



Surviving the HEAT

Tips from the L. A. County Health Department

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”. You may want to 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.

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.
- If you are traveling on vacation or running errands around town, 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 whose 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

2009

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 County’s 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	(626) 570-5056	210 N Chapel Ave	91801	M-F	8 am – 5 pm
Altadena	Altadena Senior Center	(626) 798-4971	560 East Mariposa St.	91001	M-F	8 am – 5 pm
Arcadia	Arcadia Senior Center	(626) 574-5130	365 Campus Drive	91007	M-F	*8:30 am – 4:30 pm
Artesia	Artesia Library	(562) 865-6614	18722 S. Clarkdale Ave.	90701	Tue Wed – Thur Fri - Sat	12 pm – 8 pm 12 pm – 6 pm 12 pm – 5 pm
Avalon	Avalon Library	(310) 510-1050	215 Sumner Ave	90704	Tue. – Thur	1 pm – 7 pm 11 am – 5 pm
Azusa	Azusa Library	(626) 812-5232	729 N. Dalton	91702	M-W Thu 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	M-Th Fri Sun	8:30 am – 4 pm 8:30 am - 1:30 pm 12 pm – 5 pm
Azusa	Memorial Park	(626) 812-5287.	320 N Orange Place	91702	M–F Sat-Sun	1 pm – 6 pm 12 pm – 4 pm
Bellflower	Clifton Brakensiek Library	(562) 925-5543	9945 E. Flower Street	90706	M – W Thur Fri Sat	11 am – 8 pm 11 am – 6 pm 1 pm – 5 pm 11 am – 5 pm
Burbank	City of Burbank	(818) 238-5353	1301 West Olive Ave	91506	M-F Sat - Sun	8 am – 9:30 pm 9 am – 4:30 pm
Carson	Carson Library	(310) 830-0901	151 East Carson Street	90745	M – Th Fri Sat Sun	10 am – 8 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Claremont	Alexander Hughes Community Ctr.	(909) 399-5490	1700 Danbury Road	91711	M – Thurs 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	M-F	10 am - 2 pm
Claremont	Claremont Library	(909) 621-4902	23743 North Harvard Street	91711	M – Th Fri – Sat Sun	1 pm – 8 pm 10 am – 5 pm 1 pm – 5 pm
Claremont	Joslyn Senior Center, Claremont	(909) 399-5488	660 N. Mountain Ave	91711	M-F	8 am – 5 pm
Compton	Dickison Community Lighted Schools	(310) 637-6971	600 N. Alameda St	90221	M-F	9 am - 4 pm
Compton	Dollarhide Senior Center	(310) 605-5688	1108 N. Oleander Ave	90222	M-F	8 am – 5 pm
Compton	East Rancho Dominguez Svc Center	(310) 603-7401	4513 E. Compton B.	90221	M-F	8 am – 5 pm
Covina	YWCA Intervale Senior Services	(626) 960-2295	943 No. Grand Ave	91724	M-F	9 am – 4:30 pm
Culver City	Culver City Senior Center	(310) 253-6700	4095 Overland Ave	90232	M-F Sat-Sun	9 am - 4 pm 12 pm - 4 pm
Diamond Bar	Diamond Bar Library	(909) 861-4978	1061 S. Grand Ave	91765	M – Th Fri – Sat	12 pm – 9 pm 10 am – 5 pm
El Monte	El Monte Library	(626) 444-0506	3224 Tyler Avenue	91731	M – Th Fri Sat Sun	10 am – 8 pm 9 am – 5 pm 10 am – 5 pm 1 pm – 5 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
El Monte	Jack Crippen Multi-Purpose Senior Center	Mon –Thursday (626) 580-2210 Fri-Sat-Sun (626) 580-2211	3120 N Tyler Ave	91731	M-Th F Sat – Sun	7 am - 8:30 pm 8 am-2 pm & 5–9 pm Call 626 580-2211
Gardena	Asian Community Service Center	(310) 217-7300	14112 S. Kingsley Dr	90249	M-F	8 am – 5 pm
Gardena	Gardena Senior Citizens Bureau Nakaoka Community Ctr	(310) 217-9537	1670 W. 162 nd Street	90247	M-F Sat	8 am – 9 pm 8 am – 1 pm
Glendale	Glendale Parks and Recreation Community Svcs	(818) 548-3775	201 E Colorado Blvd	91205	M - Sat Sun	8 am - 4 pm 9 am - 2 pm
Hacienda Heights	Hacienda Heights Library	(626) 968-9356	16010 La Monde Street	91745	M – Th F 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	M-F	8 am - 5 pm
Hawaiian Gardens	Hawaiian Gardens Library	(562) 496-1212	11940 Carson St.	90716	Tu – W Th Fri – Sat	12 pm – 8 pm 12 pm – 6 pm 12 pm – 5 pm
Hermosa Beach	Hermosa Beach Library	(310) 379-8475	550 Pier Ave	90254	Tu W – Th F Sat	11 am – 7 pm 12 pm – 7 pm 12 pm – 6 pm 12 pm – 5 pm
Hollywood	Hollywood Senior Center	(323) 957-3900	1360 N. Saint Andrews Pl.	90028	M-F	8:30 am - 4:30 pm
La Mirada	La Mirada Activity Center	(562) 902-3160	13810 La Mirada Blvd	90638	M-F Sat	8 am - 9 pm 9 am - 3 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
La Mirada	La Mirada Library	(562) 943-0277	13800 La Mirada Blvd	90638	Tu – Th Fri – Sat	10 am – 8 pm 12 pm – 5 pm
Lakewood	Angelo M. Iacoboni Library	(562) 866-1777	4990 Clark Avenue	90712	M – Th Fri Sat	10 am – 8 pm 10 am – 6 pm 10 am – 5 pm
Lakewood	George Nye, Jr. Library	(562) 421-8497	6600 Del Amo Blvd	90713	Tu – W Th – Fri Sat	12 pm – 8 pm 12 pm – 6 pm 10 am – 5 pm
Lancaster	Antelope Valley Senior Ctr.	(661) 726-4400	777 W. Jackman St	93534	M-F	8 am – 4:45 pm
Littlerock	Jackie Robinson Park	(661) 944-2880	8773 East Avenue R	93543	M-F Sat	9 am – 9 pm 8 am – 5 pm
Lomita	Lomita Library	(310) 539-4515	4533 Admiralty Way	90292	M – W Th – Sat	11 am – 8 pm 10 am – 5 pm
Los Angeles	Centro Maravilla Service Center	(323) 260-2805	4716 East Cesar Chavez Ave	90022	M-F	8 am – 5 pm
Los Angeles	East Los Angeles Library	(323) 264-0155	4837 East 3 rd Street	90022	M-Th Fri Sat Sun	10 am – 9 pm 9 am – 5 pm 10 am – 5 pm 1 pm – 5 pm
Los Angeles	East Los Angeles Service Center	(323) 260-2801	133 N. Sunol Dr	90063	M-F	8 am – 5 pm
Los Angeles	Roosevelt Senior Center	(323) 586-7228	7600 Graham Ave	90001	M-F	8 am - 5 pm
Los Angeles	Salazar Senior Center	(323) 260-2330	3864 Whittier Blvd	90023	M-F	8 am - 2 pm
Los Angeles	Washington Park Gym	(323) 586-7205	8908 S Maie Ave	90002	M-F	8 am - 5 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Los Angeles	Willowbrook Senior Center	(310) 603-3358	12915 So. Jarvis Ave	90061	M-F	8 am - 5 pm
Los Angeles	St. Barnabas Senior Services	(213) 388-4444	675 S. Carondelet Street	90057	M-F Sat	8 am – 4 pm 11 am – 1 pm
Manhattan Beach	Manhattan Beach Library	(210) 545-8595	1320 Highland Avenue	90266	M – W Th 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	M Tu- Th 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	M-F Sat – Sun	8 am – 5 pm Call for Hours
Newhall	Santa Clarita Valley Senior Center	(661) 259-9444	22900 Market Street	91321	M – Th Fri Sat Sun	7 am – 10 pm 7 am – 5 pm 11 am – 10 pm 8:30 am – 4 pm
Norwalk	Alondra Library	(562) 868-7771	11949 Alondra Blvd	90650	Tu – W Fri Sat	12 pm – 8 pm 12 pm – 6 pm 11 am – 5 pm
Norwalk	Norwalk Library	(562) 868-0775	12350 Imperial Hwy	90650	M – W Th – Fri Sat	10 am – 8 pm 10 am – 6 pm 1 pm – 5 pm
Norwalk	Norwalk Senior Center	(562) 929-5580	14040 San Antonio Dr	90650	M-F Sat	8 am - 8 pm 8 am - 1 pm
Palmdale	Palmdale Senior Center	(661) 267-5551	1102 East Avenue Q-12	93550	M-F	8 am - 4:30 pm

