgatefarm.net

**Pampered Pony**
339 Boston Post Road East, Marlborough 01752 • 914-523-2692

**Rising Star Equestrian Center**
149 Summer Street, Medway 02053 • 508-533-8551 www.risingstarequestriancenter.com

**Sweet Meadow Farm**
111 Coolidge Street, Sherborn 01770 • 508-314-7433 www.sweetmeadowfarm.com

**Tail Oaks Farm Equestrian Center**
55 Orchard Street, Millis 02054 • 508-376-2425

**Willow Brook Farm**
1070 Washington Street, Holliston 01746 • 508-376-2425 www.willowbrookholliston.com

**BOTANIC GARDENS**

**Acton Arboretum**
Taylor Road, Acton 01720 • 978-264-9631 www.actonarboretum.org

**Garden in the Woods**
180 Hemenway St., Framingham 01701 • 508-877-7630 www.newenglandwild.org/visit/Garden-in-the-Woods

**Massachusetts Horticultural Society at Elm Bank**
900 Washington Street, Wellesley 02481 • 617-933-4900 www.masshort.org

**Wellesley College Botanic Garden**
106 Central Street, Wellesley 02481 • 781-283-3094 www.wellesley.edu/wcbg

**Mass Audubon's Broadmoor Wildlife Sanctuary**
280 Eliot Street, Natick 01760 • 508-655-2296 www.massaudubon.org/Broadmoor
Nine miles of trails through woodlands, meadows, and wetlands invite you to experience nature. Changing seasons and a variety of wildlife means there's always something new to see. Visit our energy-efficient nature center and accessible boardwalk.

**Mass Audubon's Drumlin Farm Wildlife Sanctuary**
108 North Street, Norfolk 02056 • 508-528-3140 www.massaudubon.org/drumlin
With an extensive boardwalk system through forest, fields, and wetlands, Drumlin Farm offers up-close views of wildlife and under the water. Enjoy Nature Play Area, two miles of trails, and butterfly and bird garden.

**Sudbury Valley Trustees**
www.svtdc.org/recreation

**Summer Star Wildlife Sanctuary**
690 Linden Street, Boylston 01505 www.summerstarwildlife.org

**Waseeka Wildlife Sanctuary**
978-464-2712 www.waseeka.com
### CAMPING

**Circle CG Farm Campground**
131 North Main Street, Bellingham 02019 • 508-966-1136  www.circlecgfarm.com

**Nobscot Scout Reservation**
1 Nobscot Road, Framingham 01701 • 508-872-6551  www.ktc-bsa.org/nobscot.htm
Numerous trails on 480 wooded acres.

**Normandy Farms Family Camping Resort**
72 West Street, Foxborough 02035 • 866-673-2767  www.normandyfarms.com

For a complete list of campsites in the state go to www.familydaysout.com or www.campmass.com

### OUTDOOR ACTIVITIES

**Animal Adventures**
336 Sugar Road, Bolton 01740 • 978-779-8988  www.animaladventures.net

**Belkin Family Lookout Farm**
89 South Pleasant Street South, Natick 01760 • 508-653-0653  www.lookoutfarm.com
Pick your own fruit from our 60,000 fruit trees. Ride the train to the Children’s Play Area, visit with our farm animals, climb in the tree house, jump in the moon bounce, and enjoy many other fun activities on 180 exquisite acres. Open May–October.

**Boston Paintball—Sudbury**
145 Powder Mill Road, Sudbury 01776 • 978-263-1277  www.bostonpaintballmaynard.com

**Butterfly Aviary**
703 Washington Street, Holliston 01746 • www.hollistonagcom.org/butterfly_aviary

**Cellucci Skate & Splash Park**
37 South Street, Hudson 01749 •  www.townofhudson.org
Playground, splash pad, sculpted in-ground skate park, bocce court, gazebo pavilion, and picnic areas.

**Davis Family Farm Adventures**
145 Redstone Hill Road, Sterling 01564 • 978-422-8888  www.davisfarmland.com

**Golf on the Village Green**
315 Worcester Road, Natick 01760 • 508-653-4671  www.gamesandgolf.com

**Hanson’s Farm**
20 Nixon Road, Framingham 01701 • 508-877-3058  www.hansonsfarm.50webs.com

**Hockomock Area YMCA / Bernon Family Branch**
43 Forge Hill Road, Franklin 02038 •  508-528-8708  www.hockymca.org

**Mendon Twin Drive-In**
35 Milford Street, Mendon 01756 • 508-473-1092  www.mendondrivein.com

**MetroWest YMCA Family Outdoor Center**
45 East Street, Hopkinton 01748 • 508-879-1440  www.metrowestymca/hopkinton
The MetroWest YMCA is a cause-driven charitable organization that is for youth development, healthy living, and social responsibility. With branches in Framingham and Hopkinton, the Y is committed to impacting lives and building a stronger sense of community.

**Minute Man Airfield**
302 Boxboro Road, Stow 01775 • 978-897-3933  www.minutemanairfield.com

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**Southwick’s Zoo**

It’s WILD Here.

www.southwickszoo.com

Don’t forget to try the full-service restaurant located at Southwick’s Zoo! Galliford’s Restaurant & Tavern offers upscale New England fare in a cozy, rustic setting. Learn more at www.gallfords.com.
Natick Community Organic Farm
117 Eliot Street, Natick 01760 • 508-655-2204 www.natickfarm.org

OARS, Inc.
23 Bradford Street, Concord 01742 • 978-369-3956 www.oarsrivers.org

Outdoors RX
Framingham and Waltham • www.outdoorsrx.org

Putts & More
750 Concord Street, Holliston 01746 • 508-429-4FUN www.puttsandmore.com
Putts & More is where youth and adults from MetroWest and beyond come together to spend quality leisure time. Putts & More features a beautifully designed 18-hole miniature golf course and lawn sports.

River Boater’s Trail
Concord, Sudbury, Assabet Rivers • www.sudbury-assabet-concord.org

Southwick’s Zoo
2 Southwick Street, Mendon 01756 • 800-258-9182 www.southwickszoo.com
More than a zoo, it’s an adventure! Visit over 850 animals from around the world. Enjoy Deer Forest, Safari Sky Ride, The Woodland’s Express, EARTH Discovery Center, and Galliford’s Restaurant and Tavern.

Sudbury Valley Trustees
978-443-5588 • www.svtweb.org/recreation
SVT conserves natural areas and wildlife habitat in the region around the Sudbury, Assabet, and Concord Rivers. Over 65 miles of public trails for hiking, bird watching and snowshoeing. Dozens of recreational outings and educational programs.

Zagster Bike Share
Marlborough 01752 • 202-999-3924 www.bike.zagster.com/marlborough
Framingham 01702 • www.zagster.com
Five Marlborough locations where you can pick up or drop off a bike. Pay by the hour, day, month, or year. Framingham program begins 2019; check website for locations.

GOLF

Bungay Brook Golf Club
30 Locust Street, Bellingham 02019 • 508-883-1600 www.bungaybrook.com

Dr. Greens
83 Union Street, Ashland 01721 • 508-202-9298 www.drgreensgolf.com

Fore Kicks Golf Course & Sports Complex
219 Forest Street, Marlborough 01752 • 508-624-4422 www.forekicks.com
State-of-the-art indoor driving range: eight separate driving bays, nine feet wide with dividers, ball trays and racks, air-cushioned driving mats.

Glen Ellen Country Club
84 Orchard Street, Millis 02054 • 508-376-2978 www.theglencc.com

Hopedale Country Club
4 Mill Street, Hopedale 01747 • 508-473-9876 www.hopedalecc.com

Juniper Hill Golf Course
202 Brigham Street, Northborough 01532 • 508-393-2444 www.juniperhillgc.com

Kohr Golf
218 Speen Street, Natick 01760 • 888-622-5647 www.khorgolf.com

Marlborough Country Club
200 Concord Road, Marlborough 01752 • 508-481-5340 www.marlboroughcc.com
A private golf course that accommodates public play on Mondays and Tuesdays. The course is a par 71 men, 72 women with multiple sets of tees to challenge every skill level.

New England Country Club
180 Paine Street, Bellingham 02019 • 508-883-2300 www.newenglandcountryclub.com
The New England Country Club is a prime facility for golf and social events of any kind. Guests enjoy the relaxing views and atmosphere surrounding this well-manicured championship public golf course designed by Hale Irwin.

Pinecrest Golf Club
212 Prentice Street, Holliston 01746 • 508-429-9871 www.pinecrestgolfclub.net

Sassamon Trace Golf
233 South Main Street, Natick 01760 • 508-655-1330 www.sassamontrace.com

Sandy Burr Country Club
103 Cochituate Road, Wayland 01778 • 508-358-7200 www.sandyburr.com

SPORTS

Assabet River Bicycles
90 Cherry Street, Hudson 01749 – 978-568-0000 www.assabetbicycles.com

Ashland Sporting Association
Marathon Park, Pleasant Street, Ashland 01721 • www.ashlandhalfmarathon.com
Offering two half-marathons, March and October, that begin at the original starting line of the Boston Marathon and cover half its route.

Babson Skating Center
150 Great Plain Avenue, Wellesley 02482 • 781-239-6056 www.babsonskatingcenter.com

Boston Athletic Association
One Ash Street, Hopkinton 01748 • 508-435-6905 www.baa.org
Established in 1887, the BAA hosts the Boston Marathon, Half Marathon, and Mayor’s Cup. Its Hopkinton office at “The Starting Line” manages runners’ services.

Boston Badminton
169 Flanders Road, Westborough 01581 • 508-329-1710 www.bostonbadminton.com

Boston Sports Institute, A Steward Family Facility
900 Worcester Street, Wellesley 02482 • 781-489-5088 www.bostonsportsinstitute.com
Multi use recreation facility featuring two NHL regulation ice surfaces (one fully sled hockey compatible), indoor synthetic turf field, competition swimming pool, warm up pool, Boston Sports Performance Center strength and conditioning, and Steward Medical Physical Therapy.

Bowditch Field Athletic & Cultural Complex
475 Union Avenue, Framingham 01702 • www.framinghamma.gov

Central Rock Gym
1451 Concord Street, Framingham 01701 • 774-777-5637 www.centralrockgym.com/framingham

Dover Squash and Fitness
721 Worcester Road, Natick 01760 • 508-545-2442 www.doversquashandfitness.com

Field House
31 Union Avenue, Sudbury 01776 • 978-440-9944 www.fieldhousesudbury.com/lacrosse
Fore Kicks Golf Course & Sports Complex
219 Forest Street, Marlborough 01752 • 508-624-4453  www.forekicks.com
New England's newest and largest sports complex featuring seven indoor fields, lighted par-33 golf course, and outdoor championship lighted turf sport fields. Also locations in Norfolk and Taunton.

Franklin Downtown Sports
240 Cottage Street, Franklin 02038 • 508-528-1339  www.downtownsports.net

Friends of Southborough Recreation
21 Highland Street, Southborough 01772 • 508-229-4452  www.southborough.recdesk.com
Building a healthy community by offering programs for adults and children of Southborough and surrounding communities, including festivals and events.

Frozen Ropes
14 Tech Circle, Natick 01760 • 508-653-7673  www.frozenropes.com

Hockomock Area YMCA—Bernon Family Branch
45 Forge Hill Road, Franklin 02038 • 508-528-8708  www.hockymca.org

Landry’s Bicycles
790 Worcester Street, Natick 01760 • 508-655-1990
276 Turnpike Road, Westborough 01581 • 508-836-3878  www.landrys.com

MetroWest YMCA
280 Old Connecticut Path, Framingham 01701 • 508-879-4420  www.metrowestymca.org
For over 50 years, the MetroWest YMCA, with branches in Framingham and Hopkinton, has helped members improve their health and well-being while building a stronger sense of community.

New England Baseball Complex
Route 20, Northborough 01532 • 617-531-4662  www.neruffnecks.org
New England’s premiere outdoor baseball facility with three lighted fields, also suitable for softball, soccer, and lacrosse. Tournaments and college games open to the public.

New England Sports Center
121 Donald Lynch Boulevard, Marlborough 01752 • 508-229-2700  www.nes.com
NESC is the premiere indoor ice facility in the United States, with eight full-size rinks, pro shop, restaurant, snack bar, fitness center, and more. Site of regional and national hockey and figure skating training and tournaments.

Teamworks
185 Otis Street, Northborough 01532 • 508-351-9800  www.teamworksnorthboro.com

Title Boxing Club
235 Old Connecticut Path, Framingham 01701 • 508-861-7300  www.titleboxingclub.com
Apex Center, 180 Boston Post Road West, Marlborough 01702 • 866-212-8485  www.titleboxingclub.com

Wayside Racquet & Swim Club
80 Broadmeadow Street, Marlborough 01752 • 508-481-1797  www.wayside.net

Weston Ski Track
190 Park Road, Weston 02493 • 617-965-5110  www.paddleboston.com/skitrack

Yawkey Sports Training Center
512 Forest Street, Marlborough 01752 • 508-485-0986  www.specialolympicsma.org
As headquarters of Special Olympics Massachusetts, the center offers year-round training areas, a gymnasium, health-related programming, and Hall of Fame for athletes with intellectual disabilities throughout the state.

