# City of Monterey Park News Release

www.MontereyPark.ca.gov

## Extreme High Heat Predicted by Sunday and Into Next Week – How to Be Safe and Signs of Heat Exhaustion

Monterey Park, Calif. - June 16, 2016 - The National Weather Service is predicting extreme heat, as high as106 degrees by Sunday and into next week. Langley Senior Center is a designated “Cooling Center” for residents who need a break from the heat. During this period, the Monterey Park Fire Department will be conducting fire patrols along our hillsides as a prevention measure.

For you and your family, the following are important prevention and safety measures to consider during these extreme temperatures – it will help you and your family identify symptoms of heat stroke, heat exhaustion, and sunburn.

**The best defense is prevention. Here are some prevention tips:**

- Drink more fluids, regardless of your activity level. Don’t wait until you’re thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask your doctor how much you should drink while the weather is hot.
- Don’t drink liquids that contain alcohol or large amounts of sugar–these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library–even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone or your pet in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
    - Infants and young children
    - People aged 65 or older
    - People who have a mental illness
    - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

**Hot Weather Health Emergencies**

Even short periods of high temperatures can cause serious health problems. During hot weather health emergencies, keep informed by listening to local weather and news channels or contact local health departments for health and safety updates. Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment. When in doubt, please call 911 for emergency assistance.

**Heat Stroke**

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Recognizing Heat Stroke:

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

**What to Do**

If you are showing any of these signs, or observe someone showing these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.

- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim fluids to drink.
- Get medical assistance as soon as possible.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

**Heat Exhaustion**

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

Recognizing Heat Exhaustion

Warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if any of the following occurs:

- Symptoms are severe
- The victim has heart problems or high blood pressure

Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

**What to Do**

Cooling measures that may be effective include the following:

- Cool, nonalcoholic beverages
- Rest
- Cool shower, bath, or sponge bath
- An air-conditioned environment
- Lightweight clothing

**Heat Cramps**

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles may be the cause of heat cramps. Heat cramps may also be a symptom of heat exhaustion.

Recognizing Heat Cramps

Heat cramps are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. If you have heart problems or are on a low-sodium diet, get medical attention for heat cramps.

**What to Do**

If medical attention is not necessary, take these steps:

- Stop all activity, and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside, because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in 1 hour.

**Sunburn**

Sunburn should be avoided because it damages the skin. Although the discomfort is usually minor and healing often occurs in about a week, a more severe sunburn may require medical attention.

Recognizing Sunburn

Symptoms of sunburn are well known: the skin becomes red, painful, and abnormally warm after sun exposure.

**What to Do**

Consult a doctor if the sunburn affects an infant younger than 1 year of age or if these symptoms are present:

- Fever
- Fluid-filled blisters
- Severe pain

Also, remember these tips when treating sunburn:

- Avoid repeated sun exposure.
- Apply cold compresses or immerse the sunburned area in cool water.
- Apply moisturizing lotion to affected areas. Do not use salve, butter, or ointment.
- Do not break blisters.

**Heat Rash**

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children.

Recognizing Heat Rash

Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

**What to Do**

The best treatment for heat rash is to provide a cooler, less humid environment. Keep the affected area dry. Dusting powder may be used to increase comfort.

Treating heat rash is simple and usually does not require medical assistance. Other heat-related problems can be much more severe.

For further information, please check the City of Monterey Park's website at www.MontereyPark.ca.gov .