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Paramount	Paramount Library	(562) 630-3171	16254 Colorado Ave	90723	Tu – W Th – Fri Sat	10 am – 8 pm 10 am – 6 pm 1 pm – 5 pm
Pasadena	Pasadena Senior Center	(626) 795-4331	85 East Holly St	91103	M-F 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	M-Th F	8 am - 5 pm 8 am - 3 pm
Pomona	Pomona Senior Program	(909) 620-2301	499 East Arrow Hwy	91769	M-F	9 am -3 pm
Reseda	O.N.E. Generation	(818) 705-2345	18255 Victory Blvd	91335	M-F	7:30 am - 5 pm
Rowland Heights	Pathfinder Park	(562) 690-0933	18150 E Pathfinder Rd	91748	M-Sun	9 am - 10 pm
Rowland Heights	Rowland Heights Library	(626) 912-5348	1850 Nogales Street	91748	M – Th Fri Sat Sun	9 am – 9 pm 9 am – 6 pm 9 am – 5 pm 1 pm – 5 pm
San Fernando	Cesar Chavez Park	(818) 898-1290	208 Park Ave	91340	M-F	3 pm - 10 pm
San Pedro	San Pedro Service Center	(310) 519-6091	769 West Third Street	90731	M-F	8 am - 5 pm
Santa Clarita	Valencia Library	(661) 259-8942	23743 West Valencia Blvd.	91355	M – Th 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	7 am - 5:30 pm 7 am – 8:30 pm

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South Gate	South Gate Senior Center	(323) 357-9662	4855 Tweedy Blvd.	90280	M-F Sat - Sun	8 am – 5 pm Call 323 357-9662
South Pasadena	South Pasadena Senior Center	(626) 403-7360	1102 Oxley Street	91030	M-F	8 am – 5 pm
Van Nuys	San Fernando Valley Service Ctr	(818) 901-3501	7555 Van Nuys Blvd	91405	M-F	8 am - 5 pm
Westlake Village	Westlake Village Library	(818) 865-9230	31220 W. Oak Crest Drive	91361	M Tu – Wed Th – Fri Sat Sun	Closed 10 am – 8 pm 11 am – 6 pm 11 am – 5 pm 1 pm – 5 pm
Whittier	Los Nietos Service Center	(562) 699-9898	11640 E. Slauson Ave	90606	M-F	8 am – 5 pm
Whittier	South Whittier Library	(562) 946-4415	14433 Leffingwell Road	90604	M – W Th Fri – Sat	12 pm – 8 pm 11 am – 6 pm 10 am – 5 pm

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