



# Surviving the HEAT

*Tips from L. A. County's  
Emergency Survival Program  
[www.espfocus.org](http://www.espfocus.org)*

Revised August 9, 2012

## **NOTE: THIS COOLING CENTER LIST IS EFFECTIVE THROUGH AUGUST 12, 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/ESP10/Jul10.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	<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> <b>Closed Temporarily on Thurs. 8/9/12</b>	(562) 865-6614	18722 Clarkdale Ave.	90701	Fri-Sat-Sun	9 am – 9 pm
Avalon	<b>Avalon Library</b>	(310) 510-1050	215 Sumner Ave.	90704	Tue - Thur Fri – Sat	11 am – 7 pm 9 am – 5 pm
Azusa	<b>Azusa Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(626) 812-5232	729 N. Dalton	91702	Fri-Sat-Sun	9 am – 9 pm
Azusa	<b>*Azusa Senior Center</b>	(626) 812-5204	740 N. Dalton	91702	Mon -Thur Fri	8:30 am – 4 pm 8:30 am - 1:30 pm
<b>*Note: Azusa Senior Center will open on Sunday between 10 am – 4 pm when local temperatures reach 100°</b>						
Azusa	<b>Memorial Park</b>	(626) 812-5287.	320 N. Orange Place	91702	Mon-Fri Sat-Sun	1 pm – 6 pm 10 pm – 4 pm
Baldwin Park	<b>Julia McNeill Senior Center</b>	(626) 813-5245	4100 Baldwin Park Blvd	91706	Mon–Fri	7 am – 3 pm
Baldwin Park	<b>Morgan Park Community Center</b>	(626) 813-5245	4100 Baldwin Park Blvd	91706	Mon-Fri	7 am – 8 pm
Bellflower	<b>Clifton Brakensiek Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(562) 925-5543	9945 E. Flower Street	90706	Fri-Sat-Sun	9 am – 9 pm
Carson	<b>Carson Library</b>	(310) 830-0901	151 East Carson Street	90745	Tue - Thur Fri Sat – Sun	10 am–8 pm 9 am–9 pm 9 am–9 pm
Claremont	<b>Alexander Hughes Community Ctr.</b>	(909) 399-5490	1700 Danbury Road	91711	Mon – Thur Fridays Sat	8 am – 9 pm 8 am – 6 pm 8 am – 2 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
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> <b>Closed Temporarily on Thurs. 8/9/12</b>	(909) 621-4902	208 North Harvard Ave.	91711	Fri-Sat-Sun	9 am – 9 pm
Claremont	<b>Joslyn Senior Center, Claremont</b>	(909) 399-5488	660 N. Mountain Ave.	91711	Mon –Fri	8 am – 5 pm
Compton	<b>Dollarhide Senior Center</b>	(310) 605-5688	1108 N. Oleander Ave.	90222	Mon –Fri	8 am – 5 pm
Compton	<b>E. Rancho Dominguez Svc Ctr</b>	(310) 603-7401	4513 E. Compton Blvd	90221	Mon –Fri	8 am – 5 pm
Covina	<b>YWCA San Gabriel Valley - 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 - 5 pm 12 pm - 4 pm
Diamond Bar	<b>Diamond Bar Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(909) 861-4978	21800 Copley Drive	91765	Fri-Sat-Sun	9 am – 9 pm
El Monte	<b>El Monte Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(626) 444-9506	3224 Tyler Ave.	91731	Fri-Sat-Sun	9 am – 9 pm
El Monte	<b>Jack Crippen Multi-Purpose Senior Ctr</b>	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	<b>Asian Community Service Center</b>	(310) 217-7300	14112 S. Kingsley Drive	90249	Mon –Fri	8 am – 5 pm
Gardena	<b>Gardena Senior Citizens Bureau Nakaoka Community Center</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 – Thur Fri – Sat	8 am - 6 pm 8 am – 4 pm
Glendale	<b>Sparr Heights Community Center</b>	(818) 548-2188	1613 Glencoe Way.	91208.	Mon – Tues Wed – Thur Fri	8 am – 5 pm 8 am – 6 pm 8 am – 3 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Hacienda Heights	<b>Hacienda Heights Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(626) 968-9356	16010 La Monde Street	91745	Fri-Sat-Sun	9 am – 9 pm
Hacienda Heights	<b>Steinmetz Senior Center</b>	(626) 934-7041	1545 S. Stimson Ave.	91745	Fri-Sat-Sun	9 am – 9 pm
Hawaiian Gardens	<b>Hawaiian Gardens Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(562) 496-1212	11940 Carson St.	90716	Fri-Sat-Sun	9 am – 9 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	7:30 am - 6 pm
La Mirada	<b>La Mirada Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(562) 943-0277	13800 La Mirada Blvd	90638	Fri-Sat-Sun	9 am – 9 pm
La Verne	<b>La Verne Community Center</b>	909 596-8776	3680 “D” Street	91750	Mon – Thur Fri	8:30 am – 6:30 pm 8 am – 4:30 pm
Lakewood	<b>Angelo M. Iacoboni Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(562) 866-1777	4990 Clark Ave.	90712	Fri-Sat-Sun	9 am – 9 pm
Lakewood	<b>George Nye Jr. Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(562) 421-8497	6600 Del Amo Blvd	90713	Fri-Sat-Sun	9 am – 9 pm
Lancaster	<b>Antelope Valley Senior Ctr.</b>	(661) 726-4400	777 W. Jackman St	93534	Mon –Thur Fri-Sat-Sun	8 am –5 pm 9 am - 9 pm
Lancaster	<b>Museum of Art and History</b>	(661) 723-6250	665 W. Lancaster Blvd.	93534	Mon – Fri	10 am – 5 pm
Littlerock	<b>Jackie Robinson Park</b>	(661) 944-2880	8773 East Avenue R	93543	Fri-Sat-Sun	9 am – 9 pm
Lomita	<b>Lomita Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(310) 539-4515	24200 Narbonne Ave.	90717	Fri-Sat-Sun	9 am – 9 pm
Los Angeles	<b>Centro Maravilla Service Center</b>	(323) 260-2804	4716 Cesar E. Chavez Ave.	90022	Mon-Fri	8 am – 5 pm
Los Angeles	<b>East Los Angeles Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(323) 264-0155	4837 East 3 <sup>rd</sup> Street	90022	Fri-Sat-Sun	9 am – 9 pm