**Media Contact**
Fire Chief Scott Haberle
626-307-1262
www.MontereyPark.ca.gov

# 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 indicates 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<br>Fri - Sat | 10 am – 9 pm<br>10 am – 6 pm |
| Artesia | **Artesia Library** | (562) 865-6614 | 18722 S. Clarkdale Ave. | 90701 | Tue – Wed<br>Thur<br>Fri -Sat | 12 pm – 8 pm<br>10 am – 6 pm<br>9 am – 5 pm |
| Avalon | **Avalon Library** | (310) 510-1050 | 215 Sumner Ave. | 90704 | Tue - Thur<br>Fri – Sat | 11 am – 7 pm<br>9 am – 5 pm |
| Azusa | **Azusa Library** | (626) 812-5232 | 729 N. Dalton | 91702 | Mon -Wed<br>Thur<br>Fri – Sat | 10 am – 9 pm<br>10 am – 6 pm<br>10 am – 5 pm |
| Azusa | ***Azusa Senior Center** | (626) 812-5204 | 740 N. Dalton | 91702 | Mon -Thur<br>Fri | 8:30 am – 4 pm<br>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<br>Sat-Sun | 1 pm – 6 pm<br>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<br>Fri | 8 am – 8 pm<br>8 am – 6 pm |
| Bellflower | **Clifton Brakensiek Library** | (562) 925-5543 | 9945 E. Flower Street | 90706 | Mon – Wed<br>Thursday<br>Fri<br>Sat | 11 am – 8 pm<br>11 am – 6 pm<br>1 pm – 5 pm<br>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<br>Sat<br>Sun | 10 am – 9 pm<br>10 am – 6 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| Burbank | **Burbank Central Library** | (818) 238-5600 | 110 N. Glenoaks Blvd | 91502 | Mon – Thur<br>Fri<br>Sat | 9:30 am – 9 pm<br>9:30 am – 6 pm<br>10:00 am – 6 pm |
| Carson | **Carson Library** | (310) 830-0901 | 151 East Carson Street | 90745 | Mon – Thur<br>Fri<br>Sat<br>Sun | 10 am – 8 pm<br>10 am – 6 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| Claremont | **Alexander Hughes Community Ctr.** | (909) 399-5490 | 1700 Danbury Road | 91711 | Mon – Thur<br>Fridays<br>Sat | 8 am – 9 pm<br>8 am – 6 pm<br>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<br>Wed - Thur<br>Fri – Sat<br>Sun | 1 pm – 8 pm<br>11 am – 8 pm<br>10 am – 5 pm<br>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 Svc Ctr** | (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<br>Sat-Sun | 9 am – 4:45 pm<br>12 pm – 3:45 pm |
| Diamond Bar | **Diamond Bar Library** | (909) 861-4978 | 21800 Copley Drive | 91765 | Mon – Thur<br>Fri – Sat | 11 am – 9 pm<br>10 am – 5 pm |
| Downey | **Barbara J Riley Community & Senior Center** | (562) 904-7223 | 7810 Quill Drive | 90242 | Mon<br>Tue-Thur<br>Fri<br>Sat | 8 am – 6 pm<br>8 am – 9 pm<br>8 am – 5 pm<br>10 am – 2 pm |

