



SURVIVING THE HEAT

Tips from L. A. County's
Emergency Survival Program
www.espfocus.org

2016

The following agencies are the current list of Los Angeles Cooling Centers. The Centers are listed by city for easy access. In the event of a power outage, if your local Center is closed, please use this list to identify a center nearby.

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 for LA County or **311** for LA City. 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/ESP_FocusSheet_Heatwave_0710.pdf.**

Below are safety tips that will help you protect yourself and stay safe in the hot weather.

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

- Avoid the sun from 10 a.m. to 3 p.m. when the burning rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light colored lightweight, loose-fitting clothes when you are outdoors
- Avoid hot, heavy meals that include proteins.
- Set your air conditioner between 75° to 80°. If you don't have air-conditioning take a cool shower twice a day and visit a public air conditioned facility.
- Check on elderly neighbors and family and friends who do not have air conditioning.
- Drink plenty of fluids even if you are not thirsty. Avoid alcohol.
- Use sun screen with a sun protection factor of at least 15 if you need to be in the sun.
- Don't forget about your pets, they need plenty of water and shade.
- Insulate your home by installing weather stripping around your doors and window sills to keep the cool air inside.

Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, muscle cramps and increased thirst. For more information or additional locations, please call 211 for LA County or 311 for LA City.

LOS ANGELES COUNTY
COMMUNITY COOLING CENTERS

2016

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 Los Angeles County Info Line. Days and hours highlighted in **yellow** indicate the agency is open on the weekend.

| CITY | AGENCY NAME | PHONE | STREET ADDRESS | ZIP | DAYS & HOURS of OPERATION | |
|---|---------------------------------------|----------------|-------------------------|-------|-------------------------------------|---|
| Alhambra | Joslyn Adult Recreation Center | (626) 570-5056 | 210 N Chapel Ave. | 91801 | Mon –Fri | 8 am – 5 pm |
| Altadena | Altadena Senior Center | (626) 798-4971 | 560 East Mariposa St. | 91001 | Mon –Fri | 8 am – 5 pm |
| Arcadia | Arcadia Community Center | (626) 574-5130 | 365 Campus Drive | 91007 | Mon –Fri | 8 am – 4 pm |
| Arcadia | Arcadia Public Library | (626) 821-4364 | 20 W. Duarte Rd. | 91006 | Mon – Thur Fri - Sat | 10 am – 9 pm 10 am – 6 pm |
| Artesia | Artesia Library | (562) 865-6614 | 18722 S. Clarkdale Ave. | 90701 | Tue – Wed Thur Fri -Sat | 12 pm – 8 pm 10 am – 6 pm 9 am – 5 pm |
| Avalon | Avalon Library | (310) 510-1050 | 215 Sumner Ave. | 90704 | Tue - Thur Fri – Sat | 11 am – 7 pm 9 am – 5 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 N. Dalton | 91702 | Mon -Thur Fri | 8:30 am – 4 pm 8:30 am - 1:30 pm |
| *Note: Azusa Senior Center will open on Sunday between 10 am – 4 pm when local temperatures reach 100° | | | | | | |
| Azusa | Memorial Park | (626) 812-5287 | 320 N. Orange Place | 91702 | Mon -Fri Sat-Sun | 1 pm – 6 pm 12 noon – 4 pm |
| Baldwin Park | Julia McNeill Senior Center | (626) 813-5245 | 4100 Baldwin Park Blvd. | 91706 | Mon – Fri | 7 am – 3 pm |
| Baldwin Park | Esther Snyder Community Center | (626) 813-5245 | 4100 Baldwin Park Blvd. | 91706 | Mon – Thur Fri | 8 am – 8 pm 8 am – 6 pm |
| Bellflower | Clifton Brakensiek Library | (562) 925-5543 | 9945 E. Flower Street | 90706 | Mon – Wed Thursday Fri Sat | 11 am – 8 pm 11 am – 6 pm 1 pm – 5 pm 11 am – 5 pm |