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Los Angeles	<b>East Los Angeles Service Center</b>	(323) 260-2801	133 No. 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	Fri-Sat-Sun	9 am – 9 pm
Los Angeles	<b>Salazar Senior Center</b>	(323) 260-2330	3864 Whittier Blvd.	90023	Fri-Sat-Sun	9 am – 9 pm
Los Angeles	<b>Washington Park Gym</b>	(323) 586-7205	8908 S Maie Ave.	90002	Fri-Sat-Sun	9 am – 9 pm
Los Angeles	<b>Willowbrook Senior Center</b>	(310) 217-5650	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	8 am – 4 pm
Los Angeles	<b>For additional locations within the City of Los Angeles call 3-1-1 or go to: <a href="http://emergency.lacity.org/index.htm">http://emergency.lacity.org/index.htm</a></b>					
Manhattan Beach	<b>Manhattan Beach Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(310) 545-8595	1320 Highland Avenue	90266	Fri-Sat-Sun	9 am – 9 pm
Marina del Rey	<b>Lloyd Taber-Marina del Rey Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(310) 821-3415	4533 Admiralty Way	90292	Fri-Sat-Sun	9 am – 9 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
Newhall	<b>Santa Clarita Valley Senior Center</b>	(661) 259-9444	22900 Market Street	91321	Mon – Fri	8 am - 4:30p
Newhall	<b>Santa Clarita Valley Service Center</b>	(661) 254-0070	24271 S. Main Street	91321	Fri-Sat-Sun	9 am – 9 pm
Norwalk	<b>Alondra Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(562) 868-7771	11949 Alondra Blvd	90650	Fri-Sat-Sun	9 am – 9 pm
Norwalk	<b>Norwalk Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(562) 868-0775	12350 Imperial Hwy	90650	Fri-Sat-Sun	9 am – 9 pm

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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 City Library</b>	(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	<b>Paramount Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(562) 630-3171	16254 Colorado Ave.	90723	Fri-Sat-Sun	9 am – 9 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 -Thur Fri	8 am - 5 pm 8 am - 3 pm
Pomona	<b>Palomares Park Community Center</b>	(909) 620-2324	499 East Arrow Hwy.	91769	Mon –Fri	10 am - 5 pm
Pomona	<b>Washington Community Center</b>	(909) 620-2324	865 E. Grand Ave.	91769	Mon –Fri	10 am - 5 pm
Pomona	<b>Westmont Community Center</b>	(909) 620-2324	1808 West Ninth Street	91769	Mon – Fri	2 pm – 5 pm
Reseda	<b>ONE 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	Fri-Sat-Sun	9 am – 9 pm
Rowland Heights	<b>Rowland Heights Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(626) 912-5348	1850 Nogales Street	91748	Fri-Sat-Sun	9 am – 9 pm
San Dimas	<b>San Dimas Senior Citizen/ Community Center</b>	(909) 394-6290	201 E. Bonita Ave.	91773	Mon – Fri	8 am – 5 pm
San Fernando	<b>San Fernando Recreation Park</b>	(818) 898-1290	208 Park Ave.	91340	Mon-Fri	9 am – 6 pm
San Gabriel	<b>Asian Youth Center</b>	(626) 309-0622	100 West Clary Ave.	91776	Mon-Fri	9 am – 6 pm

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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>Santa Clarita Public Library</b>	(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	<b>Santa Clarita Public Library</b>	(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	<b>South El Monte Senior Center</b>	(626) 448-0131	1556 Central Ave.	91733	M, Tu, Th, F Wed	8 am - 5 pm 8 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
<b>Note: South Pasadena Senior Center will offer extended hours until 7:30 pm Mon-Fri when local temperatures reach 96°.</b>						
Torrance	<b>Bartlett Center</b>	(310) 320-5918	1318 Cravens Ave.	90501	Mon-Sat Sun	8 am – 4 pm 12:30 pm – 4 pm
Torrance	<b>Katy Geissert Main Library</b>	(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	<b>San Fernando Valley Service Ctr</b>	(818) 901-3501	7555 Van Nuys Blvd.	91405	Fri-Sat-Sun	9 am – 9 pm
Westlake Village	<b>Westlake Village Library</b> <b>Closed Temporarily on Thurs. 8/9/12</b>	(818) 865-9230	31220 W. Oak Crest Dr.	91361	Fri-Sat-Sun	9 am – 9 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> <b>Closed Temporarily on Thurs. 8/9/12</b>	(562) 946-4415	14433 Leffingwell Road	90604	Fri-Sat-Sun	9 am – 9 pm

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Whittier	<b>Whittier Senior Center</b>	(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