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Cooling Centers and Beating the Heat in Framingham this Weekend

FRAMINGHAM, MA- The National Weather Service announced that temperatures will feel like 90 -100 today, and 100 - 112 on Saturday and Sunday. This is due to temperatures in the 90s today and 96 - 102 Saturday and Sunday, and humidity being in the low-mid-70s.

Please take extra precautions working or spending time outside. Reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heatstroke. Wear lightweight and loose-fitting clothing when possible and drink plenty of water.

As a reminder, young children and pets should never be left unattended in vehicles under any circumstances. Car interiors can reach extremely high temperatures in a matter of minutes. Check on your neighbors and loved ones, as well.

Following are ways to stay cool in Framingham:

- **Cooling Centers**
 - Friday & Saturday
 - Framingham Libraries (Each library will offer bottled water and be air-conditioned)
 - Main Library (49 Lexington Street - 9 a.m.-5 p.m.)
 - McAuliffe Branch (746 Water Street – 9:30 a.m. – 5 p.m.)
 - Sunday
 - Callahan Center (535 Union Avenue 11 a.m. – 5 p.m.)
- **Framingham Beaches** (all three beaches are now open 10 a.m.-7 p.m. and accessible via a beach tag or a \$3 fee/per person)
 - Learned's Pond, located on Shawmut Terrace
 - Saxonville Beach, located on Lake Road
 - Lake Waushakum, located on Nipmuc Terrace
- Check out the Heat Safety tips [HERE](#)

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