Zagster Bike Share
Marlborough 01752 • 202-999-3924  www.bike.zagster.com/marlborough
Framingham 01702 • www.zagster.com
Five Marlborough locations where you can pick up or drop off a bike. Pay by the hour, day, month, or year. Framingham program begins 2019; check website for locations.

INDOOR ACTIVITIES

Altitude Trampoline Park
Apex Center, 180 Boston Post Road West, Marlborough 01752 • 774-843-2930  www.altitudeparkma.com

Apex Entertainment Center of New England
21 Apex Drive, Marlborough 01752 • 508-251-8666  www.apextertainmentcenter.com
Located in a state-of-the-art complex, the new Apex Entertainment Center is New England's largest indoor entertainment center, offering indoor kart racing, golf and sports simulators, ropes course, laser tag, arcade, extreme bumper cars, luxury candlepin bowling.

BB Kidz
21 Apex Drive, Marlborough 01752 • 508-251-1924  www.bb-kidz.com

Blackstone Valley Iceplex
121 Plain Street, Hopedale 01747 • 508-478-6423

Boston Paintball—Ashland
120 Pond Street, Ashland 01721 • 508-879-6621  www.bostonpaintballashland.com

Central Rock Gym
1451 Concord Street, Framingham 01701 • 774-777-5637  www.centralrockgym.com/framingham

Dave and Busters
1235 Worcester Street, Natick 01760 • 508-810-3650  www.daveandbusters.com
Located in the Natick Mall, our mission is to create fun through the best combination of the latest and greatest games, ultimate sports-viewing, extraordinary food and remarkable drinks.

Fun and Games
50 Worcester Road, Framingham 01702 • 508-879-5707  www.gamesandgolf.com/funandgames

Enjoy our 18 Hole Mini Golf Course, Jumping Pillow, Lawn Sports & Snack Bar

GREAT FACILITIES FOR ALL YOUR SPECIAL EVENTS!
Birthday Parties, Company Outings, Sport Team Outings, & More
508-561-2902  jim@puttsandmore.com
750 Concord Street, (Rt. 126), Holliston, MA 01746
www.puttsandmore.com

PUTTS & MORE
FAMILY FUN CENTER
Old Fashioned Family Fun at an Affordable Price
Great Wolf Lodge
150 Great Wolf Drive, Fitchburg 01420 • 978-343-9653  www.greatwolf.com

Half-Axe
21 Apex Drive, Marlborough 01752 • www.halfaxe.com

Hop N Jump Indoor Playground
72 Jefferson Street, Marlborough 01752 • 508-305-2646  www.hopnjumpindoorplayground.com

Launch Trampoline Park
2 California Ave, Framingham 01701 • 508-356-5468  www.launchtrampolinepark.com/framingham

Lazer Craze
166 Milk Street, Westborough 01581 • 508-366-6366  www.lazercraze.us

Modelville Hobby
280 Elliot Street, Ashland 01721 • 508-881-7616  www.modelvillehobby.com
Your complete source for slot car racing, with three eight-lane slot car tracks for 1:32 and 1:24 scale race cars. Tracks range from 90-220 feet. Purchase or bring your own cars to run on our tracks.

Navin Skating Arena
451 Bolton Street, Marlborough 01752 • 508-74-SKATE  www.fmcicesports.com

Playtown Express
150 Cordaville Road, Southborough 01772 • 508-480-0022  www.playtownexpress.com

Pinz
110 South Main Street, Milford 01757 • 508-473-6611  www.pinzbowl.com

Pirelli Veterans Arena

Plainridge Park Casino
301 Washington Street, Plainville 02762 • 508-576-4500  www.plainridgeparkcasino.com
The state’s only gaming casino and live harness-racing track. An incredibly exciting and friendly entertainment experience! Experience the nonstop thrill of over 1,200 slots, from traditional to cutting-edge games.

Roller Kingdom
5 Highland Park Avenue, Hudson 01749 • 978-562-3440  www.rollerkingdom.com

Ryan Family Amusement Center
1170 Main Street, Millis 02054 • 507-376-1101  www.ryanfamily.com

Sky Zone Westborough
290 Turnpike Road, Westborough 01581 • 508-870-5867  www.skyzone.com/westborough

Trombetta’s Farm
655 Farm Road, Marlborough 01752 • 508-485-6429  www.trombettasfarm.com
277 Main Street, Northborough 01532 • 508-393-3560  www.trombettasfarm.com

Tumblebeans Café & Play
114B Main Street, Medway 02053 • 774-277-7916  www.tumblebeans.com

United Archery Lanes
305 Union Street, Franklin 02038 • 508-520-3562

Urban Air Adventure Park
189 Mechanic Street, Bellingham 02019 • 508-232-4604  www.urbanairtrampolinepark.com
An indoor adventure park renowned for its trampolines, offering so many amusing and adventurous activities leaving families awwestruck and wondering which to pick first

William L. Chase Skating Arena
75 Windsor Avenue, Natick 01760 • 781-312-5048  www.fmcicesports.com
FOOD & DRINK

CRAFT BEVERAGES

Amory’s Tomb Brewing Co.
76 Main Street, Maynard 01754
978-243-0875 • amorystomb.com

Barleycorn’s Craft Brew
21 Summer Street, Natick 01760
508-651-8885 • barleycorn.com

Battle Road Brewery & Brew Pub
6 Clock Tower Plaza, Maynard 01754
978-897-1284 • battleroadbeer.com

CraftRoots Brewing
482 East Main Street, Milford 01757
508-662-4871 • craftrootsbrewing.com

Cold Harbor Brewing Co.
108 Milk Street, #6, Westborough 01581
508-871-0919 • coldharborbrewing.com

Eliot Taproom at The Kells Beer Co.
21 Summer Street, Natick 01760
508-653-1178 • lookoutfarmbrewing.com

Exhibit A Brewing Company
81 Morton Street, Framingham 01702
508-202-9297 • exhibit-a-brewing.com

Exhibit ‘A’ Brewing Company offers a fun look at storytelling through beer with a subtle nod towards the meaning of life. We are always seeking balance both in life and in our beers.

Flying Dreams
277 Main Street, Marlborough 01752
flyingdreamsbrewing.com

Framingham Beer Works
345 Cochituate Road, Framingham 01701
508-309-3373 • www.beerworks.net

Ground Effect Brewing Company
312 Main Street, Hudson 01749
978-212-5302 • groundeffectbrewing.com

Jack’s Abby Beer Hall & Kitchen
100 Clinton Street, Framingham 01702
508-872-0900 • jacksabby.com
Founded in 2011, we’ve become a mainstay of the craft brewing scene in the Northeast and nationwide by making truly distinctive lagers featuring local ingredients, traditional German brewing standards, and American innovation. Full food menu, tours, and tastings.

John Harvard’s Brewery & Ale House
1 Worcester Road, Framingham 01701
508-875-2337 • johnharvards.com

La Cantina Winery
355-357 Union Street, Franklin 02038
617-851-5127 • lacantinawinery.com

Lookout Farm Brewing & Cider Co.
89 Pleasant Street, Natick 01760
508-653-1178 • lookoutfarmbrewing.com
From our farm to your glass, the Lookout Taproom offers a rotating variety of our craft ciders and beers. With greenhouse, patio, and stone fireplace, the Taproom offers a food menu, live entertainment, and event space.

Lost Shoe Brewing and Roasting Co.
19 Weed Street, Marlborough 01752
lostshoebrews.com

Mass Brewers Guild
P.O. Box 2096, Framingham 01701
508-405-9115 • massbrewersguild.org
Download our “Mass Craft Beer” app, which includes an interactive map of every visit-able brewery. Create your own brewery tour, and use the Passport feature to earn rewards and merchandise.

Medusa Brewing Company
111 Main Street, Hudson 01749
978-310-1933 • medusabrewing.com

Springdale Barrel Room
102 Clinton Street, Framingham 01702
774-777-5430 • springdalebeer.com
Barrel-aged ales, sour beers, and other niche styles from the team behind Jack’s Abby. We let the ancient alchemy between beer and oak work its slow magic. Open Thursdays-Sundays. Bring in food or have it delivered.

Start Line Brewing
151R Hayden Rowe, Hopkinton 01748
508-761-2044 • startlinebrewing.com
Founded in 2016 at Water Fresh Farm, we relentlessly pursue crafting extraordinary beer, starting with our own hydroponic hops grown on property. We hope you enjoy this slow and steady, handcrafted fresh beer at our brewery and tap room.

Strangebrew
416 Boston Post Road East, Marlborough
508-460-5050 • strangebrew.net

Tackle Box Brewing Company
416 Boston Post Road East, Marlborough
508-395-2096 • tackleboxbrewing.biz/home

True West Brewery
525 Massachusetts Avenue, Acton 01720
978-206-1600 • brewtruewest.com

La Cantina Winery
355-357 Union Street, Franklin 02038
617-851-5127 • lacantinawinery.com

Lookout Farm Brewing & Cider Co.
89 Pleasant Street, Natick 01760
508-653-1178 • lookoutfarmbrewing.com
From our farm to your glass, the Lookout Taproom offers a rotating variety of our craft ciders and beers. With greenhouse, patio, and stone fireplace, the Taproom offers a food menu, live entertainment, and event space.

Lost Shoe Brewing and Roasting Co.
19 Weed Street, Marlborough 01752
lostshoebrews.com

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P.O. Box 2096, Framingham 01701
508-405-9115 • massbrewersguild.org
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416 Boston Post Road East, Marlborough
508-395-2096 • tackleboxbrewing.biz/home

True West Brewery
525 Massachusetts Avenue, Acton 01720
978-206-1600 • brewtruewest.com

Photo courtesy of Start Line Brewing
Catering to your tastes

Fueled by creativity and inspired by exciting ingredients, our region is always cooking up new offerings.

Our region’s chefs, brewers, and farmers are palate-pleasers. Choose from a gourmet experience with many courses, traditional New England comfort food in a relaxed inn, a quick meal to fire up your team, or a tasting of a variety of new brews and hard ciders. Or take a workshop to hone your own culinary or brewing techniques.

Our region is a blend of all flavors, because we are what we eat: traditional New Englanders enjoying classic American dishes fused with new flavors; descendants of Brazil, Ireland, India, China, and countries the world-over celebrating their traditions; international business travelers satisfying their palates at the most sophisticated restaurants; and families of every culture and heritage relaxing at barbeques and ice-cream stands.

MetroWest cuisine is growing places! In our restaurants, locally sourced ingredients come together in dishes representing our residents and travelers from around the world. Local organic farms, farmstands, and a dozen weekly farmers’ markets ensure a supply of the freshest ingredients for the simplest and most sophisticated diners.

