

## Community Action Partnership Cool Centers

### Keep Cool! Protect Your Health When It's Hot!

County of Riverside Community Action Partnership is coordinating Cool Centers to serve as drop-in sites for vulnerable individuals, seniors, the disabled, and others in need of temporary relief from the heat.

#### Hot Weather Tips:

- Drink plenty of water. Avoid alcohol and caffeine.
- Wear a wide-brimmed hat, or use an umbrella for shade.
- Wear lightweight, light-colored, loose clothing.
- Slow down—rest in the shade or a cool place when possible.
- **Never** leave a child, elderly, disabled person, or animal alone in a vehicle.
- Keep shaded areas with fresh water for outdoor animals.
- Turn on your air conditioner.
- Check on friends and neighbors who are elderly, have medical conditions, or are at higher risk for problems when it is very hot.
- If you do not have an air conditioner, use a fan, make sure your windows are open, and visit a cool center.
- Take a cool shower or bath.
- When it is hotter than 90° ,visit a friend that has air conditioning in their home or a cool place like a mall, a library or a senior center.

You are also at risk if you have certain medical conditions, take medication for high blood pressure, have a mental health condition, have been using drugs or alcohol, or have had a previous heat-related illness.

**For Cool Center locations, hours and tips on how to protect yourself from heat related illnesses, please call:**

Summer Energy Crisis Hotlines

(888) 636-8676 / TTY or (951) 955-4900 or 2-1-1

Monday-Friday 8 a.m. - 5 p.m.

**EMERGENCIES CALL 911**

[www.capriverside.org](http://www.capriverside.org)

## COOL CENTERS FOR RIVERSIDE COUNTY

<u>Cool Center</u>	<u>Location</u>	<u>City &amp; Zip</u>	<u>Hours of Operation</u>	<u>Phone Number</u>	<u>Cross Streets</u>
Blythe Community Center	445 N. Broadway	Blythe 92225	Tues & Thurs 10:00 AM - 2:30 PM	760-922-8801	Chanslor Way & Broadway
Colorado River Senior Center	1 Hidden Valley Road	Blythe 92225	Mon- Fri 9:00 AM - 1:00 PM	760-922-6133	Hwy 95 & Hidden Valley
Cathedral City Senior Center	37171 W Buddy Rogers	Cathedral City 92234	Mon- Fri 9:00 AM - 4:00 PM	760-321-1548	A St. & B St.
Coachella Senior Center *Seniors only*	1540 7th St.	Coachella 92236	Mon-Thu 7:30 AM - 5:30 PM Fri 7:30 AM - 4:00 PM	760-398-0104	7th at Orchard
Desert Hot Springs Boys and Girls Club *Ages 7-18 only breakfast and lunch provided	11-750 Cholla Dr.	Desert Hot Springs 92240	Mon-Fri 7:30 AM - 5:30 PM	760-329-8800	Cholla Dr.
Desert Hot Springs Senior Center *Seniors only*	11-777 West Dr.	Desert Hot Springs 92240	Mon-Fri 8:00 AM - 4:30 PM	760-329-0222	West at Pierson
Desert Hot Springs WIC/CAP	14320 Palm Drive	Desert Hot Springs 92240	M-W-TH 7:45 AM - 5:00 PM Tues 8:30 AM - 6:00 PM Open every other Friday	760-778-2094	Palm Drive & Park Lane
Coachella Valley Rescue Mission	84110 Manila St.	Indio 92201	Mon-Sun 8:00 AM - 5:00 PM	760-851-2160	Manila & Luzon St.
Indio Senior Center *Seniors only*	45-700 Aladdin St	Indio 92201	Mon-Fri 7:30 AM - 4:30 PM	760-391-4170	Aladdin at Shadow Palm
Martha's Village & Kitchen	83791 Date Avenue	Indio 92201	Mon-Sun 9:00 AM - 4:30 PM	760-347-4741	Date Ave. & Calhoun St.

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La Quinta Wellness Center	78-450 Ave. La Fonda	La Quinta 92253	Mon-Fri 8:00 AM - 5:00 PM	760-564-0096	Calle Tampico at La Quinta Public Library
Mecca Boys and Girls Club	91-391 Avenue 66	Mecca 92254	Mon-Fri 7:30 AM - 5:30 PM	760-396-2380	66th at Date Palm
Mecca WIC/CAP	91275 66 <sup>th</sup> Avenue, Suite 600	Mecca 92254	Mon-Fri 8:30 AM - 5:00 PM *Open every other Friday	760-863-7335	66th at Date Palm
North Shore Beach and Yacht Club Community Center	99-155 Sea View Drive	North Shore 92254	Mon-Fri 6:00AM – 10:00AM and 5:00 PM – 9:00 PM	760-393-0602	Marina Dr. & Sea View Dr.
Joslyn Center	73-750 Catalina Way	Palm Desert 92260	Mon-Thu 8:00 AM - 5:00 PM Fri 8:00 AM - 4:00 PM	760-340-3220	Catalina & San Pascual
Palm Desert Community Center	43-900 San Pablo Ave	Palm Desert 92260	Mon-Fri 6:00 AM - 9:00 PM Sat 10:00 AM - 2:00 PM	760-568-9697	Fred Waring & San Pablo
James O. Jessie Desert Highland Unity Center	480 Tramview Road	Palm Springs 92262	Mon-Fri 9:00 AM - 6:00 PM	760-323-8271	N. Indian Canyon Dr. & Tramview
LGBT Community Center of the Desert (will run until August 31 <sup>st</sup> )	1301 N. Palm Canyon Dr., 3 <sup>rd</sup> Floor	Palm Springs 92262	Mon-Fri 9:00 AM – 4:00 PM	760-416-7790	N. Palm Canyon & N. Via Las Palmas
Well in the Desert	441 S. Calle Encilia, Suite 3	Palm Springs 92262	Mon-Sun 7:30 AM – 6:00 PM	760-656-8905	Between Ramon & Saturino Road
Jerry Rummonds Senior & Community Center	87-229 Church Street	Thermal 92274	Mon-Thru 2:15 PM - 6:15 PM	760-399-1408	Church St. & Olive

\*Total Number of Cool Centers: 20