



Surviving the HEAT

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

Revised August 13, 2012

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/ESP_FocusSheet_Heatwave_0710.pdf.

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.
- 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.

Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, muscle cramps and increased thirst.

A list of the locations and hours of operation for the Cooling Centers in Los Angeles County is attached. This information can also be accessed by dialing 2-1-1.

LOS ANGELES COUNTY
COMMUNITY COOLING CENTERS

2012

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 indicates 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	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 Senior Center	(626) 574-5130	365 Campus Drive	91007	Mon –Fri	8:30 am – 4:30 pm
Artesia	Artesia Library	(562) 865-6614	18722 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 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 10 am – 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
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	9:30 am – 9 pm 9:30 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

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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	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	Tue - Thur Fri – Sat Sun	10 am – 8 pm 8 am – 6 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	Dollarhide Senior Center	(310) 605-5688	1108 N. Oleander Ave.	90222	Mon –Fri	8 am – 5 pm
Compton	E. Rancho Dominguez Svc Ctr	(310) 603-7401	4513 E. Compton Blvd	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 - 5 pm 12 pm - 4 pm
Diamond Bar	Diamond Bar Library	(909) 861-4978	21800 Copley Drive	91765	Mon – Thur Fri – Sat	12 pm – 9 pm 10 am – 5 pm
Downey	Barbara J Riley Community & Senior Center	(562) 904-7223	7810 Quill Drive	90242	Mon & Fri Tue-Thur Sat	8 am – 5 pm 8 am – 9 pm 10 am – 2 pm
Downey	Columbia Memorial Space Center	(562) 231-1200	12400 Columbia Way	90242	Tue – Sat Sunday	10 am – 5 pm 11 am – 3 pm
Downey	Downey City Library	(562) 904-7360	11121 Brookshire Ave	90241	Mon – Thur Fri – Sat	10 am – 8 pm 10 am – 5 pm
El Monte	El Monte Library	(626) 444-9506	3224 Tyler Ave.	91731	Mon – Thur Fri – Sat	10 am – 8 pm 8 am – 6 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
El Monte	Jack Crippen Multi-Purpose Senior Ctr	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 Drive	90249	Mon -Fri	8 am – 5 pm
Gardena	Gardena Senior Citizens Bureau Nakaoka Community Center	(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 – Thur Fri – Sat	8 am - 6 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	(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 - 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	7:30 am - 6 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
La Verne	La Verne Community Center	909 596-8776	3680 “D” Street	91750	Mon – Thur Fri	8:30 am – 6:30 pm 8 am – 4:30 pm
Lakewood	Angelo M. Iacoboni Library	(562) 866-1777	4990 Clark Ave.	90712	Tue – Thur Fri – Sat	10 am – 8 pm 8 am – 6 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
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
Lancaster	Museum of Art and History	(661) 723-6250	665 W. Lancaster Blvd.	93534	Mon – Fri	10 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	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 - 2 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	St. Barnabas Senior Services	(213) 388-4444	675 S. Carondelet Street	90057	Mon -Fri	8 am – 4 pm

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Los Angeles	For additional locations within the City of Los Angeles call 3-1-1 or go to: http://emergency.lacity.org/index.htm					
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	8 am - 4:30p
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 - 5 pm
Palmdale	Palmdale City Library	(661) 267-5600	700 East Palmdale Blvd.	93550	Mon-Wed 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 - 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) 620-2324	499 East Arrow Hwy.	91769	Mon –Fri	10 am - 5 pm

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Pomona	Washington Community Center	(909) 620-2324	865 E. Grand Ave.	91769	Mon – Fri	10 am - 5 pm
Pomona	Westmont Community Center	(909) 620-2324	1808 West Ninth Street	91769	Mon – Fri	2 pm – 5 pm
Reseda	ONE 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	Tues - Sun	12 noon - 6 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) 394-6290	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
San Pedro	San Pedro Service Center	(310) 519-6091	769 West Third Street	90731	Mon -Fri	8 am - 5 pm
Santa Clarita	Santa Clarita Public Library	(661) 259-8332	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 Public Library	(661) 250-3301	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
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

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
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
Note: South Pasadena Senior Center will offer extended hours until 7:30 pm Mon-Fri when local temperatures reach 96°.						
Torrance	Bartlett 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
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 Dr.	91361	Tu – Wed Thur - Fri Sat Sun	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
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) 464-3370	13225 Walnut Street	90602	Mon – Fri Sat Sun	8 am – 5 pm 8:30 am – 12:30 pm 12 pm – 4 pm