



Surviving the HEAT

Tips from the LA County Department of Public Health

The list of L. A. County *Cooling Centers* is attached to these hot weather safety precautions.

If you are planning to visit one of these *Cooling Centers*, it is advisable that you call in advance to make sure there is still seating available. If a *Cooling Center* is not operational, check the attached list for another *Cooling Center* nearest you or call “211”. Check with your local library when looking for a place to cool down. They have great resources and plenty to read while you escape the heat. For further information on Heat Waves go to <http://lacoa.org/PDF/ESP10/Jul10.pdf>

If you plan to be outdoors, please take precautions to protect yourself from the sun and heat.

- Put on plenty of sun block and wear a wide brimmed hat or carry an umbrella.
- Wear light, loose-fitting clothing.
- Drink water often, don’t wait until you are thirsty.
- Avoid unnecessary exertion.
- If you experience dizziness, fatigue, faintness, headaches, muscle cramps and increased thirst you need to relax in a cooler, shaded place and drink water or a sports drink.
- More severe symptoms (such as disorientation, pale and clammy skin, a rapid and weak pulse, and/or fast and shallow breathing) may indicate heat exhaustion or impending heat stroke. Seek immediate medical attention.
- NEVER leave a senior, child or pet in a closed car or any vehicle since temperatures can quickly rise to life-threatening levels.
- If you know seniors who live alone or people who’s immune and/or respiratory systems are not working properly, check on them regularly to make sure they are staying cool.
- Offer assistance to “shut-ins” in your neighborhood. Check on them frequently during hot weather.

LOS ANGELES COUNTY
COMMUNITY COOLING CENTERS

2011

NOTE: The list of Cooling Centers on the following pages are listed **alphabetically** by “City”. This information is also available by dialing 2-1-1, the L. A. County Info Line or 311 the L. A. City Info Line.

Days and Hours Highlighted in Yellow indicate Agency is open on Saturday and/or Sunday.

CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Alhambra	Joslyn Adult Recreation Center TEMPORARILY CLOSED FOR RENOVATIONS	(626) 570-5056	210 N Chapel Ave	91801	TEMPORARILY CLOSED FOR RENOVATIONS	
Altadena	Altadena Senior Center	(626) 798-4971	560 East Mariposa St.	91001	Mon –Fri	8 am – 5 pm
Arcadia	Arcadia Senior Center	(626) 574-5130	365 Campus Drive	91007	Mon –Fri	*8:30 am – 4:30 pm
Artesia	Artesia Library	(562) 865-6614	18722 S. Clarkdale Ave.	90701	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Avalon	Avalon Library	(310) 510-1050	215 Sumner Ave	90704	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Azusa	Azusa Library	(626) 812-5232	729 N. Dalton	91702	Mon -Wed Thur Fri – Sat	10 am – 9 pm 10 am – 6 pm 10 am – 5 pm
Azusa	Azusa Senior Center	(626) 812-5204	740 North Dalton	91702	Mon -Thur Fri	8:30 am – 4 pm 8:30 am - 1:30 pm
Azusa	Memorial Park	(626) 812-5287.	320 N Orange Place	91702	Mon -Fri Sat-Sun	1 pm – 6 pm 12 pm – 4 pm
Bellflower	Clifton Brakensiek Library	(562) 925-5543	9945 E. Flower Street	90706	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Carson	Carson Library	(310) 830-0901	151 East Carson Street	90745	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Claremont	Alexander Hughes Community Ctr.	(909) 399-5490	1700 Danbury Road	91711	Mon – Thur Fridays Sat	7:30 am – 9 pm 7:30 am – 6 pm 8:00 am – 2:00 pm
Claremont	Blaisdell Senior Center	(909) 399-5367	440 S. College Ave	91711	Mon -Fri	10 am - 2 pm
Claremont	Claremont Library	(909) 621-4902	208 North Harvard Ave	91711	Tue - Thur Fri – Sat Sun	10 am – 8 pm 8 am – 6 pm 1 pm – 5 pm

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COMMUNITY COOLING CENTERS
 2011