| CITY | AGENCY NAME | PHONE | STREET ADDRESS | ZIP | DAYS & HOURS of OPERATION | |
|-------------|--|----------------|------------------------|-------|---|---|
| Burbank | Buena Vista Library | (818) 238-5620 | 300 N. Buena Vista St | 91505 | Mon - Thur Fri Sat Sun | 10 am – 9 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 pm |
| Burbank | Burbank Central Library | (818) 238-5600 | 110 N. Glenoaks Blvd | 91502 | Mon – Thur Fri Sat | 9:30 am – 9 pm 9:30 am – 6 pm 10:00 am – 6 pm |
| Carson | Carson Library | (310) 830-0901 | 151 East Carson Street | 90745 | Mon – Thur Fri Sat Sun | 10 am – 8 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 pm |
| Claremont | Alexander Hughes Community Ctr. | (909) 399-5490 | 1700 Danbury Road | 91711 | Mon – Thur Fridays Sat | 8 am – 9 pm 8 am – 6 pm 8 am – 2 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 | Mon - Tue Wed - Thur Fri – Sat Sun | 1 pm – 8 pm 11 am – 8 pm 10 am – 5 pm 1 pm – 5 pm |
| Claremont | Joslyn Senior Center, Claremont | (909) 399-5488 | 660 N. Mountain Ave. | 91711 | Mon -Fri | 8 am – 5 pm |
| Compton | Douglas F. Dollarhide Community Center | (310) 605-5688 | 301 N. Tamarind Avenue | 90220 | Mon –Fri | 8 am – 5 pm |
| Compton | E. Rancho Dominguez Community Center and Park | (310) 603-7401 | 15116 S. Atlantic Ave | 90221 | Mon –Fri | 8 am – 5 pm |
| Covina | YWCA San Gabriel Valley - 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 – 4:45 pm 12 pm – 3:45 pm |
| Diamond Bar | Diamond Bar Library | (909) 861-4978 | 21800 Copley Drive | 91765 | Mon – Thur Fri – Sat | 11 am – 9 pm 10 am – 5 pm |
| Downey | Barbara J Riley Community & Senior Center | (562) 904-7223 | 7810 Quill Drive | 90242 | Mon Tue-Thur Fri Sat | 8 am – 6 pm 8 am – 9 pm 8 am – 5 pm 10 am – 2 pm |

| CITY | AGENCY NAME | PHONE | STREET ADDRESS | ZIP | DAYS & HOURS of OPERATION | |
|--|--|----------------|----------------------------------|--------|---------------------------------|--|
| Downey | Downey City Library | (562) 904-7360 | 11121 Brookshire Ave | 90241 | Mon – Thur Fri – Sat | 10 am – 8 pm 10 am – 5 pm |
| Duarte | Duarte Library | (626) 358-1865 | 1301 Buena Vista Street | 91010 | Mon – Thur Fri – Sat | 11 am – 8 pm 11 am – 6 pm |
| El Monte | El Monte Library | (626) 444-9506 | 3224 Tyler Ave. | 91731 | Mon – Thur Fri Sat Sun | 10 am – 8 pm 9 am – 5 pm 10 am – 5 pm 1 pm – 5 pm |
| El Monte | Jack Crippen Multi-Purpose Senior Center | (626) 580-2210 | 3120 N Tyler Ave. | 91731 | Mon & Wed Tue & Thur | 7:30 am – 5:30 pm 7:30 am – 7:30 pm |
| Note: If local temperatures exceed 100 degrees, the Jack Crippen Multi-Purpose Senior Center will open on Saturday and Sunday from 10 am to 5 pm. | | | | | | |
| Gardena | Asian Community Service Center | (310) 217-7300 | 14112 S. Kingsley Drive | 90249 | Mon -Fri | 8 am – 5 pm |
| Gardena | Nakaoka Community Center | (310) 217-9537 | 1670 W. 162 nd Street | 90247 | Mon -Fri Sat | 8 am – 9 pm 8 am – 1 pm |
| Glendale | Adult Recreation Center | (818) 548-3775 | 201 E Colorado St. | 91205 | Mon – Thur Fri Sat | 8 am - 8 pm 8 am – 5 pm 8 am – 4 pm |
| Glendale | Sparr Heights Community Center | (818) 548-2188 | 1613 Glencoe Way. | 91208. | Mon – Tues Wed – Thur Fri | 8 am – 5 pm 8 am – 6 pm 8 am – 3 pm |
| Hacienda Heights | Hacienda Heights Library Closed for Refurbishment | (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 | 11940 Carson St. | 90716 | Tue – Wed Thur Fri - Sat | 12 am – 8 pm 10 am – 6 pm 9 am – 5 pm |
| Irwindale | Irwindale Senior Center | (626) 430-2283 | 16116 Arrow Highway | 91706 | Mon – Fri | 8 am – 4 pm |
| La Mirada | La Mirada Activity Center | (562) 902-3160 | 13810 La Mirada Blvd | 90638 | Mon -Fri | 8:30 am - 6 pm |
| La Mirada | La Mirada Library Closed for Refurbishment | (562) 943-0277 | 13800 La Mirada Blvd | 90638 | Tue - Thur Fri - Sat | 10 am – 8 pm 12 pm – 5 pm |

