



# 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”. 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**

**2010**

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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	<b>Joslyn Adult Recreation Center</b>	(626) 570-5056	210 N Chapel Ave	91801	Mon -Fri	8 am – 5 pm
Altadena	<b>Altadena Senior Center</b>	(626) 798-4971	560 East Mariposa St.	91001	Mon –Fri	8 am – 5 pm
Arcadia	<b>Arcadia Senior Center</b>	(626) 574-5130	365 Campus Drive	91007	Mon –Fri	*8:30 am – 4:30 pm
Artesia	<b>Artesia Library</b>	(562) 865-6614	18722 S. Clarkdale Ave.	90701	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Avalon	<b>Avalon Library</b>	(310) 510-1050	215 Sumner Ave	90704	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Azusa	<b>Azusa Library</b>	(626) 812-5232	729 N. Dalton	91702	Mon -Wed Thu Fri – Sat	10 am – 9 pm 10 am – 6 pm 10 am – 5 pm
Azusa	<b>Azusa Senior Center</b>	(626) 812-5204	740 North Dalton	91702	Mon -Th Fri Sun	8:30 am – 4 pm 8:30 am - 1:30 pm 12 pm – 5 pm
Azusa	<b>Memorial Park</b>	(626) 812-5287.	320 N Orange Place	91702	Mon -Fri Sat-Sun	1 pm – 6 pm 12 pm – 4 pm
Bellflower	<b>Clifton Brakensiek Library</b>	(562) 925-5543	9945 E. Flower Street	90706	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Carson	<b>Carson Library</b>	(310) 830-0901	151 East Carson Street	90745	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Claremont	<b>Alexander Hughes Community Ctr.</b>	(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	<b>Blaisdell Senior Center</b>	(909) 399-5367	440 S. College Ave	91711	Mon -Fri	10 am - 2 pm
Claremont	<b>Claremont Library</b>	(909) 621-4902	208 North Harvard Street	91711	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm

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

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Hacienda Heights	<b>Hacienda Heights Library</b>	(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	<b>Steinmetz Senior Center</b>	(626) 934-7041	1545 S. Stimson Ave	91745	Mon -Fri	8 am - 5 pm
Hawaiian Gardens	<b>Hawaiian Gardens Library</b>	(562) 496-1212	12100 Carson St., #E	90716	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Hollywood	<b>Hollywood Senior Center</b>	(323) 957-3900	1360 N. Saint Andrews Pl.	90028	Mon -Fri	8:30 am - 4:30 pm
La Mirada	<b>La Mirada Activity Center</b>	(562) 902-3160	13810 La Mirada Blvd	90638	Mon -Fri Sat	8 am - 9 pm 9 am - 3 pm
La Mirada	<b>La Mirada Library</b>	(562) 943-0277	13800 La Mirada Blvd	90638	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Lakewood	<b>Angelo M. Iacoboni Library</b>	(562) 866-1777	4990 Clark Avenue	90712	Tue – Th Fri Sat	10 am – 8 pm 8 am – 6 pm 8 pm – 6 pm
Lakewood	<b>George Nye, Jr. Library</b>	(562) 421-8497	6600 Del Amo Blvd	90713	Tu – Thur Fri Sat	10 am – 8 pm 8 am – 6 pm 8 am – 6 pm
Lancaster	<b>Antelope Valley Senior Ctr.</b>	(661) 726-4400	777 W. Jackman St	93534	Mon –Fri	8 am –5 pm
Littlerock	<b>Jackie Robinson Park</b>	(661) 944-2880	8773 East Avenue R	93543	Mon -Fri Sat	9 am – 9 pm 8 am – 5 pm
Lomita	<b>Lomita Library</b>	(310) 539-4515	24200 Narbonne Ave	90717	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Los Angeles	<b>Centro Maravilla Service Center</b>	(323) 260-2805	4716 East Cesar Chavez Ave	90022	Mon –Fri	8 am – 5 pm

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Los Angeles	<b>East Los Angeles Library</b>	(323) 264-0155	4837 East 3 <sup>rd</sup> 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	<b>East Los Angeles Service Center</b>	(323) 260-2801	133 N. Sunol Dr	90063	Mon -Fri	8 am – 5 pm
Los Angeles	<b>Florence/Firestone Service Center</b>	(323) 586-6502	7807 S Compton Ave	90001	Mon – Fri	8 am – 5 pm
Los Angeles	<b>Roosevelt Senior Center</b>	(323) 586-7228	7600 Graham Ave	90001	Mon -Fri	8 am - 5 pm
Los Angeles	<b>Salazar Senior Center</b>	(323) 260-2330	3864 Whittier Blvd	90023	Mon -Fri	8 am - 2 pm
Los Angeles	<b>Washington Park Gym</b>	(323) 586-7205	8908 S Maie Ave	90002	Mon -Fri	8 am - 5 pm
Los Angeles	<b>Willowbrook Senior Center</b>	(310) 603-3358	12915 So. Jarvis Ave	90061	Mon -Fri	8 am - 5 pm
Los Angeles	<b>St. Barnabas Senior Services</b>	(213) 388-4444	675 S. Carondelet Street	90057	Mon -Fri Sat	8 am – 4 pm 11 am – 1 pm
Manhattan Beach	<b>Manhattan Beach Library</b>	(210) 545-8595	1320 Highland Avenue	90266	Mon – Wed Th Fri Sat	10 am – 9 pm 10 am – 6 pm 12 pm – 6 pm 10 am – 5 pm
Marina del Rey	<b>Lloyd Taber-Marina del Rey Library</b>	(310) 821-3415	4533 Admiralty Way	90292	Mon Tu- Th Fri Sat	11 am – 7 pm 11 am – 8 pm 12 pm – 6 pm 10 am – 5 pm
Monterey Park	<b>Langley Senior Citizens Center</b>	(626) 307-1395	400 W. Emerson Ave	91754	Mon -Fri Sat – Sun	8 am – 5 pm Call for Hours