Tantalize your taste buds in bountiful ways throughout MetroWest. From wine to wings and everything in between. Top photo: La Cantina Winery courtesy of Franklin Cultural Council. Bottom photo: Doragon Ramen (formerly Noodle City) courtesy of Scott Erb, ERB / Dufault Photography
### RESTAURANTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Address 1</th>
<th>Address 2</th>
<th>Contact 1</th>
<th>Contact 2</th>
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<tbody>
<tr>
<td>110 Grill</td>
<td>1 Lumber Street, Hopkinton 01748 · 508-625-2124 <a href="http://www.110grill.com">www.110grill.com</a></td>
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<td>171 Commonwealth Road, Wayland 01770 · 508-975-4437 <a href="http://www.110grill.com">www.110grill.com</a></td>
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<td></td>
<td>115 Apex Drive, Marlborough 01752 · 508-251-2037 <a href="http://www.110grill.com">www.110grill.com</a></td>
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<td>3 Restaurant</td>
<td>461 West Central Street, Franklin 02038 · 508-528-6333 <a href="http://www.3-restaurant.com">www.3-restaurant.com</a></td>
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<td>Acapulco’s</td>
<td>694 Boston Post Road, Sudbury 01776 · 978-443-39070 <a href="http://www.acapulcos.net">www.acapulcos.net</a></td>
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<tr>
<td>Aegean Restaurant</td>
<td>257 Cochituate Road, Framingham 01701 · 508-879-8424 <a href="http://www.aegeanrestaurants.com">www.aegeanrestaurants.com</a></td>
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<td>Agostino’s Italian Restaurant</td>
<td>23 Washington Street, Natick 01760 · 508-655-6643 <a href="http://www.agostinositalianrestaurant.com">www.agostinositalianrestaurant.com</a></td>
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<td>Amaia Martini Bar</td>
<td>174 Main Street, Hudson 01749 · 978-567-9779 <a href="http://www.facebook.com/amaiamartini">www.facebook.com/amaiamartini</a></td>
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<td>Anthony’s Coal Fired Pizza</td>
<td>10002 Shops Way, Northborough 01532 · 508-466-2050 <a href="http://www.acfp.com">www.acfp.com</a></td>
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<td>Arturo’s Ristorante</td>
<td>54 East Main Street, Westborough 01581 · 508-366-1881 <a href="http://www.arturosristorantecom">www.arturosristorantecom</a></td>
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<td>Ashland Ale House</td>
<td>23 Pond Street, Ashland 01721 · 508-861-7780 <a href="http://www.ashlandalehouse.com">www.ashlandalehouse.com</a></td>
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<td>Ben &amp; Jerry’s Natick Scoop Shop</td>
<td>1265 Worcester Street, Natick 01760 · 508-650-5400 <a href="http://www.benjerrynatick">www.benjerrynatick</a></td>
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<td>Bertucci’s Italian Restaurant</td>
<td>601 Donald Lynch Boulevard, Marlborough 01752 · 508-485-3636 <a href="http://www.bertuccis.com">www.bertuccis.com</a></td>
<td>Our passion is crafting delicious Italian meals using simple, time-honored recipes. In the Solomon Pond Mall.</td>
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<td>Bison Burger American Saloon</td>
<td>22 South Street, Hopkinton 01748 · 508-435-3500 <a href="http://www.bisonburgeramericansaloon.com">www.bisonburgeramericansaloon.com</a></td>
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<td>Blue Coyote Grille</td>
<td>137 Main Street, Maynard 01754 · 978-897-1998 <a href="http://www.bluecoyotegrille.com">www.bluecoyotegrille.com</a></td>
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<td>Boston Bean</td>
<td>102 Main Street, Maynard 01754 · 978-897-9807 <a href="http://www.facebook.com/Boston-Bean-House">www.facebook.com/Boston-Bean-House</a></td>
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<td>Bourbon’s Kitchen &amp; Cocktails</td>
<td>47 Beacon Street, Framingham 01701 · 508-861-7997 <a href="http://www.bourbonsframingham.com">www.bourbonsframingham.com</a></td>
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<td>Bullfinch’s</td>
<td>730 Boston Post Road, Sudbury 01776 · 978-443-4094 <a href="http://www.bullfinchs.com">www.bullfinchs.com</a></td>
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<td>Burger Bar by Wegmans</td>
<td>1245 Worcester St, Natick, MA 01760 · 508-960-0180 <a href="http://www.wegmansburgerbar.com">www.wegmansburgerbar.com</a> Fast, fresh &amp; flavorful! Enjoy classic burgers, salads, sandwiches, kids’ meals, and more at The Burger Bar. Located on the second floor of Wegmans at Natick Mall.</td>
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<td>Buttercup</td>
<td>13 W Central Street, Natick 01760 · 508-545-1506 <a href="http://www.eatbuttercup.com">www.eatbuttercup.com</a></td>
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<td>Café 641</td>
<td>45 Main Street, Hudson 01749 · 978-652-0741 <a href="http://www.facebook.com/Cafe641">www.facebook.com/Cafe641</a></td>
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<td>Carbone’s Restaurant</td>
<td>280 Cedar Street, Hopkinton 01748 · 508-435-3465 <a href="http://www.carboneshopkinton.com">www.carboneshopkinton.com</a></td>
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<td>Casey’s Diner</td>
<td>36 South Avenue, Natick 01760 · <a href="http://www.caseysdiner.com">www.caseysdiner.com</a></td>
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<td>The Chateau</td>
<td>95 Turnpike Road, Westborough 01581 · 508-366-5959 <a href="http://www.chateauarestaurant.com">www.chateauarestaurant.com</a></td>
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<td>Central Public House</td>
<td>42 Main Street, Hopkinton 01748 · 508-625-2570 <a href="http://www.centralpublichouse.com">www.centralpublichouse.com</a></td>
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<td>Cheng Du</td>
<td>157 Turnpike Road, Westborough 01581 · 508-366-7489 <a href="http://www.chengdurestaurant.com">www.chengdurestaurant.com</a></td>
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<td>Chill Kitchen and Bar</td>
<td>416 Boston Post Road East, Marlborough 01752 · 508-251-0048 <a href="http://www.chillkitchenandbar.com">www.chillkitchenandbar.com</a></td>
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<td>China Gourmet &amp; Sushi &amp; Lounge</td>
<td>1583 Worcester Road, Framingham 01701 · 508-628-9227 <a href="http://www.chinagourmetframingham.com">www.chinagourmetframingham.com</a></td>
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<td>Civic Kitchen &amp; Drink</td>
<td>121 West Main Street, Westborough 01581 · 508-329-5179 <a href="http://www.civickitchenanddrin.com">www.civickitchenanddrin.com</a></td>
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<td>Coachmen’s Lodge</td>
<td>273 Wrentham Road, Bellingham 02019 · 508-883-9888 <a href="http://www.coachmenslodge.com">www.coachmenslodge.com</a></td>
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<td>Common Cafe and Kitchen</td>
<td>9 South Main Street, Natick 01760 · 508-655-3498 <a href="http://www.thecommoncafeandkitchen.com">www.thecommoncafeandkitchen.com</a></td>
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<td>Coffee Loft</td>
<td>406 Lincoln Street, Marlborough 01752 · 508-251-2754 <a href="http://www.coffee-loft.com">www.coffee-loft.com</a></td>
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<tr>
<td>Cornell’s Irish Pub</td>
<td>229 Hayden Rowe Street, Hopkinton 01748 · 508-435-6192 <a href="http://www.cornellspub.com">www.cornellspub.com</a></td>
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<tr>
<td>The Cottage Wellesley</td>
<td>190 Linden Street, Wellesley 02482 · 781-239-1100 <a href="http://www.cottagewellesley.com">www.cottagewellesley.com</a></td>
<td></td>
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<tr>
<td>Depot Street Tavern</td>
<td>45 Depot Street, Milford 01757 · 508-488-6844 <a href="http://www.depotstavern.com">www.depotstavern.com</a></td>
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</tr>
<tr>
<td>Dolphin Seafood Restaurant</td>
<td>12 Washington Street, Natick 01760 · 508-655-0669 <a href="http://www.dolphinseafood.com">www.dolphinseafood.com</a> An exceptional dining experience, where fresh seafood and quality service are the Dolphin’s commitment to its customers. Relax with friends in the lounge or enjoy a fantastic meal in one of the attractive dining rooms.</td>
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<tr>
<td>Doragon Ramen (formerly Noodle City)</td>
<td>1 West Union Ave, Ashland 01721 · 508-309-6416 <a href="http://www.doragonramen.com">www.doragonramen.com</a> Specializing in authentic noodle dishes from Japan and Thailand. We believe in using fresh, local ingredients, keeping it simple and letting the food speak for itself.</td>
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<tr>
<td>Eastside Grill at Marlborough Country Club</td>
<td>200 Concord Road, Marlborough 01752 · 508-485-1660, x6 <a href="http://www.marlboroughcc.com/restaurant">www.marlboroughcc.com/restaurant</a></td>
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<tr>
<td>Erica’s Ristorante</td>
<td>78 Front Street, Ashland 01721 · 508-881-1982 <a href="http://www.ericasristorante.com">www.ericasristorante.com</a></td>
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</table>

Still hungry? See more at metrowestvisitors.org
All our attractions, featuring chef created American cuisine, creative cocktails at three bars and 30 full service bowling lanes! wounded Knee in a room of our wildest imaginations in flavors ranging from vanilla sweet corn to cheddar onion cilantro. Because man cannot live on ice cream alone, we offer locally sourced coffee and lattes, bagels, and pastries.

The Pantry
1360 Worcester Street, Natick 01760 • 508-653-8800 www.verbshotelnatick.com

Pit Stop Tavern at APEX Entertainment Center
21 Apex Drive, Marlborough 01752 • 508-251-8666 www.apexentertainmentcenter.com

Postern Grille
1657 Worcester Road (Sheraton Hotel), Framingham 01701 • 508-879-7200 www.posterngrille.com

This warm and inviting dining establishment features cuisine with a modern twist on New England classics. The open kitchen layout creates an interactive experience and the diverse menu will keep you coming back.

The Local
400 Boston Post Road, Wayland 01778 • 508-276-8263 www.livelocalwayland.com
11 Forest Street, Wellesley 02481 • 781-694-1210 www.livelocalwellesley.com
1391 Washington Street, West Newton 02465 • 617-340-2160 www.livelocalnewton.com

Visit The Local in West Newton, Wellesley, and Wayland. We have a wide array of beers on tap, wonderful wines, great cocktails, delicious food, and friendly service in a warm, comfortable atmosphere.

Lookout Farm Taproom
89 Pleasant Street South, Natick 01760 • 508-653-1178 www.lookoutfarmcider.com

Untap the fun every Thursday-Sunday with pints and tasting flights of our craft cider plus perfect food pairings. Our taproom offers a rotating variety of cider flavors. Pick up some to go, too!

Longfellow's Wayside Inn
72 Wayside Inn Road, Sudbury 01776 • 978-443-1776 www.wayside.org

Award-winning cuisine awaits you at America's oldest Inn. Cozy corners, historic décor, and colonial charm are all part of the Wayside Inn experience. The Inn is a true dining destination.

Maguro House Japanese Restaurant
29 East Central Street, Franklin 02038 • 508-520-8899 www.magurohouse.com

Margaritas Mexican Restaurant
10006 Shops Way, Northborough 01532 • 508-466-2200 www.margars.com
725 Cochituate Road, Framingham 01701 • 508-309-7348 www.margars.com

Mel's Commonwealth Cafe
310 East Commonwealth Road, Wayland 01778 • 508-653-7777 www.melscommonwealthcafe.com

Miss Mendon Diner
116 Bridge Road, Mendon 01756 • 508-381-0249 www.muffinhousecafe.com

Muffin House Cafe
116 Main Street #1, Medway 02053 • 508-533-6655 www.muffinhousecafe.com
32 Hastings Street, Mendon 01756 • 508-381-0249
43 Main Street, Hopkinton 01748 • 508-625-8100
325 North Main Street, Natick 01760 • 508-647-0500

New City Microcreamery
28 Main Street, Hudson 01749 • 978-333-7144 www.newcitymicrocreamery.com

We’ve created the handmade ice cream of our wildest imaginations in flavors ranging from vanilla sweet corn to cheddar onion cilantro. Because man cannot live on ice cream alone, we offer locally sourced coffee and lattes, bagels, and pastries.

P.J.'s Smoke & Grill
112 Main Street, Medway 02053 • 508-321-1193 www.pjsmedway.com

Muffin House Cafe
161 Main Street, Medway 02053 • 508-533-6655 www.muffinhousecafe.com

Mel's Commonwealth Cafe
310 East Commonwealth Road, Wayland 01778 • 508-653-7777 www.melscommonwealthcafe.com

Miss Mendon Diner
161 Main Street, Medway 02053 • 508-634-3000 www.missmendondiner.com

MOOyah Burgers, Fries, and Shakes
10010 Shops Way, Northborough 01532 • 508-466-2300 www.mooyah.com
Prezo Grille & Bar
229 ½ East Main Street, Milford 01757 • 508-634-0101 • www.prezogrille.com

Primavera
20 Pleasant Street, Millis 02054 • 508-376-0206 • www.primav.com

Prospector Bar & Grill
520 Lincoln Street, Marlborough 01752 • 508-485-9072

Quattro
22 South Street, Hopkinton 01748 • 508-435-4300 • www.quattro-hopkinton.com

The Rail Trail Flatbread Co.
33 Main Street, Hudson 01749 • 978-293-3552 • www.railtrailflatbread.com
Fresh, handcrafted food, including our signature wood-fired flatbreads, with a menu changing seasonally to keep up with the freshest ingredients. Homemade cocktails, wines, and craft beers.

Red Barn Coffee Cafes
17 South Street, Westborough 01581 • 508-481-9556 • www.redbarncoffee.com
20 Worcester Road, Southborough 01772 • www.redbarncoffee.com
205 Turnpike Road, Southborough 01772 • www.redbarncoffee.com

The Red Heat Tavern
124 Medway Road #1, Milford 01757 • 774-462-5990 • www.redheattavern.com
227 Turnpike Road, Westborough 01581 • 508-329-1795

Regatta Bar & Grille (in the DoubleTree Hotel)
5400 Computer Drive, Westborough 01581 • 508-366-5511 • www.bostonwestborough.doubletree.com
Enjoy breakfast, lunch, and dinner at Regatta Grill, where we blend New England basics with new and unique styles. Or relax in the comfortable all-day Regatta Bar, offering a special menu, signature cocktails, spirits, and regional beers.