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Claremont	Joslyn Senior Center, Claremont	(909) 399-5488	660 N. Mountain Ave	91711	Mon -Fri	8 am – 5 pm
Compton	Dickison Community Lighted Schools	(310) 637-6971	600 N. Alameda St	90221	Mon -Fri	9 am - 5 pm
Compton	Dollarhide Senior Center	(310) 605-5688	1108 N. Oleander Ave	90222	Mon –Fri	8 am – 5 pm
Compton	East Rancho Dominguez Svc Center	(310) 603-7401	4513 E. Compton B.	90221	Mon –Fri	8 am – 5 pm
Covina	YWCA Intervale Senior Services	(626) 960-2995	943 No. Grand Ave	91724	Mon –Fri	9 am – 4:30 pm
Culver City	Culver City Senior Center	(310) 253-6700	4095 Overland Ave	90232	Mon -Fri Sat-Sun	9 am - 4 pm 12 pm - 4 pm
Diamond Bar	Diamond Bar Library	(909) 861-4978	1061 S. Grand Ave	91765	Mon – Thur Fri – Sat	12 pm – 9 pm 10 am – 5 pm
El Monte	El Monte Library	(626) 444-0506	3224 Tyler Avenue	91731	Mon – Thur Fri - Sat	10 am – 8 pm 8 am – 6 pm
El Monte	Jack Crippen Multi-Purpose Senior Center	Mon –Thursday (626) 580-2210 Fri-Sat-Sun (626) 580-2211	3120 N Tyler Ave	91731	Mon-Thur Fri Sat – Sun	7 am - 5:30 pm 8 am-2 pm Call 626 580-2211
Gardena	Asian Community Service Center	(310) 217-7300	14112 S. Kingsley Dr	90249	Mon -Fri	8 am – 5 pm
Gardena	Gardena Senior Citizens Bureau Nakaoka Community Ctr	(310) 217-9537	1670 W. 162 nd Street	90247	Mon -Fri Sat	8 am – 9 pm 8 am – 1 pm
Glendale	Glendale Parks and Recreation Community Svcs	(818) 548-3775	201 E Colorado Blvd	91205	Mon - Sat Sun	8 am - 4 pm 9 am - 1 pm

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2011

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Hacienda Heights	Hacienda Heights Library	(626) 968-9356	16010 La Monde Street	91745	Mon – Th Fri Sat Sun	9 am – 9 pm 9 am – 6 pm 9 am – 5 pm 1 pm – 5 pm
Hacienda Heights	Steinmetz Senior Center	(626) 934-7041	1545 S. Stimson Ave	91745	Mon -Fri	8 am - 5 pm
Hawaiian Gardens	Hawaiian Gardens Library	(562) 496-1212	12100 Carson St., #E	90716	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Hollywood	Hollywood Senior Center	(323) 957-3900	1360 N. Saint Andrews Pl.	90028	Mon -Fri	8:30 am - 4:30 pm
La Mirada	La Mirada Activity Center	(562) 902-3160	13810 La Mirada Blvd	90638	Mon -Fri	8 am - 8 pm
La Mirada	La Mirada Library	(562) 943-0277	13800 La Mirada Blvd	90638	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Lakewood	Angelo M. Iacoboni Library	(562) 866-1777	4990 Clark Avenue	90712	Tue – Thur Fri - Sat	10 am – 8 pm 8 am – 6 pm
Lakewood	George Nye, Jr. Library	(562) 421-8497	6600 Del Amo Blvd	90713	Tu – Thur Fri – Sat	10 am – 8 pm 8 am – 6 pm
Lancaster	Antelope Valley Senior Ctr.	(661) 726-4400	777 W. Jackman St	93534	Mon –Fri	8 am –5 pm
Littlerock	Jackie Robinson Park	(661) 944-2880	8773 East Avenue R	93543	Mon -Fri Sat	9 am – 9 pm 8 am – 5 pm
Lomita	Lomita Library	(310) 539-4515	24200 Narbonne Ave	90717	Tue - Thur Fri - Sat	10 am – 8 pm 8 am – 6 pm
Los Angeles	East Los Angeles Library	(323) 264-0155	4837 East 3 rd Street	90022	Mon-Th Fri Sat Sun	10 am – 9 pm 9 am – 5 pm 10 am – 5 pm 1 pm – 5 pm

LOS ANGELES COUNTY
COMMUNITY COOLING CENTERS

2011

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Los Angeles	East Los Angeles Service Center	(323) 260-2801	133 No. Sunol Dr.	90063	Mon – Fri	8 am – 5 pm
Los Angeles	Florence/Firestone Service Center	(323) 586-6502	7807 S Compton Ave	90001	Mon – Fri	8 am – 5 pm
Los Angeles	Roosevelt Senior Center	(323) 586-7228	7600 Graham Ave	90001	Mon -Fri	7:30 am - 5 pm
Los Angeles	Salazar Senior Center	(323) 260-2330	3864 Whittier Blvd	90023	Mon -Fri	8 am - 2 pm
Los Angeles	Washington Park Gym	(323) 586-7205	8908 S Maie Ave	90002	Mon -Fri	8 am - 5 pm
Los Angeles	Willowbrook Senior Center	(310) 217-5650	12915 So. Jarvis Ave	90061	Mon -Fri	8 am - 5 pm
Los Angeles	St. Barnabas Senior Services	(213) 388-4444	675 S. Carondelet Street	90057	Mon -Fri	8 am – 4 pm
Manhattan Beach	Manhattan Beach Library	(310) 545-8595	1320 Highland Avenue	90266	Mon – Wed Thur Fri Sat	10 am – 9 pm 10 am – 6 pm 12 pm – 6 pm 10 am – 5 pm
Marina del Rey	Lloyd Taber-Marina del Rey Library	(310) 821-3415	4533 Admiralty Way	90292	Mon Tu- Thur Fri Sat	11 am – 7 pm 11 am – 8 pm 12 pm – 6 pm 10 am – 5 pm
Monterey Park	Langley Senior Citizens Center	(626) 307-1395	400 W. Emerson Ave	91754	Mon -Fri Sat – Sun	8 am – 5 pm Call for Hours
Newhall	Santa Clarita Valley Senior Center	(661) 259-9444	22900 Market Street	91321	Mon – Fri Sat Sun	8am-4:30p 11 am – 10 pm 8:30 am – 4 pm