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Newhall	<b>Santa Clarita Valley Senior Center</b>	(661) 259-9444	22900 Market Street	91321	Mon – Th Fri Sat Sun	7 am – 10 pm 7 am – 5 pm 11 am – 10 pm 8:30 am – 4 pm
Norwalk	<b>Alondra Library</b>	(562) 868-7771	11949 Alondra Blvd	90650	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Norwalk	<b>Norwalk Library</b>	(562) 868-0775	12350 Imperial Hwy	90650	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Norwalk	<b>Norwalk Senior Center</b>	(562) 929-5580	14040 San Antonio Dr	90650	Mon -Fri Sat	8 am - 7 pm 8 am - 5 pm
Palmdale	<b>Palmdale Senior Center</b>	(661) 267-5551	1102 East Avenue Q-12	93550	Mon –Fri	8 am - 4:30 pm
Paramount	<b>Paramount Library</b>	(562) 630-3171	16254 Colorado Ave	90723	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Pasadena	<b>Pasadena Senior Center</b>	(626) 795-4331	85 East Holly St	91103	Mon -Fri Sat	8:30 am - 4:30 pm 8:30 am - 3 pm
Pico Rivera	<b>Pico Rivera Senior Center</b>	(562) 948-4844	9200 Mines Ave	90660	Mon -Th Fri	8 am - 5 pm 8 am - 3 pm
Pomona	<b>Pomona Senior Program</b>	(909) 620-2301	499 East Arrow Hwy	91769	Mon –Fri	9 am -3 pm
Reseda	<b>O.N.E. Generation Senior Enrichment Center</b>	(818) 705-2345	18255 Victory Blvd	91335	Mon -Fri	7:30 am - 5 pm
Rowland Heights	<b>Pathfinder Park</b>	(562) 690-0933	18150 E Pathfinder Rd	91748	Mon-Sun	9 am - 10 pm
Rowland Heights	<b>Rowland Heights Library</b>	(626) 912-5348	1850 Nogales Street	91748	Mon – Th Fri Sat Sun	9 am – 9 pm 9 am – 6 pm 9 am – 5 pm 1 pm – 5 pm

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San Dimas	<b>San Dimas Senior Citizen/ Community Center</b>	(909) 394-6293	201 E. Bonita Avenue,	91773	Mon – Fri	8 am – 5 pm
San Fernando	<b>Cesar Chavez Park</b>	(818) 898-1290	208 Park Ave	91340	Mon -Fri	3 pm - 10 pm
San Pedro	<b>San Pedro Service Center</b>	(310) 519-6091	769 West Third Street	90731	Mon -Fri	8 am - 5 pm
Santa Clarita	<b>Valencia Library</b>	(661) 259-8942	23743 West Valencia Blvd.	91355	Mon – Th Fri Sat Sun	10 am – 9 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 pm
So. El Monte	<b>South El Monte Senior Center</b>	(626) 448-0131	1556 Central Ave	91733	M, Tu, Th, F Wed	7 am - 5:30 pm 7 am – 8:30 pm
South Gate	<b>South Gate Senior Center</b>	(323) 357-9662	4855 Tweedy Blvd.	90280	Mon -Fri Sat - Sun	8 am – 5 pm Call 323 357-9662
South Pasadena	<b>South Pasadena Senior Center</b>	(626) 403-7360	1102 Oxley Street	91030	Mon -Fri	8 am – 5 pm *8 am – 7:30 pm *When 96° or above
Torrance	<b>Bartlet Center</b>	(310) 320-1300	1318 Cravens Avenue	90501	Mon-Sat Sun	8:00 am – 4:00 pm 12:30 pm – 4:00 pm
Torrance	<b>Katy Geissert Main Library</b>	(310) 618-5959	3301 Torrance Blvd.	90503	Mon – Thurs Fri Sat	10:00 am – 9:00 pm 10:00 am – 6:00 pm 10:00 am – 5:30 pm
Van Nuys	<b>San Fernando Valley Service Ctr</b>	(818) 901-3501	7555 Van Nuys Blvd	91405	Mon -Fri	8 am - 5 pm

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Westlake Village	<b>Westlake Village Library</b>	(818) 865-9230	31220 W. Oak Crest Drive	91361	Mon Tu – Wed Th – Fri Sat Sun	Closed 10 am – 8 pm 11 am – 6 pm 11 am – 5 pm 1 pm – 5 pm
Whittier	<b>Los Nietos Senior Center</b>	(562) 699-9898	11640 E. Slauson Ave	90606	Mon -Fri	8 am – 5 pm
Whittier	<b>South Whittier Library</b>	(562) 946-4415	14433 Leffingwell Road	90604	Mon – Wed Thurs Fri – Sat	12 pm – 8 pm 11 am – 6 pm 10 am – 5 pm
Whittier	<b>Whittier Senior Center</b>	9562) 464-3370	13225 Walnut Street	90602	Mon – Fri Sat Sun	8 am – 9 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](http://www.lacity.org) or call “311”.