Restaurant 45
45 Milford Street, Medway 02053 • 508-533-8171 • www.45restaurant.com

Rhapsody Victorian Coffee House
395 East Central Street, Franklin 02038 • 508-440-5324 • www.rhapsodyvictoriancoffeehouse.com

Romaine’s of Northborough
299 West Main Street, Northborough 01532 • 508-393-8889 • www.romainesrestaurant.com

Samba Steak & Sushi
1138 Worcester Road, Framingham 01702 • 508-628-0288 • www.sambabrafamingham.com
Celebrate the fusion of two exciting culinary cultures: Brazil and Peru. Samba Steak & Sushi captures this energy and warmth in its innovative dishes and festive décor. Prepare for an unrivaled dining experience!

Skyboxx 109 Sports Bar & Grill
319 Speen Street, Natick 01760 • 508-903-1600 • www.skyboxx109.com
Natick’s hometown sports bar pays tribute to Boston’s greatest players and teams. Stop in to watch all the games on 20 tvs, enjoy live music every Friday and great food! Open seven days a week

Sofa Café
181 Concord Street, Framingham 01702 • 857-250-2381 • www.sofacafeusa.com

Sol de Mexico Bar & Grill
191 Mechanic Street, Bellingham, MA 02019 • 508-966-4000 • www.soldemexicorestaurants.com

Soul of India
103 Boston Post Road Sudbury 01776 • 978-261-5790 • www.soulofindiasudbury.com

Spruce Pond Creamery
370 King Street, Franklin 02038 • 508-520-7900 • www.franklinpizza.com

Stone’s Public House
79 Main Street, Ashland 01721 • 508-881-1778 • www.stonespublichouse.com

TJ’s Food & Spirits
355 West Union Street, Ashland 01721 • 508-881-1565 • www.tjsspirits.com

Tavern in the Square
318 Main Street, Northborough 01532 • 508-393-3111 • www.taverninthesquare.com

Tavolino Italian Gourmet
33 East Main Street, Westminster 01889 • 508-366-8600 • www.tavolinorestaurant.us

Teddy Gallagher’s Irish Pub
30 Main Street, Franklin 02038 • 508-298-7644 • www.teddygallagherspub.com

Tomasso Trattoria and Enoteca
154 Turnpike Road, Southborough 01772 • 508-481-8484 • www.tomassotrattoria.com

Town Common Cafe
76 Hopedale Street, Hopedale • 508-473-3004 • www.sites.google.com/site/thetowncommon

Twenty-Nine: Rustic Mediterranean
29 Hudson Road, Sudbury, MA 01776 • 978-443-1400 • www.rustic29.com

UNO Pizzeria & Grill
70 Worcester Road, Framingham 01701 • 508-620-1816 • www.unos.com
225 Turnpike Road, Westborough 01581 • 508-616-0300 • www.unos.com

The Vin Bin
91 Main Street, Marlborough 01752 • 508-480-9463 • www.thevinbin.com
22 South Street, Hopkinton 01748 • 508-435-9463 • www.thevinbin.com
154 Turnpike Road, Southborough 01772 • 508-485-8884 • www.thevinbin.com
Craft beer tastings each Thursday 5-7pm and wine tastings every Friday 5-7pm. Soups, salads, and sandwiches with the freshest ingredients including specialty cheeses.

Violet Thorne
1360 Worcester Street, Natick • 508-653-8800 • www.verbhoteinnatick.com
Located in The VERVE Hotel Boston Natick, Tapestry Collection by Hilton, this chic lounge serves premium cocktails from seasoned mixologists and a fine selection of small plates and creative entrees. A water wall, fireplace, and media wall accentuate the vibrant ambiance.

Vohn’s
633 Pulaski Boulevard, Bellingham 02019 • 508-883-4934 • www.vohns.com

Volturno
1 Edgell Road, Framingham 01701 • 508-875-7105 • www.volturnopizza.com

Wanokura
194 West Street, Milford 01757 • 508-381-6767 • www.wanokura.us

Wegmans
9102 Shops Way, Northborough 01532 • 508-936-1900 • www.wegmans.com

Yama Zakura
9100 Shops Way, Northborough 01532 • 508-393-4187 • www.yamazakurasushi.com

Zaftig’s Deli
1298 Worcester Street, Natick 01760 • 508-653-4442 • www.zaftigs.com
We serve traditional Jewish-style offerings of corned beef, pastrami, potato pancakes, and chicken soup in addition to over 200 creative and diverse menu items prepared in our scratch kitchen. The banana-stuffed French toast is legendary; breakfast is served all day.

Homemade cocktails, wines, and craft beers.
a menu changing seasonally to keep up with the freshest ingredients.

Fresh, handcrafted food, including our signature wood-fired flatbreads, with

Celebrate the fusion of two exciting culinary cultures: Brazil and Peru. Samba Steak & Sushi captures this energy and warmth in its innovative dishes and festive décor. Prepare for an unrivaled dining experience!

Enjoy breakfast, lunch, and dinner at Regatta Grill, where we blend New England basics with new and unique styles. Or relax in the comfortable all-day Regatta Bar, offering a special menu, signature cocktails, spirits, and regional beers.

Located in The VERVE Hotel Boston Natick, Tapestry Collection by Hilton, this chic lounge serves premium cocktails from seasoned mixologists and a fine selection of small plates and creative entrees. A water wall, fireplace, and media wall accentuate the vibrant ambiance.

We serve traditional Jewish-style offerings of corned beef, pastrami, potato pancakes, and chicken soup in addition to over 200 creative and diverse menu items prepared in our scratch kitchen. The banana-stuffed French toast is legendary; breakfast is served all day.
Home away from home

What is 300 years old and gets more robust each day?
MetroWest’s hotel industry.

With the opening of our first Inn in 1716, our region's hotels have always offered travelers the right place at the right time. There's plenty of rest for the weary! Whether ambling down the 18th-century Boston Post Road or whizzing through the modern intersection of I-90 and I-495, visitors have always found our accommodations to be right where they need them.

With Route 9 running east-west and I-495 curving south-north, major roads bring hundreds of thousands of business travelers, who rub elbows with the visitors attending sports tournaments, college events, and cultural attractions. Here, they all find a home away from home—from historic inns to upscale hotels with the most urban amenities. Fine dining, en-suite kitchens, conference facilities, and fitness centers make these accommodations anything but sleepy.

We're also highly functional! More than 200,000 square feet of meeting spaces are suitable for events ranging from intimate gatherings to major trade shows. To learn more about MetroWest's function space, please see the chart on page 36.

Need room? No problem. More than 6,000 rooms from newly designed to the oldest inn in operation, welcome guests daily. Top photo: John Skelnak courtesy Longfellow’s Wayside Inn; Residence Inn Boston Natick, JS Photography; Distinctive Hospitality Group.
ASHLAND
Warren Conference Center & Inn
529 Chestnut Street, Ashland 01721 • 508-231-3000  www.warrencenter.com
Located on over 100 wooded acres, we are the perfect location for meetings, retreats, reunions, weddings, and special events. The Inn offers world-class service and attention to detail.

FRAMINGHAM
Edwards Meeting House & Retreat Center
1 Badger Road, Framingham 01702 • 508-875-5233  www.edwardshouseframingham.org
Edwards House offers fully equipped meeting space for working gatherings, large and small, and an intimate setting for small overnight retreats. The setting on 113 acres of woods and meadows is conducive to conversation, contemplation, and community.

Motel 6 Framingham
1668 Worcester Road, Framingham 01702 • 508-620-0500  www.motel6.com

Red Roof PLUS Boston-Framingham
650 Cochituate Road, Framingham 01701 • 937-328-1448  www.redroof.com

Residence Inn Boston Framingham
400 Staples Drive, Framingham 01701 • 508-370-0001  www.marriott.com/bosfm
Located at the intersection of the Mass Pike (I-90) and Route 9, we are conveniently located to many corporations. Featuring newly renovated studio, one-bedroom, and two-bedroom suites with fully equipped kitchens, complimentary full hot buffet breakfast, and internet.

Sheraton Framingham Hotel & Conference Center
1657 Worcester Road, Framingham 01701 • 508-879-7200  www.sheraton.com/framingham
Located 18 miles from downtown Boston, state-of-the-art executive meeting facility, top choice for business or leisure, upgrade to our new club experience. Renovated guest rooms with complimentary enhanced Wi-Fi and 50" flat-screen HD television.

FRANKLIN
Hampton Inn Franklin/Milford
735 Union Street, Franklin 02038 • 508-520-2999  www.hamptoninnfranklin.com
Located off Route 495 at Exit 16. Enjoy close proximity to Wrentham Outlets and Dean College. One mile from MBTA Commuter Rail to Boston. Easy drive to Providence. Walk to restaurants. Entire hotel newly renovated.

Hawthorn Suites by Wyndham Franklin
835 Upper Union Street, Franklin 02038 • 508-553-3500  www.hawthorn.com/franklin
Experience the comforts of home in our kitchenette suites. We are right off Interstate 495—20 miles from Providence and 40 miles from Boston—near the area’s best shopping and attractions, such as Southwick’s Zoo, Dean College, and Wrentham Outlets.

Residence Inn by Marriott Franklin
4 Forge Parkway, Franklin 02038 • 508-541-8188  www.marriott.com/bosfr
Located between Boston and Providence, this beautifully renovated property is ideal for relocation, long business trips or leisure travel. Our all-suites hotel offers rooms with fully equipped kitchens; separate living, eating, and sleeping areas; and high-speed Internet.

HUDSON
Holiday Inn Express
121 Cooolidge Street, Hudson 01749 • 978-562-1001  www.expressmarlboro.com

Need a rest? See more at metrowestvisitors.org

ACCOMMODATIONS
The VERVE Hotel has joined Tapestry Collection by Hilton.
Stop in and see what's new!

1360 Worcester Street, Natick MA
VERVEHotelNatick.com
508.653.8800

Let the Games
BEGIN!
Boston's Best Sports Grill
for Fun, Food & Friends
Best Burgers in MetroWest

SKYBOXX109.com | 508.903.1600

Affordable,
Free Breakfast,
Free WiFi
100% HAMPTON GUARANTEE

319 Speen Street, Natick MA
Boston-Natick.HamptonInn.com
508.653.5000

Affordable,
Free Breakfast,
Free WiFi
100% HAMPTON GUARANTEE

319 Speen Street, Natick MA
Boston-Natick.HamptonInn.com
508.653.5000

319 Speen Street, Natick, MA | DistinctiveHospitalityGroup.com
Owned & Operated by Distinctive Hospitality Group, Natick, MA
MILFORD

Best Western Milford Inn
3 Fortune Boulevard, Milford 01757 • 508-634-2499  www.bestwestern.com
Sure to provide a peaceful and comforting home away from home for any traveler. With cleanliness and value being our top priority, we ensure a restful and productive stay.

Courtyard by Marriott Boston/Milford
10 Fortune Boulevard, Milford 01757 • 508-634-9500  www.milfordcourtyard.com
Newly renovated and just 30 miles to both Boston and Providence, RI, our hotel features inviting flexible spaces to work and relax. Enjoy our Bistro Restaurant, 24-hour Starbucks, and our free Wi-Fi.

DoubleTree by Hilton Hotel Boston - Milford
11 Beaver Street, Milford 01757 • 508-478-7010  www.bostonmilford.doubletree.com
Located just off I-495, convenient to Worcester, Boston, and Providence, the DoubleTree offers an indoor pool, fitness center, and business center. Join us at our Il Cigno Restaurant or Legends Sports Bar and Grille.

Fairfield Inn & Suites by Marriott
1 Fortune Boulevard, Milford 01757 • 508-636-0900  www.marriott.com/bosnm
Ideal for business or leisure, our spacious rooms make it easy to relax. Complimentary continental breakfast and Internet, indoor pool, and suites with microwaves and refrigerators make us ideal for sports groups or weddings and other social gatherings.

Holiday Inn Express Boston-Milford Hotel
50 Fortune Boulevard, Milford 01757 • 508-634-1054  www.marriott.com/bosnm
Newly renovated hotel with a sparkling indoor heated pool, whirlpool, fitness center and guest lobby. Our rooms feature modern decor with microwaves, and refrigerators. Accommodations include free WIFI and a full hot breakfast buffet.

NATICK

Hampton by Hilton, Boston-Natick
319 Speen Street, Natick 01760 • 508-653-5000  www.bostonnatick.hamptoninn.com
Located near Boston in historic Natick. Free shuttle to office parks, shopping, and dining. Walk to Natick Mall. Close to Babson College, Walnut Hill School for the Arts, and Framingham State University. Commuter Rail to Boston.

Courtyard Boston Natick
342 Speen Street, Natick 01760 • 508-655-6100  www.courtyardbostonnatick.com
Our hotel has the tools you need to get work done. Offering free high-speed Internet, ergonomic desk chairs, well-lit desks, and on-site business services and meeting rooms, our suburban hotel is perfect for the frequent business traveler.

Residence Inn Boston Natick
1 Superior Drive, Natick 01760 • 508-651-5250  www.marriott.com
Extended stay hotel near Boston featuring free breakfast, free wifi and free parking. Close to the Natick mall and local businesses such as Mathworks, Bose Corporation and the TJX Companies.