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COMMUNITY COOLING CENTERS
 2011

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Norwalk	Alondra Library	(562) 868-7771	11949 Alondra Blvd	90650	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Norwalk	Norwalk Library	(562) 868-0775	12350 Imperial Hwy	90650	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Norwalk	Norwalk Senior Center	(562) 929-5580	14040 San Antonio Dr	90650	Mon -Fri Sat	8 am - 7 pm 8 am - 1 pm
Paramount	Paramount Library	(562) 630-3171	16254 Colorado Ave	90723	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Pasadena	Pasadena Senior Center	(626) 795-4331	85 East Holly St	91103	Mon -Fri Sat	8:30 am - 4:30 pm 8:30 am - 3 pm
Pico Rivera	Pico Rivera Senior Center	(562) 948-4844	9200 Mines Ave	90660	Mon -Thur Fri	8 am - 5 pm 8 am - 3 pm
Pomona	Palomares Park Community Center	(909) 620-2301	499 East Arrow Hwy	91769	Mon –Thur Fri	9 am - 6 pm 9 am – 5 pm
Pomona	Pomona Senior Program	(909) 620-2301	499 East Arrow Hwy	91769	Mon –Thur Fri	10am-6pm 10am-5pm
Reseda	O.N.E. Generation Senior Enrichment Center	(818) 705-2345	18255 Victory Blvd	91335	Mon -Fri	7:30 am - 5 pm
Rowland Heights	Pathfinder Park	(562) 690-0933	18150 E Pathfinder Rd	91748	Mon-Sun	9 am - 10 pm
Rowland Heights	Rowland Heights Library	(626) 912-5348	1850 Nogales Street	91748	Mon – Thur Fri Sat Sun	9 am – 9 pm 9 am – 6 pm 9 am – 5 pm 1 pm – 5 pm
San Dimas	San Dimas Senior Citizen/Community Center	(909) 394-6293	201 E. Bonita Avenue,	91773	Mon – Fri	8 am – 5 pm
San Fernando	San Fernando Recreation Park	(818) 898-1290	208 Park Ave	91340	Mon-Fri Sat	9 am – 9 pm 12 pm – 5 pm

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2011

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
San Pedro	San Pedro Service Center	(310) 519-6091	769 West Third Street	90731	Mon -Fri	8 am - 5 pm
Santa Clarita	Valencia Library	(661) 259-8942	23743 West Valencia Blvd.	91355	Mon – Thur Fri Sat Sun	10 am – 9 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 pm
So. El Monte	South El Monte Senior Center	(626) 448-0131	1556 Central Ave	91733	M, Tu, Th, F Wed	8 am - 5 pm 8 am – 8:30 pm
South Gate	South Gate Senior Center	(323) 357-9662	4855 Tweedy Blvd.	90280	Mon -Fri Sat - Sun	8 am – 5 pm Call 323 357-9662
South Pasadena	South Pasadena Senior Center	(626) 403-7360	1102 Oxley Street	91030	Mon -Fri	8 am – 5 pm *8 am – 7:30 pm *When 96° or above
Torrance	Bartlet Center	(310) 320-1300	1318 Cravens Avenue	90501	Mon-Fri	89:00 am – 3:00 pm
Torrance	Katy Geissert Main Library	(310) 618-5959	3301 Torrance Blvd.	90503	Mon – Thur Fri Sat	10:00 am – 9:00 pm 10:00 am – 6:00 pm 10:00 am – 5:30 pm
Van Nuys	San Fernando Valley Service Ctr	(818) 901-3501	7555 Van Nuys Blvd	91405	Mon -Fri	8 am - 5 pm
Westlake Village	Westlake Village Library	(818) 865-9230	31220 W. Oak Crest Drive	91361	Mon Tu – Wed Thur - Fri Sat Sun	Closed 10 am – 8 pm 11 am – 6 pm 11 am – 5 pm 1 pm – 5 pm
Whittier	Los Nietos Senior Center	(562) 699-9898	11640 E. Slauson Ave	90606	Mon -Fri	8 am – 5 pm

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Whittier	South Whittier Library	(562) 946-4415	14433 Leffingwell Road	90604	Mon – Wed Thur Fri – Sat	12 pm – 8 pm 11 am – 6 pm 10 am – 5 pm
Whittier	Whittier Senior Center	9562) 464-3370	13225 Walnut Street	90602	Mon – Fri Sat Sun	8 am – 5 pm 8:30 am – 12:30 pm 12:00 pm – 4:00 pm

For a listing of Los Angeles City Cooling Centers go to www.lacity.org or call “311”.