

2019 Alameda County Extreme Heat Cooling Centers

Be careful in the Summer Heat!

Extremely hot weather can be very harmful to many people – it can be just as bad -- or worse -- than the cold.

You can find up-to-the-moment heat-related National Weather Service weather info here:

<https://www.wrh.noaa.gov/wrh/heatrisk/?wfo=hnx>

Symptoms of Heat-Related Illness: Extremely high body temperature (103°+), difficulty breathing, red hot dry skin (no sweating), dizziness, fatigue, rapid pulse, nausea, confusion, faintness, headaches, muscle cramps, unconsciousness.

If you experience these symptoms seek medical attention.

Be Careful! Heat and sun are threats to aging folks, babies and children, disabled persons, folks with medical conditions or who take medication, and folks who drink or use drugs.

Be Aware! Check on your neighbors. If you see someone passed out or in bad shape, they could be suffering or dying from heat and sun. Check in with them, and see if they are OK. If needed, call 911 and get them help!

Wellness Checks! Outreach agencies and concerned neighbors should reach out to people that they know could be at risk. Bring water, and check in with folks to make sure that they are ok in the heat.

Water! People on the streets don't have ready access to water. It is both compassionate and useful to provide bottled water to people, in addition to sunscreen, hats and umbrellas for protection.

Animals! Pets will suffer from heat, give them shade to rest in and plenty of water.

Cooling Center! A cooling center is a facility, such as a senior center, community center or library, where people may go to get out of life-threatening heat during a heat wave. Cooling centers are for everyone, especially those at risk of getting a heat-related illness.

Please call the cooling center nearest you for hours of operation during hot weather.

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Alameda:

Location	Address & Phone	Hours
Mastick Senior Center	1155 Santa Clara Avenue Alameda, 510-747-7500	Sunday, 12-5 p.m. Monday, 12-6 p.m. Tuesday & Wednesday, 12-8 p.m. Thursday, 10 a.m. – 6 p.m. Friday, closed Saturday, 10 a.m. - 5 p.m.
Alameda Main Library	1550 Oak Street Alameda 510-747-7747	Mon, Tue: 12-8 pm Wed: 10 am-8 pm Thurs., Fri, Sat: 10 am-5 pm Sun: 1-5 pm
Bay Farm Island Library	3221 Mecartney Rd Alameda 510-747-7787	Mon: 10 am-6 pm Tues: 12-8 pm Wed: 10 am-6 pm Thurs.: 10 am-5 pm Fri-Sun Closed Sat: 10 am-5 pm

Albany:

Location	Address & Phone	Hours
Albany Library	1247 Marin Ave. Albany, 510-526-3720	Tue, Wed: 12-8pm Mon, Thurs. 12-6pm Sat 10-5, Sun 1-5pm
Albany Community Center	1249 Marin Avenue Albany	Mon ,Tues: 8:30-6:30pm Wed, Thurs.: 8:30-5pm Friday 8:30-noon
Albany Senior Center	846 Masonic Ave, Albany 510-524-9122	M-F 8:30am – 5pm

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Berkeley:

Location	Address & Phone	Hours
Berkeley Drop-In Center (BDIC)	3234 Adeline St. 510-653-3808	Monday – Thurs., 9:00 am-4pm Fri 9:00 am-2pm
BOSS Multi-Agency Service Center	1931 Center St. 510-843-3700	Mon – Fri, 8:00 am – noon
Women’s Daytime Drop-in Center	2218 Acton St. 510-548-2884	Mon – Fri, 8:00 am – 4:00 pm (Women and children only)
Youth Spirit Artwork	1740 Alcatraz Ave.	Mon – Fri, 8:30 am – 6:30 pm
Berkeley Central Library	2090 Kittredge St. (at Shattuck)	Mon – Sat, 10:00 am – 6:00 pm Sun, 1:00 – 5:00 pm
Berkeley Claremont Library	2940 Benvenue Ave.	Mon – Sat, 10:00 am – 6:00 pm
Berkeley West Branch Library	1125 University Ave. (at San Pablo)	Mon – Sat, 10:00 am – 6:00 pm
South Berkeley Senior Center	2939 Ellis St. 510-981-5170	Mon – Sat, 8:00 am – 3:00 pm

Castro Valley:

Location	Address & Phone	Hours
Kenneth C. Aitken Senior Center	17800 Redwood Road Castro Valley, CA 94546 510-881-6738	Open 12-4pm, may extend hours during heat emergency
First Presbyterian Church	2490 Grove Ave/Redwood Rd Castro Valley 510-581-6203	Church offices open to unsheltered persons during heat emergencies 9-4pm Mon-Thursday.
Castro Valley Library	3600 Norbridge Avenue, Castro Valley, 510-667-7900	Sun, 1 pm - 5 pm Mon and Tue, 12 pm - 8 pm Wed and Thur, 10 am- 6 pm Friday, closed Sat, 10 am - 5 pm
Castro Valley Community Center	18988 Lake Chabot Road, Castro Valley (510) 881-6723	Splash Park 12-6pm extra hours during heat emergency