The VERVE Hotel Boston Natick, Tapestry Collection by Hilton
1360 Worcester Road, Natick 01760 • 508-653-8800  www.vervehotelnatick.com
Easy access to Boston, off the Mass Pike. Perfect for leisure and business travelers. WIFI, 24-hour fitness room, restaurant, and lounge. Free shuttle to office parks, shopping, dining. Across the street from Natick Mall.

SHERBORN

Heritage of Sherborn
33 North Main Street, Sherborn 01770 • 508-655-9521  www.heritageofsherborn.com
Join us at our Inn and enjoy a comfortable private room with a gastro-pub, wedding venue, and a Coffee, Wine, & Provisions store on the premises. Private rooms with private bath. Includes $10 gift certificate for coffee and pastries.
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<th>City</th>
<th>Hotel Name</th>
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<td>Framingham</td>
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<td>Franklin</td>
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<td>Quality Inn Marlborough</td>
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<td>Residence Inn Boston Natick</td>
<td>136</td>
<td>+</td>
<td>3800</td>
<td>4</td>
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<td></td>
<td>VERVE Boston Natick , Tapestry Collection by Hilton</td>
<td>251</td>
<td>+</td>
<td>17,000</td>
<td>10</td>
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<tr>
<td></td>
<td>Heritage of Sherborn</td>
<td>4</td>
<td>+</td>
<td>14-120ppl</td>
<td>3</td>
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<tr>
<td>Sherborn</td>
<td>Red Roof Inn Southborough</td>
<td>108</td>
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<tr>
<td>Southborough</td>
<td>Wayside Inn</td>
<td>9</td>
<td>+</td>
<td>3,500</td>
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<tr>
<td>Sudbury</td>
<td>Fairfield Inn Boston Sudbury</td>
<td>48</td>
<td></td>
<td>—</td>
<td></td>
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<tr>
<td>Westborough</td>
<td>Courtyard by Marriott Westborough</td>
<td>106</td>
<td>+</td>
<td>600</td>
<td>1</td>
<td>+</td>
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<tr>
<td></td>
<td>Doubletree by Hilton Hotel Boston Westborough</td>
<td>223</td>
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<td>11,400</td>
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<td></td>
<td>Hampton Inn Boston Westborough</td>
<td>106</td>
<td>+</td>
<td>588</td>
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<tr>
<td></td>
<td>Residence Inn Boston Westborough</td>
<td>100</td>
<td></td>
<td>320</td>
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<td>Westborough Inn</td>
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</tbody>
</table>
SOUTHBOROUGH

Red Roof Inn
367 Turnpike Road, Southborough 01772 • 508-481-3904  www.redroofinn.com
Located 14 miles from Worcester and 28 miles from Boston, our hotel offers flat-screen TVs in all rooms and is just minutes from Tufts Vet School, New England Sports Complex, The Fay School, St. Mark’s, and Boston Marathon start line.

SUDBURY

Fairfield Inn Boston Sudbury
738 Boston Post Road, Sudbury 01776 • 978-443-2223  www.fairfieldinnbostonsudbury.com
This newly refurbished boutique hotel offers the comforts and conveniences essential to today’s traveler. Located along historic Boston Post Road, the Fairfield Inn offers diverse amenities in an elegant and relaxed suburban setting.

Inn on the Horse Farm
277 Old Sudbury Road, Sudbury 01776 • 978-443-7600  www.innonthehorsefarm.com

We are America’s oldest operating Inn. Whether for a weekend getaway, a special retreat, or simply a quiet evening, the Inn offers a classic New England B&B experience. Each guestroom has views of wooded grounds filled with gardens, charming buildings, and historic spaces.

Residence Inn by Marriott Boston Westborough
25 Connector Road, Westborough 01581 • 508-366-7700  www.marriott.com/hotels
Find your travel balance at Residence Inn in Westborough, situated between Worcester, Boston, and Providence. Our all-suite extended stay accommodations boast ergonomic work spaces to increase productivity. Prepare home-cooked meals in the suite’s fully equipped kitchen.

WESTBOROUGH

Courtyard by Marriott Westborough
3 Technology Drive, Westborough 01581 • 508-836-4800  www.marriott.com/bosbr
Recently refreshed in the public areas, media pod stations, and The Bistro (offering breakfast and light dinner fare), we are nestled in a suburban oasis in Technology Park, with easy access to Routes I-495, 9, and I-90.

DoubleTree by Hilton Hotel Boston - Westborough
5400 Computer Drive, Westborough 01581 • 508-366-5511  www.bostonwestborough.doubletree.com
Conveniently located on Route 495 and the Massachusetts Turnpike. Hotel offers 223 sleeping rooms and over 13,000 square feet of meeting space. Restaurant, lounge, and an indoor pool and fitness center.

Extended Stay America
1800 Computer Drive, Westborough 01581 • 508-366-6100  www.extendedstayamerica.com
180 E Main Street, Westborough 01581 • 508-616-9213  www.extendedstayamerica.com
19 Connector Road, Westborough 01581 • 508-616-0155  www.extendedstayamerica.com/hotels/ma/boston/westborough-connector-road

Hampton Inn Boston-Westborough
15 Connector Road, Westborough 01581 • 508-329-5570  www.bostonwestborough.hamptonbyhilton.com
Westborough’s newest hotel, we invite guests to stay in one of our 106 well-equipped guest rooms or suites, enjoy our complimentary full hot breakfast, and take a swim in our heated indoor pool.

Marriott Courtyard Boston Westborough
3 Technology Drive, Westborough 01581 • 508-836-4800  www.courtyardwestborough.com

Residence Inn by Marriott Boston Westborough
25 Connector Road, Westborough 01581 • 508-366-7700  www.marriott.com/hotels
Find your travel balance at Residence Inn in Westborough, situated between Worcester, Boston, and Providence. Our all-suite extended stay accommodations boast ergonomic work spaces to increase productivity. Prepare home-cooked meals in the suite’s fully equipped kitchen.
The way we work

With a very low unemployment rate, and a high rate of new businesses, MetroWest is the economic engine of Massachusetts.

As the home of Fortune 500 companies and world-class technology enterprises, our region’s businesses are constantly creating services with a level of sophistication and convenience demanded by visitors and residents. Rounding out our commerce are tens of thousands of smaller businesses, some centuries-old and some brand-new!

Helping supply this growing and highly educated workforce are colleges and universities based in our region. The fine K-12 public schools are augmented by prominent private schools attracting students from around the nation and the world.

Town centers remain the cornerstone of commerce for our municipalities. Centuries-old downtowns literally remain the intersection of entrepreneurism and the thriving financial and professional businesses that make our communities work. Whether you’re looking for health and wellness services, local media, or nonprofit organizations, you’ll be thrilled by the company we keep here in MetroWest.

From transportation to translation ... it’s all here. Top: Logan Express offers easy convenient travel to Logan Airport. Bottom: The Learning Center for the Deaf is the largest provider of services to deaf and hard of hearing children in New England, it is also the largest private employer of Deaf individuals in Massachusetts.
**EDUCATION**

**Christa McAuliffe Charter School**  
139 Newbury Street, Framingham 01701 • 508-879-9000  www.mcauliffecharter.org  
An Expeditionary Learning school for grades 6-8, McAuliffe offers a hands-on curriculum that inspires high achievement through active learning, character growth, and teamwork. We cultivate within our diverse student body, an intense commitment to self and community.

**Clark University Graduate School of Management**  
333 Turnpike Road, Southborough 01772 • 508-281-0300  www.clarku.edu

**Dean College**  
99 Main Street, Franklin 02038 • 1-877-TRY-DEAN  www.dean.edu  
A private residential college fostering academic and personal success, Dean College offers a variety of associate degree programs, transfer preparation for four-year institutions, and baccalaureate degrees.

**Fay School**  
48 Main Street, Southborough 01772 • 508-485-0100  www.fayschool.org  
An independent, coeducational day and boarding school, we are a traditional yet contemporary independent school that teaches enduring skills for a changing world.

**Framingham State University**  
100 State Street, Framingham 01702 • 508-620-1220  www.framingham.edu  
Offering small, personalized classes to undergraduate and graduate students on a beautiful, traditional New England campus. As a public university, Framingham State prides itself on its quality academic programs, affordability, and commitment to access for all qualified students.

**Kumon**  
1164 Worcester Road, Framingham 01702 • 508-875-0552  www.kumon.com/framingham

**The Learning Center for the Deaf**  
848 Central Street, Framingham 01701 • 508-879-5110  www.tlcdeaf.org  
Ensuring that deaf and hard-of-hearing students achieve their full potential in an educational environment where language and communication are keys to building competence, character, and community.

**MassBay Community College**  
19 Flagg Drive, Framingham 01702 • 508-270-4000  www.massbay.edu  
50 Oakland Street, Wellesley 02481 • 781-239-3000  www.massbay.edu  
We offer associate degree and certificate programs, credit, non-credit, and online courses in over 70 areas of study at our campuses in Framingham, Ashland, and Wellesley.

**Massachusetts International Academy**  
280 Locke Drive, Marlborough 01752 • 508-229-6300  www/english.maiaedu.org

**Nichols College**  
129 Center Road, Dudley 01571 • 800-470-3379  www.nichols.edu

**RSM School of Math**  
5 Auburn Street, Framingham 01701 • 508-283-1355  www.metrowestmath.com  
An after-school educational program for children in grades K-12 that offers top-quality instruction in mathematics, SAT preparation, chess, creative writing, and more. It is an affiliate of the Russian School of Mathematics.

**S.E.T. School of MetroWest**  
100 Waverly Street, Ashland 01721 • 508-231-4500  www.setschoolmw.com

**St. Mark’s School**  
25 Marlboro Road, Southborough 01772 • 508-786-6000  www.stmarkschool.org

**Summit Montessori School**  
283 Pleasant Street, Framingham 01701 • 508-872-3630  www.summitmontessori.org

Summit Montessori School is a community dedicated to developing respectful, self-motivated, life-long learners. Through a challenging, individualized, Montessori-based curriculum, children cultivate their strengths to reach their unique potential and to become active participants in the global community.

**The Tobin School**  
73 Cottage Street, Natick 01760 • 508-655-5006  www.thetobinschool.org

**Tremont School**  
57 Brown Street, Weston 02493 • 781-235-4805  www.tremontschool.org

**Walnut Hill School for the Arts**  
12 Highland Street, Natick 01760 • 508-653-4312  www.walnuthillarts.org  
Walnut Hill School for the Arts offers a unique combination of academic rigor and artistic excellence for day and boarding students grades 9-12. Performances and exhibitions are open to the public, many free of charge.

**FINANCIAL SERVICES**

**Align Credit Union**  
969 Concord Street, Framingham 01701 • 800-942-9575  www.aligncu.com

**Avidia Bank**  
Framingham, Hudson, Marlborough, Northborough, Westonborough • 800-508-2265  www.avidiabank.com  
Avidia Bank is a full-service, $1-billion mutual community bank serving MetroWest and Central Mass. We provide the best in banking to consumers and businesses. We are a proud community partner.

**DCU—Digital Federal Credit Union**  
60 Worcester Road, Framingham 01702 • 508-820-1252  www.dcu.org  
Owned and operated by our 500,000 members since 1979, DCU provides a wide variety of consumer and business banking, lending, and insurance services.

**Kahn, Litwin, Renza (KLR)**  
800 South Street, Suite 300, Waltham 02453 • 781-547-8800  www.KahnLitwin.com  
Providing the highest quality accounting, tax, and advisory services for over 40 years. Boston, Providence, Shanghai, Newport, Waltham.

**Middlesex Savings Bank**  
6 Main Street, Natick 01760 • 508-315-5360  www.middlesex.org  
162 Cordaville Road, Southborough 01772 • 508-460-7036  www.middlesex.com  
With 30 branches and five business-lending centers, we are one of the state’s largest and strongest banks and remain very much community-oriented by providing significant financial support to the community.

**Moody Street Group**  
134 Rumford Avenue, Suite 201, Newton 02466 • 617-916-5155  www.moodystreet.com  
We are a financial services firm assisting our clients in reaching their personal and business goals and helping them secure their financial future.

Note: Registered Representative of and securities offered through OneAmerica Securities, Inc., member FINRA, SIPC, a Registered Investment Advisor; 134 Rumford Ave., Suite 201, Newton, MA 02466, 6170916-5155, Insurance Representative of American United Life Insurance Company (AUL) and other insurance companies. The Moody Street Group, LLC is not an affiliate of OneAmerica Securities or AUL and is not a broker dealer, or a Registered Investment Advisor.