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|---|---|---|---|---|---|---|
| Downey | **Downey City Library** | (562) 904-7360 | 11121 Brookshire Ave | 90241 | Mon – Thur<br>Fri – Sat | 10 am – 8 pm<br>10 am – 5 pm |
| Duarte | **Duarte Library** | (626) 358-1865 | 1301 Buena Vista Street | 91010 | Mon – Thur<br>Fri – Sat | 11 am – 8 pm<br>11 am – 6 pm |
| El Monte | **El Monte Library** | (626) 444-9506 | 3224 Tyler Ave. | 91731 | Mon – Thur<br>Fri<br>Sat<br>Sun | 10 am – 8 pm<br>9 am – 5 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| El Monte | **Jack Crippen Multi-Purpose Senior Center** | (626) 580-2210 | 3120 N Tyler Ave. | 91731 | Mon &Wed<br>Tue & Thur | 7:30 am – 5:30 pm<br>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. 162nd Street | 90247 | Mon -Fri<br>Sat | 8 am – 9 pm<br>8 am – 1 pm |
| Glendale | **Adult Recreation Center** | (818) 548-3775 | 201 E Colorado St. | 91205 | Mon – Thur<br>Fri<br>Sat | 8 am - 8 pm<br>8 am – 5 pm<br>8 am – 4 pm |
| Glendale | **Sparr Heights Community Center** | (818) 548-2188 | 1613 Glencoe Way. | 91208. | Mon – Tues<br>Wed – Thur<br>Fri | 8 am – 5 pm<br>8 am – 6 pm<br>8 am – 3 pm |
| Hacienda Heights | **Hacienda Heights Library**<br>**Closed for Refurbishment** | (626) 968-9356 | 16010 La Monde Street | 91745 | Mon – Th<br>Fri<br>Sat<br>Sun | 9 am – 9 pm<br>9 am – 6 pm<br>9 am – 5 pm<br>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<br>Thur<br>Fri - Sat | 12 am – 8 pm<br>10 am – 6 pm<br>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**<br>**Closed for Refurbishment** | (562) 943-0277 | 13800 La Mirada Blvd | 90638 | Tue - Thur<br>Fri - Sat | 10 am – 8 pm<br>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<br>Fri | 8:00 am – 6:30 pm<br>8 am – 4 pm |
| Lake Los Angeles | **Stephen Sorensen Park**<br>**Dpt. of Parks and Recreation** | (213) 738-2951 | 16801 E. Avenue P | 93591 | Mon – Fri<br>Sat-Sun | 9 am – 9 pm<br>9 am – 5 pm |
| Lakewood | **Angelo M. Iacoboni Library** | (562) 866-1777 | 4990 Clark Ave. | 90712 | Mon – Thur<br>Fri<br>Sat<br>Sun | 10 am – 8 pm<br>10 am – 6 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| Lakewood | **George Nye Jr. Library** | (562) 421-8497 | 6600 Del Amo Blvd | 90713 | Tu – Thur<br>Fri – Sat | 10 am – 8 pm<br>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<br>Fri<br>Sat | 7 am – 8 pm<br>7 am – 4 pm<br>10 am – 2 pm |
| Littlerock | **Jackie Robinson Park** | (661) 944-2880 | 8773 East Avenue R | 93543 | Mon -Fri<br>Sat | 9 am – 9 pm<br>8 am – 5 pm |
| Lomita | **Lomita Library**<br>**Closed for Refurbishment** | (310) 539-4515 | 24200 Narbonne Ave. | 90717 | Mon - Wed<br>Thur – Sat | 11 am – 8 pm<br>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 3rd Street | 90022 | Mon-Th<br>Fri<br>Sat<br>Sun | 10 am – 9 pm<br>9 am – 5 pm<br>10 am – 5 pm<br>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<br>Fri | 8 am – 4 pm<br>8 am – 1 pm |
| Manhattan Beach | **Manhattan Beach Library** | (310) 545-8595 | 1320 Highland Avenue | 90266 | Mon – Wed<br>Thurs<br>Fri<br>Sat<br>Sun | 10 am – 9 pm<br>10 am – 6 pm<br>12 pm – 6 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| Marina del Rey | **Lloyd Taber-Marina del Rey Library** | (310) 821-3415 | 4533 Admiralty Way | 90292 | Mon<br>Tu- Thur<br>Fri<br>Sat | 11 am – 7 pm<br>11 am – 8 pm<br>12 pm – 6 pm<br>10 am – 5 pm |
| Monrovia | **Monrovia Community Center** | (626) 256-8246 | 119 West Palm Ave. | 91016 | Mon - Thur Fri<br>– Sat<br>– Sun | 8 am – 9 pm<br>8 am – 5 pm<br>Call (626) 256-8246 |
| Monrovia | **Monrovia Public Library** | (626) 256-8274 | 321 So. Myrtle | 91016 | Mon – Wed<br>Thur - Sat | 10:00 am – 8:00 pm<br>12:00 pm – 5:00 pm |
| Montebello | **Potrero Heights Park Community and Senior Center** | (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<br>Sat – Sun | 8 am – 5 pm<br>Call for Hours |
| Norwalk | **Alondra Library** | (562) 868-7771 | 11949 Alondra Blvd | 90650 | Tue & Wed<br>Thur & Fri<br>Sat | 12 am – 8 pm<br>12 am – 6 pm<br>10 am – 5 pm |
| Norwalk | **Norwalk Library** | (562) 868-0775 | 12350 Imperial Hwy | 90650 | Mon – Thur<br>Fri<br>Sat | 10 am – 8 pm<br>10 am – 6 pm<br>10 am – 5 pm |