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Dublin:

Location	Address & Phone	Hours
Dublin Library	200 Civic Plaza 925-828-1315	Sun 1- 5 pm Mon-Thurs: 10 am - 8 pm Friday: Closed Saturday: 10 am - 5 pm
Shannon Community Center	11600 Shannon Avenue (925) 556-4500	8:00 a.m. - 5 p.m., Monday through Friday; 8 a.m. - 7 p.m. on Thursdays; and 9 a.m. to noon on Saturdays. air-conditioned lobby
Dublin Senior Center	7600 Amador Valley Blvd. 925-556-4511	Monday - Friday, 9 am – 4 pm. Saturday 9 am – 12 noon
The Wave at Emerald Glen Park	Emerald Glen Park 4201 Central Pkwy (925) 574-4800	11 a.m. – 6 p.m. through August 12 Dawn to Dusk
Shannon Park	11600 Shannon Ave.	Dawn to Dusk; water play areas 11 a.m. – 6 p.m. through Labor Day weekend

Emeryville:

Location	Address & Phone	Hours
Emeryville Senior Center	4321 Salem Street Emeryville (510) 450-7813	Mon-Fri 9-5pm

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Fremont:

Location	Address & Phone	Hours
Fremont Senior Center	40086 Paseo Padre Parkway 510-790-6600	Monday - Friday, 8 am - 5 pm
Fremont Main Library	2450 Stevenson Blvd. 510-745-1401	Sunday, 1 pm - 5 pm Mon & Tue 1-9pm; Wed. 12-6; Thurs.-Fri 11-6; Sat 10-5
Irvington Library	41825 Greenpark Dr. 510-608-1170	Wednesday, 10 a.m. - 5 p.m.
Centerville Library	3801 Nicolet Ave 510-795-2629	Sun, Mon, Wednesday, and Friday: Closed Tuesday: 1-8 p.m. Saturday, Thursday: 11 a.m. -5 p.m.
Niles Library	150 I Street, Fremont 510-795-2626	Friday, 10 am - 5 pm (no Air Conditioning)
Fremont Family Resource Center	39155 Liberty St. 510-574-2000	Monday - Friday, 8 am - 5 pm

Hayward:

Location	Address & Phone	Hours
Cannery Park	125 B Street, Hayward	Splash Park 12-6pm extra hours during heat emergency
Matt Jimenez Community Center	28200 Ruus Rd Hayward (510) 887-0400	12-8pm during heat emergency Saturday 12-8pm
Hayward City Hall Rotunda	777 B Street Hayward 510-583-4000	10am-5pm
Hayward Weekes Library	27300 Patrick Ave S. Hayward (510) 782-2155	M-Thurs. 11am-8pm; Fri-Sat 10-5pm
South Hayward Parish	27287 Patrick Ave S. Hayward (510) 785-3663	7-days a week 7:30am-5:30pm
Southland Shopping Mall	1 Southland Mall Hayward 510-782-3527	All Week; 10am-9pm

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Livermore:

Location	Address & Phone	Hours
Robert Livermore Community Center	4444 East Ave. 925-373-5760	Monday - Friday, 9 am - 4 pm; Open Sat 9/2/17 8-6pm
Robert Livermore Aquatic Center	4444 East Ave. 925-373-5751	Recreational Swim noon-6pm Mon-Sun (fee charged)
Livermore Public Library	1188 S. Livermore Ave. 925-373-5500	Monday - Thursday, 10 - 9 pm Friday, 10 am - 6 pm Saturday, 10 am – 5 pm Sunday 12 noon - 6 pm
Rincon Library	725 Rincon Ave. 925-373-5540	Monday, 12 noon- 8 pm Wednesday, 10 am- 6 pm Friday, 10 am - 5 pm
May Nissen Swim Center 25 cent swimming & shower	685 Rincon Avenue Livermore (925) 960-2451	M-F 1-4pm, Sat 1-5pm closed Sun
Springtown Library	998 Bluebell Drive 925-373-5518	Tuesday, 12 noon - 8 pm Thursday, 10 am - 1 pm

Newark:

Location	Phone	Email
Newark Library	6300 Civic Terrace Avenue 510-795-2627	Sun 1-5 p.m. Mon & Tue, 12 pm - 8 pm Wed & Thurs., 10 am - 6 pm Friday, Closed Sat, 10 am - 5 pm
Newark Senior Center	7401 Enterprise Drive 510-284-0675	Monday - Friday, 9 a.m. - 3p.m.
Newpark Shopping Mall	2086 Newpark Mall Newark 510-794-5523	Mon-Fri 10am-9pm