**Mutual One Bank**  
828 Concord Street, Framingham 01702 • 866-322-1889  www.framinghamcoomp.com

**Needham Bank**  
1063 Great Plain Avenue, Needham 02192 • 781-444-2100  www.needhambank.com

**The Learning Center for the Deaf**  
48 Main Street, Southborough 01772 • 508-881-1088  www.needhambank.com  
Our long-term commitment to our customers is shown through our personalized service, competitive products, and deep community involvement. We make banking a more pleasant experience. With MetroWest branches in Natick, Millis, Ashland, Needham, and Wellesley.
**Northeast Community Bank**
35 Edgell Road, Framingham 01701 • 508-879-0006 www.necommunitybank.com

**St. Mary’s Credit Union**
Framingham, Hudson, Marlborough, Westborough, Northborough • 508-490-8000 www.stmaryscu.org

**Symphony Employer Solutions**
6 Huron Drive, Natick 01760 • 508-652-8007 www.symponyes.com
Symphony is an orchestra of experienced professionals providing organizations of all sizes and complexity with scalable, effective integrated solutions supported with personal concierge service.

**TD Bank**
Ashland, Framingham, Wayland, Sudbury, Wellesley, Holliston, Marlborough
888-751-9000 • www.tdbank.com
TD Bank, America's Most Convenient Bank, is one of the ten largest banks in the U.S., providing more than eight million customers with a full range of retail, small business and commercial banking products and services.

**Webster First Federal Credit Union**
22 South Street, Suite 106, Hopkinton 01748 • 508-671-5185 www.websterfirst.com
A credit union that puts you first. Visit our Hopkinton branch located at 22 South Street (in the Price Chopper shopping plaza), and enjoy convenient features such as drive-up teller and 24 hour walk-up ATM!

**Wellesley Bank**
40 Central Street, Wellesley 02482 • 781-489-7647 www.wellesleybank.com

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**BUSINESS & PROFESSIONAL SERVICES**

**495/MetroWest Partnership**
200 Friberg Parkway, Westborough 01581 • 774-760-0495 www.495partnership.org
The 495/MetroWest Partnership, through a unique public-private collaboration with businesses, municipalities, and other stakeholders, is the regional leader for creating an environment that prepares for and cultivates sustainable growth in 34 municipalities.

**All-Family Insurance**
34 Hayden Rowe Street, Hopkinton 01748 • 508-244-4128 www.allfamilyinsurance.ne

**Ashland Business Association**
Ashland 01721 • www.ashlandbusinessassociation.com
Find local businesses through our online directory. The ABA is a group of business owners, executives, managers, and employees working together to foster ties between business and community.

**Assabet Valley Chamber of Commerce**
8 Church Street, # 2, Hudson 01749 • 978-568-0360 www.assabetvalleychamber.org
We represent over 500 businesses and nonprofits from more than 30 communities. Our mission is to represent business and promote, education, and network our members and the Assabet Valley region at large.

**Bellingham Business Association**
Box 77, Bellingham 02019 • www.bellinghambusinessassociation.org
The BBA provides networking and professional development opportunities for local businessmen and women in a relaxed and engaging setting. Dinner meetings are held monthly, September-June, generally on the second or third Wednesday of the month.

**Boston Technology Advisors**
62 Lanewood Avenue, Framingham 01701 • 508-405-2460 www.bta-it.com

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The mission of The Learning Center for the Deaf is to ensure that all deaf and hard of hearing children and adults thrive by having the knowledge, opportunity, and power to design the future of their choice.

**THE LEARNING CENTER FOR THE DEAF**
Audiology | Sign Language Interpreting | Deaf Education
Behavioral Health | And More

848 Central Street • Framingham, MA 01701 www.TLCDEAF.org

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Great tenants make higher property values!

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200 Crossing Boulevard, Suite 300, Framingham 01702 • 508-879-5700 www.bowditch.com
Guided by three tenets – diligence, expertise, and insight – the law firm of Bowditch & Dewey has been helping clients achieve their business goals for 100 years.

Cheever Industries
30 Main Street rear, Ashland 01721 • 508-231-8800 www.cheeverind.com

Choose Framingham
150 Concord Street, Framingham 01702 • 508-532-5455 www.chooseframingham.com
A program of the Framingham Office of Community and Economic Development, Choose Framingham offers a website listing resources for living, working, playing, learning, and enjoying Framingham.

Complete Technology Resources / CTR
2 Mount Royal Ave, Suite 350, Marlborough 01752 • 508-909-5961 www.completetechnologyresources.com
CTR is an IT Cloud First, Solutions company. We focus on network, cloud and communication system solutions that fit your company’s needs today and anticipate tomorrow’s challenges.

ConnectPay Payroll Services
10 Fiddlenick Lane, Southborough 01772 • 508-439-4730 www.connectpayusa.com
Where your dedicated customer-service rep knows you and your business. Welcome to a world of integrated payroll services where we communicate with your trusted team of advisors. Contact Sheldon for a no-cost or obligation payroll comparison.

Corridor 9/495 Regional Chamber of Commerce
30 Lyman Street, Westborough 01581 • 508-836-4444 www.corridornine.org

CTM Media Group, Inc.
308 Sixth Road, Woburn 01801 • 617-275-5894 www.etractions.com www.ctmmediagroup.com
CTM is one of the largest distributors of visitor and tourism information in North America with over 19,000 brochure and digital information displays in hotels, airports, transportation centers and visitor centers.

Cynthia Whitty Communications
148 Concord Street, Ashland 01721 • 508-881-6297 www.facebook.com/pages/Cynthia-Whitty-Communications-

Dennehy Public Relations
45 Village Street, Medway 02053 • 508-533-8311 www.dennehypr.com

E-motion Computer Services
356 Woodland Street, Holliston 01746 • 508-429-3210 www.e-mcs.com

Fair & Yeager Insurance Agency
10 Main Street, Natick 01760 • 508-653-3131 www.fyins.com
Fair & Yeager Insurance, a third-generation independent insurance agency established in 1898 serving the community on Main Street in Natick for over a century. For all your insurance needs: auto, home, life, and business.

Fitts Insurance Agency
2 Willow Street, Suite 102, Southborough 01745 www.fittsinsurance.com
We don’t just offer insurance, we build long-term relationships for personal and business growth and success. Our skilled staff has the expertise and experience to guide and advise you in developing your insurance strategies.

Fletcher Tilton PC
161 Worcester Road, Framingham 01701 • 508-532-3500 www.fletchertilton.com

Franklin Downtown Partnership
9 East Central Street, Franklin 02038 • 774-571-3109 www.franklindowntownpartnership.org
Franklin Downtown Partnership is a pro-active organization that brings residents, business owners and community leaders together, encourages cooperation, and builds leadership for the purpose of revitalizing downtown Franklin.

Freedom Digital Printing
200 Butterfield Drive, Unit A2, Ashland 01721 • 508-881-6940 www.freedomdigitalprinting.com
Holliston Business Association
Holliston 01746 • 508-429-3210 www.hollistonbusinessassociation.com

Hopkinton Chamber of Commerce
PO Box 35, Hopkinton 01748 • www.hopchamber.com
The Chamber of Commerce is dedicated to helping Hopkinton businesses succeed by supporting and advocating for an environment where members and their communities prosper.

Jonatan Dalla Costa Allstate Insurance
2 Franklin Commons, Framingham 01702 • 508-875-3488 www.agents.allstate.com/Jonatan-Dalla-Costa-Framingham-MA

Levine Design & Illustrations
617.875.2195 www.levinedesign.net

Mapa Translations
302 Union Ave, Suite 1, Framingham 01701 • 508-309-6309 www.mapatranslation.com
A full service agency providing written translation and localization, in person and over the phone interpreter services, and multilingual voice-overs.

Marlborough Regional Chamber of Commerce
11 Florence Street, Marlborough 01752 • 508-485-7746 www.marlboroughchamber.org
Our mission is to promote and advocate for our members’ business and civic interests and to collaborate with the communities for the overall economic benefit of the region.

MetroWest Chamber of Commerce
860 Worcester Road, Framingham 01702 • 508-879-5600 www.metrowest.org
Driving the economic vitality of our communities through the power of connection, we serve more than 500 member organizations ranging from sole proprietorships and small/mid-tier businesses to Fortune 100 enterprises, municipalities, and not-for-profit organizations.

Milford Area Chamber of Commerce
258 Main Street, Suite 306, Milford 01757 • 508-473-6700 www.milfordchamber.org
A diverse group of the area’s top business leaders working to enhance business opportunities and create a positive economic climate.

Mirick O’Connell Attorneys-at-Law
1800 West Park Drive, Suite 400, Westborough 01581 • 508-898-1501 www.mirickoconnell.com
Mirick O’Connell counsels New England’s leading corporations — private and public — and individuals across a wide range of industries.

Murphy Insurance Agency
MetroWest locations in Marlborough, Hudson, and Medway • 800-222-8711 www.dfmurphy.com

Natick Center Associates
20 Main Street, Suite 208, Natick 01760 • 508-650-8848 www.natickcenter.org
Natick Center is the heart of the Natick community and a designated Massachusetts Cultural District! Natick Center Associates is a nonprofit public-private partnership committed to making downtown Natick a vital, exciting place to live, work, and visit.

Out of Office Coworking
43 Broad Street, 3rd Floor, Hudson 01749 www.outofofficecoworking.com
Are you looking for a zen place to work, a dedicated desk, or a private office? At Out of Office Coworking, you’ll be right on the doorstep of restaurants, gyms, yoga studio, and shops.

Sid Simone Staffing
330 Cochituate Rd #1032, Framingham 01701 • 734-402-7276 www.sidsimone.com

Strategic Payment Systems
43 Dan Road, Canton 02021 • 781-828-2523 www.spsprocessing.net
Strategic Payments Systems, Inc. is a full service provider of cost effective, leading class products to merchants, sales offices, financial institutions and associations. SPS, headquartered in Canton, Massachusetts, is known for quality products, superior service, strong relationships and stability.

Quintessential Coaching
Marlborough 01752 • 774-249-4976 www.quintessential-coaching.com

V.I.P. Freelance Studios
Marlborough 01752 • 508-797-2855 www.vipfreelancestudios.com

tax advisors
173 Concord Street, Framingham 01702 • 508-784-1120 www.taxadvisorpro.com

26.2 Foundation
PO Box 820, Hopkinton 01748 • www.26.2.org
The foundation’s mission is to promote and support the sport of marathoning, as well as health, wellness, and economic development initiatives through innovative, multi-generational programs on local, regional, national, and global levels.

A Cut Above Hair, Nail, & Skin
56 East Central Street, Franklin 02038 • 508-528-4543 www.acutabovehairandnails.com

Align Spine Chiropractic & Wellness
10 Union St, Natick 01760 • 508-545-6789 www.alignspinechiropractic.com

Allied Chiropractic
345 West Central Street, Franklin 02038 • 508-455-4600 www.alliedchiro.net

Ashland Physical Therapy & Sports Medicine
15 W Union Street, Ashland 01721 • 508-881-6750 www.ashlandphysicaltherapy.com
Patients who return to their preferred state of life with Ashland Physical Therapy & Sports Medicine can expect the highest quality care from our licensed therapists. Our treatment philosophy focuses on the patient.

Bancroft Boxing
701 Waverly Street, Framingham 01702 • 508-596-2086 www.bancroftboxing.com

Be Healthy Homeopathy
317 North Main Street, Natick 01760 • 508-397-6098 www.behealthyhomeopathy.com

Blackstone Oriental Medicine Clinic
9 Summer Street #303, Franklin 02038 • 508-530-3379 www.blackstoneomc.com

Club Pilates Framingham
25 Prospect Street, Framingham 01701 • 774-999-0209 www.clubpilates.com/Framingham

Crossfit Framingham
280 Worcester Road, Framingham 01701 • 508-626-2000 www.crossfit-framingham.com

Daryn Bower, CMT
680 Worcester Road, Framingham 01702 • 508-872-3700 www.darynbowermt.org

Fernandes Acupuncture
14 Winthrop St, Marlborough 01752 • 978-473-9393 www.fernandesacupunctureandherbs.com

The Gentle Place: Massage – Yoga-Wellness
79 Main Street, Suites 104-106, Framingham 01701 • 508-788-7300 www.thegentleplace.com

Impact MetroWest
2 Watson Place, Framingham 01701 • 508-766-0318 www.impactmetrowest.com

Invidia Salon
736 Boston Post Road, Sudbury 01776 • 978-443-1717 www.invidiasalon.com

Joint Ventures Physical Therapy & Fitness
204 Worcester Street, Wellesley 02481 • 617-536-1161 www.JointVenturesPT.com

Jonatan Dalla Costa Allstate Insurance
2 Franklin Commons, Framingham 01702 • 508-875-3488 www.agents.allstate.com/Jonatan-Dalla-Costa-Framingham-MA

Levine Design & Illustrations
617.875.2195 www.levinedesign.net

Mapa Translations
302 Union Ave, Suite 1, Framingham 01701 • 508-309-6309 www.mapatranslation.com
A full service agency providing written translation and localization, in person and over the phone interpreter services, and multilingual voice-overs.

