



Surviving the HEAT

Tips from the L. A. County Health Department

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

If you are planning to escape the heat by visiting one of our *Cooling Centers* it is advisable that you call in advance to make sure the Center is up and operational. If a *Cooling Center* is experiencing problems with their air conditioner, check the attached list for another *Cooling Center* nearest you

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

2008

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
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
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
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

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Compton	Dollarhide Senior Center	(310) 605-5688	1108 N. Oleander Ave	90222	M-F	8 am - 6 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) 858-8382	943 No. Grand Ave	91724	M-F	8 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
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
El Monte	Jack Crippen Multi-Purpose Senior Center	(626) 580-2210	3120 N Tyler Ave	91731	M-Th Fri Sat - Sun	7 am - 5:30 pm 8 am - 3 pm 9 am - 6 pm
Gardena	Asian Community Service Center	(310) 217-7300	14112 S. Kingsley Dr	90249	M-F	8 am - 5 pm
Gardena	Gardena Seniors	(310) 217-9552	1670 W. 162 nd St	90247	M-F	8 am - 4 pm
Gardena	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 Rec. Community Svcs	(818) 548-3775	201 E Colorado Blvd	91205	Mon-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 Fri Sat Sun	9 am - 9 pm 9 am - 6 pm 9 am - 5 pm 1 pm - 5 pm

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Hacienda Heights	Steinmetz Senior Center	(626) 934-7041	1545 S. Stimson Ave	91745	M-F	8 am - 5 pm
Hollywood	Hollywood Senior Center	(323) 957-3900	1360 N. Saint Andrews Pl.	90028	M-F	8:30 am - 4:30 pm
Inglewood	Inglewood Senior Center	(310) 412-5338	330 Centinela Ave.	90301	M-F Sat	8 am - 5 pm 10 am - 5 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
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
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	Florence/Firestone Service Center	(323) 586-6502	7807 S Compton Ave	90001	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 Mae Ave	90002	M-F	8 am - 5 pm

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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
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	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
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

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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
South Pasadena	South Pasadena Senior Center	(6276) 403-7360	1102 Oxley Street	91030	M-F	8 am - 5 pm
Van Nuys	San Fernando Valley Service Center	(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

*Note: Center will be open extended hours (9 pm) when a heat advisory has been issued