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|---|---|---|---|---|---|---|
| Norwalk | **Norwalk Senior Center** | (562) 929-5580 | 14040 San Antonio Dr | 90650 | Mon -Fri<br>Sat | 8 am - 7 pm<br>8 am - 5 pm |
| Palmdale | **Palmdale City Library** | (661) 267-5600 | 700 East Palmdale Blvd. | 93550 | Mon-Thur<br>Fri-Sat<br>Sun | 10 am – 8 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| Paramount | **Paramount Library** | (562) 630-3171 | 16254 Colorado Ave. | 90723 | Tue – Wed<br>Thur - Fri<br>Sat | 10 am – 8 pm<br>10 am – 6 pm<br>10 pm – 5 pm |
| Pasadena | **Pasadena Senior Center** | (626) 795-4331 | 85 East Holly St | 91103 | Mon –Thur<br>Fri<br>Sat | 8:00 am - 8:00 pm<br>8:00 am - 4:30 pm<br>8:30 am – 3:00 pm |
| Pico Rivera | **City of Pico Rivera** | (562) 948-4844 | 9200 Mines Ave. | 90660 | Mon -Thur<br>Fri | 8 am - 5 pm<br>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 Thursdayt | | | | | | |
| Pomona | **Palomares Park Community Center** | (909) 620-2324 | 499 East Arrow Hwy. | 91769 | Mon –Fri | 10 am - 5 pm |
| Pomona | **Washington Community Center** | (909) 620-2324 | 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 | **OneGeneration**<br>***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**<br>**Closed for Refurbishment** | (626) 912-5348 | 1850 Nogales Street | 91748 | Mon – Thur<br>Fri<br>Sat<br>Sun | 9 am – 9 pm<br>9 am – 6 pm<br>9 am – 5 pm<br>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 |

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|---|---|---|---|---|---|---|
| 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<br>Friday<br>Sat<br>Sun | 9 am – 8 pm<br>10 am – 6 pm<br>10 am - 5 pm<br>1 pm – 5 pm |
| Santa Clarita | **Santa Clarita Public Library** | (661) 250-3301 | 18601 Soledad Canyon | 91351 | Mon – Thur<br>Fri<br>Sat<br>Sun | 9 am - 8 pm<br>10 am - 6 pm<br>10 am - 5 pm<br>1 pm – 5 pm |
| Santa Clarita | **Santa Clarita Public Library** | (661) 259-8332 | 23743 West Valencia Bl. | 91355 | Mon – Thur<br>Fri<br>Sat<br>Sun | 10 am – 9 pm<br>10 am – 6 pm<br>10 am – 5 pm<br>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<br><br>Sat | 8 am - 5 pm<br><br>10 am – 2 pm<br>(Saturdays is for July & Aug. only) |
| South Gate | **South Gate Senior Center** | (323) 357-9662 | 4855 Tweedy Blvd. | 90280 | Mon -Fri<br>Sat – Sun | 8 am – 5 pm<br>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<br>Thur – Fri<br>Sat<br>Sun | 11 am – 9 pm<br>10 am – 6 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| Torrance | **Bartlett Center** | (310) 320-5918 | 1318 Cravens Ave. | 90501 | Mon-Sat<br>Sun | 8 am – 4 pm<br>12:30 pm – 4 pm |
| Torrance | **Katy Geissert Main Library** | (310) 618-5959 | 3301 Torrance Blvd. | 90503 | Mon – Thur<br>Fri<br>Sat | 10 am – 9 pm<br>10 am – 6 pm<br>10 am – 5:30 pm |

| CITY | AGENCY NAME | PHONE | STREET ADDRESS | ZIP | DAYS & HOURS of OPERATION | |
|---|---|---|---|---|---|---|
| Westlake Village | **Westlake Village Library** | (818) 865-9230 | 31220 W. Oak Crest Dr. | 91361 | Tu – Wed<br>Thur - Fri<br>Sat<br>Sun | 10 am – 8 pm<br>10 am – 6 pm<br>10 am – 5 pm<br>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<br>Thur<br>Fri – Sat | 12 pm – 8 pm<br>11 am – 6 pm<br>10 am – 5 pm |
| Whittier | **Whittier Senior Center** | (562) 567-9470 | 13225 Walnut Street | 90602 | Mon – Fri<br>Sat<br>Sun | 8 am – 5 pm<br>8:30 am – 12:30 pm<br>12 pm – 4 pm |