Marlborough Regional Chamber of Commerce
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860 Worcester Road, Framingham 01702 • 508-879-5600 www.metrowest.org
Driving the economic vitality of our communities through the power of connection, we serve more than 500 member organizations ranging from sole proprietorships and small/mid-tier businesses to Fortune 100 enterprises, municipalities, and not-for-profit organizations.

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A diverse group of the area’s top business leaders working to enhance business opportunities and create a positive economic climate.

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Mirick O’Connell counsels New England’s leading corporations — private and public — and individuals across a wide range of industries.

Murphy Insurance Agency
MetroWest locations in Marlborough, Hudson, and Medway • 800-222-8711 www.dfmurphy.com

Natick Center Associates
20 Main Street, Suite 208, Natick 01760 • 508-650-8848 www.natickcenter.org
Natick Center is the heart of the Natick community and a designated Massachusetts Cultural District! Natick Center Associates is a nonprofit public-private partnership committed to making downtown Natick a vital, exciting place to live, work, and visit.

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43 Broad Street, 3rd Floor, Hudson 01749 www.outofofficecoworking.com
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Sid Simone Staffing
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Strategic Payment Systems
43 Dan Road, Canton 02021 • 781-828-2523 www.spsprocessing.net
Strategic Payments Systems, Inc. is a full service provider of cost effective, leading class products to merchants, sales offices, financial institutions and associations. SPS, headquartered in Canton, Massachusetts, is known for quality products, superior service, strong relationships and stability.
MacMedSpa Milford Day Spa
125 East Main Street, Milford 01757 • 508-283-7837 www.macmedspa.com

Orangetheory Fitness
21 Main Street, Natick 01760 • 954-530-6903 www.orangetheoryfitness.com/natick

Premier Martial Arts
771 Boston Post Road, Marlborough 01752 • 508-229-2545 www.pmamarlborough.com

SELF Aesthetics Medical Spa
323 West Central Street, Franklin 02038 • 508-541-7353 www.self-therapeutics.com

South County Physical Therapy
154 East Main Street, Westborough 01581 • 508-366-7899 www.southcountypt.com

Special Olympics Massachusetts
Yawkey Sports Training Center • 512 Forest Street, Marlborough 01752
508-485-0966 www.specialolympicsma.org
Through successful experiences in sports, Special Olympics Massachusetts athletes gain confidence and build positive self-images, which they take with them into their homes, classrooms, jobs, and communities.

Title Boxing
43A Apex Drive, Marlborough 01752 • 508-251-1261 www.titleboxingclub.com/marlborough-ma

AAA Southern New England
653 Worcester Road, Framingham 01701 • 508-875-2000 www.aaa.com

Alumni House
42 Adams Road, Framingham 01702 • 508-872-9770 www.alumnihouse.org
The Alumni House offers flexible socializing spaces, a conference room, and a self-catering kitchen for social and business functions at reasonable rates. Our gracious setting can accommodate up to 60 people for a standup reception.

Access Framingham (AFTV)
4 Vernon Avenue, Framingham 01702 • 508-875-5434 www.accessfram.tv
Access Framingham’s (AFTV) engages, serves and enriches the community by supporting television programming created by the people of Framingham, providing educational opportunities and facilitating the exchange of ideas and information through traditional and new media.

American Cancer Society New England Division
43 Nagog Park, Suite 110, Acton, 01720 • 781-894-6633 www.cancer.org/myacs/newengland

Bethany Hill Place
89 Bethany Road, Framingham 01702 • 508-875-1117 www.bethanyhillschool.org

Brewster Ambulance Service
7 Main Street, Framingham 01702 • 508-309-6953 www.brewsterambulance.com

Brewster Ambulance Service
7 Main Street, Framingham 01702 • 508-309-6953 www.brewsterambulance.com

Emerson Urgent Care
Shops at Highland Common, Highland Commons Way, Hudson 01749
978-287-8990 www.emersonhospital.org/urgent
The Urgent Care Center, open seven days/week, is staffed by physicians and offers care for minor illnesses and injuries.
No appointment is necessary. Patients can request a time for care online.

MetroWest Medical Center / Framingham Union Hospital
115 Lincoln Street, Framingham 01702 • 508-383-1000 www.mwmc.com

MetroWest Medical Center / Leonard Morse Hospital
67 Union Street, Natick 01760 • 508-650-7000 www.mwmc.com

Milford Regional Medical Center
14 Prospect Street, Milford 01757 • 508-473-1190 www.milfordregional.org

Metrowest Ambulance Service
7 Main Street, Framingham 01702 • 508-309-6953 www.brewsterambulance.com

The Homesteader
P.O. Box 1072 Acton 01720 • 978-461-0028 www.thehomesteader.com

Hopkinton Independent
6 Fenton Street, Hopkinton 01748 • 508-435-5188 www.hopkintonindependent.com

My FM Media: 101.3 and WMRC 1490 AM
258 Main Street, Milford 01757 • 508-473-1490 www.wmrcdailynews.com

Petroni Media Company – Framingham SOURCE/Ashland SOURCE/Natick SOURCE
framinghamsource.com
The online SOURCE for all local and community news and events.

WCRN AM 830
276 Turnpike Road, Westborough 01581 • 508-871-7000 www.wcrnradio.com

WSRO Radio 650 (Rede ABR)
100 Mount Wayte Avenue, Framingham 01702 • 508-820-0001 www.wsro.com

American Cancer Society New England Division
43 Nagog Park, Suite 110, Acton, 01720 • 781-894-6633 www.cancer.org/myacs/newengland

WSRO Radio 650 (Rede ABR)
100 Mount Wayte Avenue, Framingham 01702 • 508-820-0001 www.wsro.com

NONPROFIT COMMUNITY SERVICES

UMass Memorial Marlborough Hospital
57 Union Street, Marlborough 01752 • 508-481-5000 www.umassmemorialhealthcare.org/marlborough-hospital

Wexler Chiropractic & Wellness Center
650 Worcester Road, Framingham 01702 • 508-879-8882 www.framinghamchiropractic.com

Zarrella Dentistry
171 Main Street, Suite 100, Ashland 01721 • 508-881-1280 www.ashlanddmd.com
Downtown Framingham Inc.
12 Irving Street, Framingham 01701 • 508-656-0168  www.downtownframinghaminc.org
We are a 501(c)(3) nonprofit dedicated to guiding Downtown Framingham to its most vibrant future. We join our great local businesses and neighborhood communities to welcome you as our guests and future friends!

Family Promise MetroWest
13 Common Street, Natick 01760 • 508-318-4820  www.familypromisemetrowest.org

Holliston in Bloom
Holliston 01746 •  www.hollistoninbloom.org

Framingham Public Library
49 Lexington Street, Framingham 01701 • 508-532-5570  www.framinghamlibrary.org
The library provides a friendly, physical environment that serves as a community meeting place encouraging curiosity, free inquiry, and lifelong learning.

Friends of Saxonville
P.O. Box 3236, Framingham 01705 • www.saxonville.org

Latino Health Insurance Program
276 Union Avenue, Framingham 01702 • 508-875-1237  www.lhiprogram.org

Leadership MetroWest
665 Franklin Street, upper level, Framingham 01702 • 508-872-6161  www.leadershipmetrowest.org
We empower participants and alumni of our signature program, the Leadership Academy, to be more effective community and business leaders and to embrace cross-sector collaboration.

Medway Community Farm
50 Winthrop Street, Medway 02053 • 508-250-0260  www.medwaycommunityfarm.org

MetroWest Parents of Multiples
Serving the entire MetroWest region • www.mwpom.org

Natick Community Organic Farm
117 Eliot Street, Natick 01760 • 508-655-2204  www.natickfarm.org

OUT MetroWest
P.O. Box 2122, Framingham 01703 • 508-875-2122  www.outmetrowest.org

Rotary Club of Framingham
www.framinghamrotary.org

SPARK Kindness
Natick 01760 • www.sparkkindness.org

Sudbury Foundation
326 Concord Road, Sudbury 01776 • 978-443-0849  www.sudburyfoundation.org

Taly Foundation
665 Franklin Street, Upper Level, Framingham 01702 • 774-257-5455  www.talyfoundation.org
The Taly Foundation’s mission is to provide access to and improve the quality of early childhood education. Taly’s vision is that all children will have access to high quality preschool education.

United Way of Tri-County
46 Park Street, Framingham 01702 • 888-811-3291  www.uwotc.org
We help local neighbors as MetroWest’s largest community-based investor in Education, Financial Stability, Health, and Basic Human Needs – the building blocks for a good quality of life. GIVE. ADVOCATE. VOLUNTEER.

Veterans Inc.
69 Grover Street, Worcester 01605 • 800-482-2565  www.veteransinc.org

**TRANSPORTATION**

Able Limousine
102 East Main Street, Hopkinton 01748 • 508-435-3903  www.ablelimousineinc.com

Acre Bridge Transportation
2 Mount Royal Avenue, suite 206, Marlborough 01752 • 855-953-5466  www.acrebridge.com

Boston Logan Airport
1 Harborside Way, Boston 02128 • www.boston-logan-airport.com

GATRA (Greater Attleboro Taunton Regional Transportation Authority)
800-483-2500  www.gatra.org
Fixed bus routes serving 28 communities, including Franklin and shuttle services to MBTA stations in the MetroWest towns of Bellingham, Franklin, and Medway.

Hopedale Industrial Park Airport
1 Airport Road, Hopedale 01747 • 508-478-1726  www.hopedaleindustrialpark.com

JFK Transportation
4 Mechanic Street, Natick 01760 • 508-653-4500  www.jfktransinc.com

Knight’s Airport Limousine Service
390 Hartford Turnpike, Shrewsbury 01545 • 508-839-6252  www.knightslimo.com

Logan Express
1 Worcester Road, Framingham 01701 • www.massport.com/logan-airport

LimoLiner
154 Maple St Stoughton 02072 • 844-405-4637  www.limoliner.com

Massachusetts Department of Transportation Exams
650 Worcester Road (at Wexler Chiropractic & Wellness), Framingham 01702  508-879-8882  www.massdotexams.com

MBTA Commuter Rail
www.mbta.com
More than 20 trains stop daily at the MetroWest railway stations in Natick, West Natick, Framingham, Ashland, Southborough, and Westborough.

MBTA Subway
www.mbta.com
Riverside, the westernmost subway stop, is a ten-minute ride on the MWRTA bus (map on page 43) from Natick.

MetroWest Regional Transit Authority
12 Blandin Avenue, Framingham 01702 • 888-996-9782  www.mwrtausa.com
Clean, inexpensive, and reliable public bus service to all major hotels, shopping areas, and thoroughfares. Track your bus online in real time! See route map on page 43.

Tommy’s Taxi
167 Franklin Street, Framingham 01702 • 508-872-3500  www.tommysstaticab.com
Full-service taxicab company providing timely, reliable, and safe transportation services to MetroWest. Providing “early bird” service to Logan Airport prior to 5am by reservation.

WLimo
219 West Boylston Street, West Boylston 01583 • 800-660-0992  www.wlimo.com
Since 1978, WLimo has set the standard for airport service in Central Massachusetts, providing shuttles to Logan, TF Green, and WorcesterRegional airports, and providing private and charter service throughout the Northeast.

Worcester Regional Airport
375 Airport Drive, Worcester, MA 01602 • 508-849-5550
Public Transportation along twelve different bus routes

MetroWest Regional Transit Authority (MWTRA) provides public transportation along twelve different bus routes connecting the entire MetroWest community.

We provide access to all major area employers, medical facilities, and shopping locations. MWTRA also connects commuters with the Massachusetts Bay Transportation Authority (MBTA) system. The commuter rail connection can take you eastbound or westbound to Boston or Worcester.

Go Green! Be friendly to our environment and be mindful of your carbon footprint.

Customer Service & Travel Information
Please call 508.935.2222 or visit us online at mwrt.com.

Blandin Hub is located at 1 S Blandin Avenue in Framingham.

@mwrt
Moving in

Once you’re settled in your new hometown, get out to see more and do more right in your backyard.

Dine, shop, recreate, and explore, and you’ll learn that our region is where

- New England comes together in a family-friendly balance of old and new, historic and cutting-edge modern, urban and rural.
- Town pride inspires a full calendar of community events and festivals that showcase local talent, wares, traditions, and invention.
- The Commonwealth’s most highly educated population enjoys high-achieving public school districts, with private schools known throughout the world for their specialties in the arts, math, languages, and disabilities.
- We’re not just smart, but employable, too. MetroWest posts the state’s lowest unemployment rate.
- A network of collaborative nonprofit groups tackle tough issues while working to maintain a high quality of life for all our residents.

From the oldest colonial inn to the newest gourmet market, MetroWest residents have always had more to boast about. You will too.