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|------------------|--|----------------|----------------------------------|-------|---------------------------------|---|
| La Puente | Sunshine Park | (626) 854-5559 | 515 So. Deepmead Ave. | 91744 | Mon – Sat | 12 pm – 8 pm |
| La Verne | La Verne Community Center | (909) 596-8776 | 3680 “D” Street | 91750 | Mon – Thur Fri | 8:00 am – 6:30 pm 8 am – 4 pm |
| Lake Los Angeles | Stephen Sorensen Park | (661) 264-1249 | 16801 E. Avenue P | 93591 | Mon – Fri Sat-Sun | 9 am – 9 pm 9 am – 5 pm |
| Lakewood | Angelo M. Iacoboni Library | (562) 866-1777 | 4990 Clark Ave. | 90712 | Mon – Thur Fri Sat Sun | 10 am – 8 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 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 |
| Lawndale | Harold E. Hofmann Community Ctr. | (310) 973-3270 | 14700 Burin Avenue | 90260 | Mon – Thur Fri Sat | 7 am – 8 pm 7 am – 4 pm 10 am – 2 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 Closed for Refurbishment | (310) 539-4515 | 24200 Narbonne Ave. | 90717 | Mon - Wed Thur – Sat | 11 am – 8 pm 10 am – 5 pm |
| Los Angeles | Centro Maravilla Service Center | (323) 260-2804 | 4716 Cesar E. Chavez Ave. | 90022 | Mon-Fri | 8 am – 5 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 | 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 | 8:30 am - 5 pm |
| Los Angeles | Salazar Senior Center | (323) 260-2330 | 3864 Whittier Blvd. | 90023 | Mon -Fri | 8 am - 5 pm |

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|-----------------|--|----------------|------------------------|-------|---|---|
| Los Angeles | St. Barnabas Senior Services | (323) 957-2222 | 1745 N. Gramercy Place | 90028 | Mon -Fri | 8:30 am – 4:30 pm |
| Los Angeles | Washington Park Gym | (323) 586-7205 | 8908 S Maie Ave. | 90002 | Mon -Fri | 10 am - 8 pm |
| Los Angeles | Willowbrook Senior Center | (310) 217-5650 | 12915 So. Jarvis Ave. | 90061 | Mon -Fri | 8 am - 5 pm |
| Los Angeles | For additional locations within the City of Los Angeles call 3-1-1 or go to: http://emergency.lacity.org/index.htm | | | | | |
| Lynwood | Lynwood Senior Citizens Center | 310-886-0425 | 11329 Ernestine Ave. | 90262 | Mon – Thur Fri | 8 am – 4 pm 8 am – 1 pm |
| Manhattan Beach | Manhattan Beach Library | (310) 545-8595 | 1320 Highland Avenue | 90266 | Mon – Wed Thurs Fri Sat Sun | 10 am – 9 pm 10 am – 6 pm 12 pm – 6 pm 10 am – 5 pm 1 pm – 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 |
| Monrovia | Monrovia Community Center | (626) 256-8246 | 119 West Palm Ave. | 91016 | Mon - Thur Fri – Sat – Sun | 8 am – 9 pm 8 am – 5 pm Call (626) 256-8246 |
| Monrovia | Monrovia Public Library | (626) 256-8274 | 321 So. Myrtle | 91016 | Mon – Wed Thur - Sat | 10:00 am – 8:00 pm 12:00 pm – 5:00 pm |
| Montebello | Potrero Heights Park Comm. & Senior Ctr. | (626) 927-5430 | 8051 Arroyo Drive | 90640 | Mon – Fri | 8 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 |
| Norwalk | Alondra Library | (562) 868-7771 | 11949 Alondra Blvd | 90650 | Tue & Wed Thur & Fri Sat | 12 am – 8 pm 12 am – 6 pm 10 am – 5 pm |
| Norwalk | Norwalk Library | (562) 868-0775 | 12350 Imperial Hwy | 90650 | Mon – Thur Fri Sat | 10 am – 8 pm 10 am – 6 pm 10 am – 5 pm |

