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Search:

SPECIAL REPORT: Latino Parents With Autistic Children Face Major Hurdles

Browse > Home / City of Los Angeles, County of Los Angeles, East Los Angeles (Unincorp.), Montebello, Monterey Park, News Briefs / Places to Stay Cool This Summer on the Eastside

Places to Stay Cool This Summer on the Eastside

By EGP Staff Report

The National Weather Service has issued excessive heat warnings starting today, June 28, in the San Gabriel Mountains and Antelope Valley, and Saturday morning in the San Fernando, Santa Clarita and San Gabriel Valleys.

The warnings are intended to expire at 9 p.m. on Sunday but hot weather is expected to continue into next week.

While an excessive heat warning was not issued for other parts of Los Angeles County and its cities, residents should be aware that high temperatures still pose a risk, particularly while outdoors or in homes and buildings without air conditioning.

Residents are advised to take precautions to avoid heat stroke, heat exhaustion and heat cramps. Public health officials remind the public that heat stroke is a medical emergency that warrants seeking medical attention or calling 911.

Health officials are urging residents to avoid strenuous outdoor activity if possible, drink plenty of liquids, wear lightweight, loose-fitting clothing and a hat, and never leave children or pets in enclosed vehicles, not even for a brief moment.

The elderly can quickly become dehydrated and may not be aware that they are in need of assistance.

Southland residents with elderly friends or relatives who live alone are encourage to pay them visits to make sure they are okay and have access to drinking water and air-conditioned facilities.

Los Angeles' air-conditioned libraries, senior centers and parks and recreation facilities are available to provide relief.

Below is a list of local designated "cooling centers" in the county of Los Angeles. While the excessive heat warning does not currently include local communities within the city of Los Angeles, a list of air conditioned facilities on the eastside are also listed here.

Unincorporated East Los Angeles

– Centro Maravilla Service Center, 4716 East Cesar Chavez Ave, East LA 90022. Open Monday-Friday 8 am to 5 pm. Phone: (323) 260-2804.

– East Los Angeles Library, 4837 East 3rd Street, East LA 90022. Open Monday-Thursday 10 am to 9 pm, Fridays 9 am to 5 pm, Saturdays 10 am to 5pm, and Sundays 1 pm to 5 pm. Phone: (323) 264-1055.

– East Los Angeles Service Center, 133 No. Sunol Dr., East LA 90063. Open Monday- Friday 8am to 5pm. Phone: (323) 260-2801.

– Salazar Senior Center, 3864 Whittier Blvd, East LA 90023. Open Monday – Friday 8 am to 2 pm. Phone: (323) 260-2330.

Monterey Park and Montebello

– Langley Senior Citizens Center, 400 W. Emerson Ave, Monterey Park 91754. Open Monday – Friday 8 am to 5 pm, for Saturday and Sunday hours call (626) 307-1395.

– Potrero Heights Park Community and Senior Center, 8051 Arroyo Drive, Montebello 90640. Open Monday – Friday from 8am to 5pm. Phone: (626) 927-5430.

City of Los Angeles

– Boyle Heights Senior Citizen Center, 2839 E. 3rd St., Los Angeles, 90023. Open Monday – Friday 9 am to 5 pm. Phone: (323) 264-5757.

– Costello Senior Center, 3121 E. Olympic Blvd., Los Angeles, CA 90023. Monday – Friday 8:30 am – 5 pm, Saturday: Noon – 4:00 pm. Phone: (213) 485-9143.

– El Sereno Senior Citizen Center, 4818 Klamath Place, Los Angeles, CA 90032. Open Monday – Friday 8 am

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to 4:30 pm. Phone: (323) 222-2040.

– Glasseil Senior Citizen Center, 3750 Verdugo Rd., Los Angeles, CA 90065. Open Monday 8:30 am to 9:30 pm; Tuesday, Wednesday, and Thursday 9 am – 10 pm; Friday 9 am – 9:30 pm; Saturday: 9 am to 5 pm; Sunday: 9:30 am to 4 pm. Phone: (323) 550-8809.

– Highland Park Adult Senior Citizen Center, 6152 N. Figueroa St. Los Angeles, CA 90042. Open Monday to Friday: 8:00 am – 5:00 pm, Phone: (323) 256-6866.

– Lincoln Heights Senior Citizen Center, 2323 Workman St., LA 90031. Open Monday to Friday: 8 am – 4:30 pm. Phone: (323) 225-9339.

– Lincoln Park Senior Citizen Center, 3501 Valley Blvd. LA 90031. Open Monday to Friday 9 am to 10 pm, Saturday & Sunday: 10 am to 5 pm. Phone: (213) 847-1726.

– Montecito Heights Senior Citizen Center, 4545 Homer St. LA 90031. Open Monday – Friday 8:30 am to 5:00 pm, Phone: (213) 485-8549.

– Arroyo Seco Regional Library, 6145 N. Figueroa Street, LA 90042. Open Tuesday 12:30 to 8 pm; Wednesday 10 am to 5:30pm; Thursday 12:30 to 8 pm; Fri. 10 am to 5:30 pm; Saturday 10pm to 5:30. Phone: (323) 255-0537.

– Benjamin Franklin Library, 2200 E. 1st Street, LA 90033. Open Tuesday 12:30 to 8 pm; Wednesday 10 am to 5:30pm; Thursday 12:30 to 8 pm; Friday & Saturday 10 am to 5:30 pm. Phone: (323) 263-6901.

– Cypress Park Library, 1150 Cypress Avenue, LA 90065. Open Tuesday 12:30 to 8 pm; Wednesday 10 am to 5:30pm; Thursday 12:30 to 8 pm; Friday & Saturday 10 am to 5:30 pm. Phone: (323) 224-0039.



– El Sereno Library, 5226 S. Huntington Drive, LA 90032. Open Tuesday 12:30 to 8 pm; Wednesday 10 am to 5:30pm; Thursday 12:30 to 8 pm; Friday & Saturday 10 am to 5:30 pm. Phone: (323) 225-9201.

– Lincoln Heights Library, 2530 Workman Street, LA 90031. Open Tuesday 12:30 to 8 pm; Wednesday 10 am to 5:30pm; Thursday 12:30 to 8 pm; Friday & Saturday 10 am to 5:30 pm. Phone: (323) 226-1692.

More information in the City of Los Angeles can be found by dialing 311 or (213) 228-7000. Library schedules and addresses are also listed on the Web site, www.lapl.org/branches

The Recreation and Parks Web site offers a link to senior center information: www.laparks.org/dos/senior/senior.htm

More LA County cooling locations are listed at <http://publichealth.lacounty.gov/docs/CoolingCtrs-6-3-13.pdf> or call 211.

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