From corporate culture to community connections, MetroWest offers it all.
Photos: Boston Scientific; Hamlen Pond in Hamlen Woods, courtesy Sudbury Valley Trustees; First Congregational Church in Holliston.
REAL ESTATE

Almee Siers – Berkshire Hathaway HomeServices Commonwealth Real Estate / Framingham
I LOVE that being a REALTOR® is a life and not just a career! I’m here to be your advocate whenever it is the right time for your move. Thank you for your trust!

Barber Real Estate Group, William Ravesi
56 Elliot Street, Natick 01760 · 508 653-1256 www.BarberRealEstateGroup.com
The best realty group in Metrowest. Don’t take our word for it. Listen to what our buyers, sellers and building partners are saying. The Barber Real Estate Group delivers the results people rave about.

Beaudoin, Tracey – Realty Executive Boston West
205 Turnpike Road, Southborough 01772 · 508.380.9296 www.TraceyBeaudoin.com

Berkshire Realty Group
259 Turnpike Road, Suite 100, Southborough 01772 · 508-357-2298 www.berkshire realty homes.com

Brendon Homes
259 Turnpike Road, Southborough 01772 · 508-485-3999 www.brendonhomes.com

Capital Group Properties
259 Turnpike Road, Suite 100, Southborough 01772 · 508-357-8825 www.capitalgroupproperties.com

Coldwell Banker Residential Brokerage
393 West Central Street, Franklin 02038 · 508-541-6200 www.newengland mov es.com
9 Pleasant Street, Framingham 01701 · 508.872.0084 www.coldwellbankerhouses.com/ma/framingham
447 Boston Post Road, Sudbury 01776 · 878-443-9933 www.coldwellbankerhouses.com/ma/sudbury
311 Boston Post Road Wayland 01778-1802 · 508-358-5131 www.coldwellbankerhouses.com/ma/wayland

Curley, Jean – Coldwell Banker Residential Brokerage Franklin
393 West Central Street, Franklin 02038 · 508-479-2106 www.burbsof boston.com

Daniels, Ed – Realty Executives
21 Central Street, Holliston 01746 · 508-341-7880 www.MAhome.com

ERA Key Realty Services – Nelson Zide
1661 Worcester Road, Suite 100, Framingham 01701 · 508-879-4474 www.nelsonzide.com
Since 1977, my clients have appreciated my attention to every detail, my organization, my commitment to quality service, and above all my understanding of their special needs throughout the entire transaction.

ERA Key Realty Services
55 West Central Street, Franklin 02038 · 508-528-7100 www.erakeyreal estate services.com
198 Maple Street, Marlborough 01752 · 508-303-3434 www.erakeyreal estate services.com
16 East Main Street, Milford 01757 · 508-478-7777 www.erakeyreal estate services.com
707 Main Street, Millis 02054 · 508-376-8200 www.erakeyreal estate services.com
76 Otis Street, Westborough 01581 · 508-366-1818 www.erakeyreal estate services.com

Glatt, Ashley – Keller Williams
276 Turnpike Rd, Suite 221, Westborough 01581 · 508-507-8704 www.ashleyglatt.com

Heritage & Main Real Estate
6 Maple Street, Northborough 01532 · 508-446-1932 www.heritageandmain.com

Keller Williams
161 Worcester Rd, Suite 504, Framingham 01701

Koswick, Ellen, CRS, ABR, SRES at RE/MAX
665 Cochituate Road, Framingham 01701 · 508-545-4923 www.ellenkoswick.com
As a Certified Residential Specialist, I assist home buyers and sellers with the sale and purchase of their properties, marketing, negotiating terms, and problem resolution. I maintain an up-to-date understanding of market demands.

Moreso, Martha – Real Living Realty Group
169 West Main Street, Hopkinton 01748 · 508-662-7301 www.MarthaMoreso.com
I have a dedicated team of professionals that provide exceptional real estate service to all types of buyers and sellers. Call me at 508-662-7301 today to see how we are “Bringing the American Dream Home”.

Moy-Bruno, Donna
508-259-0712 www.bestmetrowestrealty.com
A resident of the Metrowest are for over 50 years, I love Real Estate, working with families, helping them to buy and sell homes, and making new friends in the process.

NB Taylor & Co., Inc. Realtors
356 Boston Post Road, Sudbury 01776 · 978-443-8100 www nb taylor.com

RE/MAX Executive Realty
308 West Central Street, Suite E, Franklin 02038 · 508-520-9882 www.remaxexec.com
We passionately help people fulfill their real estate dreams! With extensive knowledge of the buying and selling process, our experienced professionals will help you navigate the real estate market. Please see all our locations below.

RE/MAX Executive Realty – Hopkinton
202 South Street, Hopkinton 01748 · 508-435-6700 www.remaxexec.com

RE/MAX Executive Realty – Holliston
404 Washington Street, Holliston 01746 · 508-429-6767 www.remaxexec.com

RE/MAX Executive Realty – North Grafton
68 Worcester Street, North Grafton 01536 · 508-829-9219 www.remaxexec.com

RE/MAX Executive Realty – Marlborough
2 Mount Royal Avenue, Suite 120, Marlborough 01752 · 508-630-0330 www.remaxexec.com

RE/MAX Executive Realty – Medfield
14 North Meadows Road, Medfield 02052 · 508-359-1100 www.remaxexec.com

RE/MAX Executive Realty Commercial Division
308 West Central Street, Suite E, Franklin 02038 · 508-541-1350 www.remax-executivecommercial.com

Retail Real Estate Advisors – Ria McNamara
508-254-7676 www.retailre.com
Celebrating her 30th anniversary in retail real estate, Ria’s main focus is on optimizing the tenant mix in existing shopping centers and identifying new retail development opportunities through her extensive network of contacts.

Sannicandro, Mary Anne – ERA Key Realty Services
1661 Worcester Road, Suite 100, Framingham 01701 · 508-879-4474 www.IFindTheBestDeals.com

Solimma, Ellen Kelley GRI,ABR
10 West Central Street Natick 01760 · 508-243-8481 www.ellenfindshomes.com
Ellen’s goal is to make life long clients, not just sales. 90% of her business is referrals. Service is the most important and valuable quality she offers. Her priorities are simple: they’re yours!

Spector, Donna — Real Living Realty Group
55 West Central Street, Franklin 02038 · 508-751-9735 www.realliving.com/donna.spector

Newcomers Clubs
Franklin: franklinnewcomers.com
Holliston: hollistonnewcomers.org
Sudbury: sudburynewcomersclub.org
Westborough: westborough newcomers.org

Houses of Worship Directory
Churches USA: usachurches.org/search/ma
Church Angel: churchangel.com/ma
Synagogue Council of MA: synagougecouncil.org/Directory/Listings
USA Mosque Directory: mosquesmasjids.com
Directory of churches, temples, and ministries in MetroWest, search by town: usa-churches.com

Not sure where to turn? See more at metrowestvisitors.org
Sullivan, Diane B., Premier Associate — Coldwell Banker Residential Brokerage
9 Pleasant Street, Framingham 01701 • 508 561-1618  www.dianebssullivan.com
Having grown up in a real estate household, I am a “natural” to the business. From the moment I began my own career in 1985, I’ve been serving customers and clients buying and selling in MetroWest.

William Raveis Real Estate
61 Elliot Street, Natick 01760 • 508-655-4141  www.raveis.com

SENIOR LIVING & CARE

The Callahan Center / Framingham Council on Aging
535 Union Avenue, Framingham 01702 • 508-532-5980 www.framinghamma.gov/360/council-on-aging

Heritage at Framingham Senior Living
747 Water Street, Framingham 01701 • 508-665-5370  www.HeritageAssistedLiving.org
Our residents and their families enjoy an elegant yet home-like atmosphere offering worry-free graciously living. We offer all-inclusive apartment rentals with numerous opportunities to participate in various social, recreational, and cultural offerings.

Magnolia Heights Retirement Living
485 East Central Street, Franklin 02038 • 508-534-8160  www.seniorlivinginstyle.com

Traditions of Wayland
10 Green Way, Wayland 01778 • 508-358-0700  www.traditionsofwayland.com

Whitney Place Assisted Living Residences
3 Vision Drive, Natick 01760 • 508-655-5000  www.SalmonHealth.com

MOVING

Carmel Moving
143 Maynard Road, Framingham 01701 • 508-283-9900  www.carmelmoving.com

DN Van Lines
269 Mechanic Street, Marlborough 01752 • 1-800-51-MOVER  www.dnvanlines.com

Mark’s Moving & Storage
111 Milk Street, Westborough 01581 • 508-889-640  www.marksmoving.com

Mastadon Moving, LLC
200 Homer Ave, Ashland 01721 • 774-421-9004  www.mastadonmoving.com

Monster Movers
140 Shrewsbury Street, Boylston 01505 • 508-751-6769  www.mymonstermovers.com

RESOURCES

Ashes Away Chimney Maintenance
179A Main Street, Ashland 01721 • 508-881-9974  www.ashesawaychimney.net

Bernardi Auto Group
Locations throughout MetroWest  www.bernardiautogroup.com
We have a reputation for excellence in customer service and quality sales of new and used Acura, Audi, Honda, Hyundai Scion, Toyota and Volvo cars, trucks, and SUVs, and genuine OEM parts and accessories.

Boston Solar
617-858-1645 •  www.bostonsolar.us
We use our decades of experience to deliver top-quality siding, roofing, windows, and painting services in your budget.

MUNICIPAL

Ashland, Town of
101 Main Street, Ashland 01721 • 508-881-0100  www.ashlandmass.com

Bellingham, Town of
10 Mechanic Street, Bellingham 02019 • 508-657-2801  www.bellinghamma.org

Framingham, City of
150 Concord Street, Framingham 01702 • 508-532-5520  www.framinghamma.org

Franklin, Town of
355 East Central Street, Franklin 02038 • 508-520-4949  www.town.franklin.ma.us
A vibrant pro-business, family-oriented community with a great quality of life and significant cultural, historic, and natural resources; Franklin is truly the complete package.

Holliston, Town of
703 Washington Street, Holliston 01746 • 508-429-0608  www.townofholliston.us

Hopkinton, Town of
18 Main Street, Hopkinton 01748 • 508-497-9700  www.hopkintonma.gov

Hudson, Town of
8 Main Street, Hudson 01749 • 978-562-9963  www.townofhudson.org

Marlborough Economic Development Corp.
91 Main Street, Suite 204, Marlborough 01752 • 508-229-2010  marlboroughedc.com
Fostering the growth of Marlborough’s commercial, industrial, and retail sectors while attracting complementary businesses to the community.

Marlborough, City of
140 Main Street, Marlborough 01752 • 508-460-3770  www.marlborough-ma.gov

Maynard, Town of
195 Main Street, Maynard 01754 • 978-897-1375  www.townofmaynard-ma.gov

Medway, Town of
155 Village Street, Medway 02053 • 508-533-3264  www.townofmedway.org

Milford, Town of
52 Main Street, Milford 01757 • 508-634-2303  www.milford.ma.us

Millis, Town of
900 Main Street, Millis 02054 • 508-376-7040  www.millis.org

Natick, Town of
13 East Central Street, Natick 01760 • 508-647-6300  www.natickma.gov

Sherborn, Town of
19 Washington Street, Sherborn 01770 • 508-651-7850  www.sherbornma.org

Northborough, Town of
63 Main Street, Northborough 01532 • 508-393-5040  www.town.northborough.ma.us

Southborough, Town of
17 Common Street, Southborough 01772 • 508-485-0710  www.southboroughtown.com

Sudbury, Town of
278 Old Sudbury Road, Sudbury 01776 • 978-639-3381  www.town.sudbury.ma.us

Wayland, Town of
41 Cochituate Road, Wayland 01778 • 508-358-7701  www.wayland.ma.us

Westborough, Town of
34 Main Street, Westborough 01581 • 508-366-3020  www.town.westborough.ma.us
### Municipal Metrics

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<td>Ashland</td>
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</table>

**Medway**

Established: 1713
Population (2010): 12,752
Residential Tax Rate (2017): $17.92
Median Sales Price (2016): $381,250
Median Household Income: $106,132

**Milford**

Established: 1780
Residential Tax Rate (2017): $16.79
Median Sales Price (2016): $318,000
Median Household Income: $66,311

**Southborough**

Established: 1727
Population (2010): 9,767
Residential Tax Rate (2017): $16.38
Median Sales Price (2016): $550,000
Median Household Income: $143,581

**Sudbury**

Established: 1639
Population (2010): 17,659
Residential Tax Rate (2017): $17.74
Median Sales Price (2016): $700,000
Median Household Income: $170,924

**Wayland**

Established: 1780
Population (2010): 12,994
Residential Tax Rate (2017): $18.14
Median Sales Price (2016): $720,000
Median Household Income: $130,746

**Westborough**

Established: 1717
Population (2010): 18,272
Residential Tax Rate (2017): $17.77
Median Sales Price (2016): $427,500
Median Household Income: $100,905

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**Median Household Income is based on 2009-2013 American Community Survey 5 Year Estimates. Supplemental information supplied by the 495/Metrowest Partnership.**
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