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|---|---|----------------|-------------------------|-------|---------------------------------|---|
| Norwalk | Norwalk Senior Center | (562) 929-5580 | 14040 San Antonio Dr | 90650 | Mon -Fri Sat | 8 am - 7 pm 8 am - 5 pm |
| Palmdale | Palmdale City Library | (661) 267-5600 | 700 East Palmdale Blvd. | 93550 | Mon-Thur Fri-Sat Sun | 10 am – 8 pm 10 am – 5 pm 1 pm – 5 pm |
| Paramount | Paramount Library | (562) 630-3171 | 16254 Colorado Ave. | 90723 | Tue – Wed Thur - Fri Sat | 10 am – 8 pm 10 am – 6 pm 10 pm – 5 pm |
| Pasadena | Pasadena Senior Center | (626) 795-4331 | 85 East Holly St | 91103 | Mon –Thur Fri Sat | 8:00 am - 8:00 pm 8:00 am - 4:30 pm 8:30 am – 3:00 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 |
| If local temperatures reach 100 degrees the Pico Rivera Senior Center will remain open until 8:00 p.m. Monday through Thursday | | | | | | |
| Pomona | Palomares Park Community Center | (909) 620-2324 | 499 East Arrow Hwy. | 91769 | Mon –Fri | 10 am - 5 pm |
| Pomona | Washington Community Center | (909) 620-2305 | 865 E. Grand Ave. | 91769 | Mon –Fri | 10 am - 5 pm |
| Pomona | Westmont Community Center | (909) 620-2307 | 1808 West Ninth Street | 91769 | Mon – Fri | 2 pm – 5 pm |
| Reseda | OneGeneration 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 | Tues – Sun | 12 noon - 6 pm |
| Rowland Heights | Rowland Heights Library Closed for Refurbishment | (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) 394-6290 | 201 E. Bonita Ave. | 91773 | Mon – Fri | 8 am – 5 pm |
| San Fernando | San Fernando Recreation Park | (818) 898-1290 | 208 Park Ave. | 91340 | Mon - Fri | 9 am – 6 pm |
| San Gabriel | Asian Youth Center | (626) 309-0622 | 100 West Clary Ave. | 91776 | Mon - Fri | 9 am – 6 pm |

| 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 | Santa Clarita Old Town Public Library | (661) 259-0750 | 24500 Main Street | 91321 | Mon – Thur Friday Sat Sun | 9 am – 8 pm 10 am – 6 pm 10 am - 5 pm 1 pm – 5 pm |
| Santa Clarita | Santa Clarita Public Library | (661) 250-0750 | 18601 Soledad Canyon | 91351 | Mon – Thur Fri Sat Sun | 9 am - 8 pm 10 am - 6 pm 10 am - 5 pm 1 pm – 5 pm |
| Santa Clarita | Santa Clarita Public Library | (661) 259-0750 | 23743 West Valencia Bl. | 91355 | Mon – Thur Fri Sat Sun | 10 am – 9 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 pm |
| Santa Clarita | Santa Clarita Valley Senior Center | (661) 259-9444 | 22900 Market Street | 91321 | Mon – Fri | 8 am - 4:30p |
| So. El Monte | South El Monte Senior Center | (626) 448-0131 | 1556 Central Ave. | 91733 | Mon - Fri Sat | 8 am - 5 pm 10 am – 2 pm (Saturdays is for July & Aug. only) |
| 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 |
| South Pasadena | South Pasadena Public Library | (626) 403-7340. | 1100 Oxley Street | 91030 | Mon – Wed Thur – Fri Sat Sun | 11 am – 9 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 pm |
| Torrance | Bartlett Senior Center | (310) 320-5918 | 1318 Cravens Ave. | 90501 | Mon-Sat Sun | 8 am – 4 pm 12:30 pm – 4 pm |
| Torrance | Katy Geissert Main Library | (310) 618-5959 | 3301 Torrance Blvd. | 90503 | Mon – Thur Fri Sat | 10 am – 9 pm 10 am – 6 pm 10 am – 5:30 pm |

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|------------------|---|----------------|------------------------|-------|--------------------------------------|---|
| Westlake Village | Westlake Village Library | (818) 865-9230 | 31220 W. Oak Crest Dr. | 91361 | Tu – Wed Thur - Fri Sat Sun | 10 am – 8 pm 10 am – 6 pm 10 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 |
| Whittier | Parnell Park Community & Senior Center | (562) 567-9450 | 15390 Lambert Road | 90604 | Mon – Fri | 8 am – 9 pm |
| 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 | (562) 567-9470 | 13225 Walnut Street | 90602 | Mon – Fri Sat Sun | 8 am – 5 pm 8:30 am – 12:30 pm 12 pm – 4 pm |