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Oakland:

Location	Address & Phone	Hours
North Oakland Senior Center	5714 Martin Luther King Jr Way 510-597-5085	Monday - Friday, 9 am - 4:30 pm
St. Vincent DePaul Center	2272 San Pablo Ave Oakland 510-638-7600	Tuesday-Saturday 9:30-3pm Not air conditioned but water and a place in the shade.
Fruitvale-San Antonio Senior Center	3301 E 12th Street, Suite 201 Oakland 510-535-6123	Monday - Friday, 8:30 am - 3 pm
Asian Branch Library	388-9 th Street/Franklin Oakland 510-238-3400	Mon, Thurs, Sat: 10 am-5:30pm Tue, Wed: 10am-8pm Sun Closed
César E. Chávez Branch Library	3301 E.12 th St 2 nd Floor Oakland 510-535-5620	Mon, Thurs, Sat: 10-5:30pm Tue, Wed: 10-8pm Fri: 12 – 5:30pm Sun: Closed
Dimond Branch Library	3565 Fruitvale Ave. Oakland (510) 482-7844	Mon, Thurs., Fri, Sat: 10am-5:30pm Tue, Wed: 10am-8pm Sun Closed
Piedmont Avenue Branch	80 Echo Ave/Piedmont Ave 510-597-5011	Mon, Thurs, Sat: 10-5:30pm Tue, Wed: 10-8pm Sunday: Closed
Brookfield Branch Library	9255 Edes Ave. Oakland (510) 615-5725	Mon, Thurs, Sat: 10am-5:30pm Tue, Wed: 10am-8pm Fri: 12-5:30 pm Sun Closed
Eastmont Branch Library	7200 Bancroft Ave., Ste. 211 (510) 615-5726	Mon 9am-7pm; Tue, Wed, Thurs, Fri: 9am-5:30pm Sat, Sun: Closed

Pleasanton:

Location	Address & Phone	Hours
Pleasanton Senior Center	5353 Sunol Blvd. 925-931-5365	Fri-Sun 12-9 p.m.
Pleasanton Public Library	400 Old Bernal Ave Pleasanton (925) 931-3400	Mon-Thurs 12am-9pm; Fri-Sat 10-5pm Sunday Noon-5pm
Stoneridge Shopping Mall	1 Stoneridge Mall Rd Pleasanton 925-737-4100	Fri-Sat 10:00am-9pm; Sun 11:00am-7 pm

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San Leandro:

Location	Phone	Hours
San Leandro Public Library	300 Estudillo Avenue, San Leandro 510-577-3971	Monday - Friday, 10 am - 7 pm AC transit #89 reaches both; Flex Shuttle also available M-F.
Marina Community Center	15301 Wicks Blvd, San Leandro 510-577-6080	Monday - Friday, 11:00 am - 7:00 pm Call before coming in
Ashland Community Center	1530 167 th Ave San Leandro	12 noon – 8pm during heat emergencies
REACH Ashland Youth Center	16355 E.14 th Street San Leandro 510-481-4500	Mon-Fri 9am-7pm Youth drop in center and services
Manor Branch Library	1241 Manor Blvd San Leandro 510-577-7971	Mon-Fri: 12-8pm; Sat 10-5pm; Sun Closed
Mulford-Marina Branch Library	13699 Aurora Dr. San Leandro 510-577-7976	Closed: Tues, Thurs., Sat, Sun Open: Mon, Weds, Fri 2-6pm
San Leandro Senior Community Ctr.	13909 E.14 th St San Leandro 510-577-7990	Seniors. Mon-Fri 9-5pm
South Branch Library	14799 E.14 th St San Leandro 510-577-7980	Closed: Mon, Wed, Fri, and Sun. Open: Tues 2-6pm; THur2-6pm; Sat 1-5pm
Bayfair Center Shopping Mall	15555 E.14 th St San Leandro 510-357-6000	All Week; 10am -8pm

San Lorenzo:

San Lorenzo Community Center	1970 Via Buena Vista, San Lorenzo (510) 881-6723	11am-6pm, may extend hours during heat emergency
San Lorenzo Library	395 Paseo Grande San Lorenzo, 510-284-0640	Sunday, 1-5 pm Mon & Tues: 12-8 p.m. Wed & Thurs: 10 a.m. – 6 p.m. Friday: Closed Saturday: 10 a.m. – 5 p.m.

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Union City:

Location	Address & Phone	Hours
Ruggieri Senior Center	33997 Alvarado-Niles Rd 510-675-5495	Monday - Friday, 9 am - 4 pm Labor Day weekend: Sat 9-6 Sun 9-1 Mon 1-5pm
Union City Library	34007 Alvarado Niles Road 510-745-1464	Sun, 1 -5pm; Mon 10- 6 pm Tues 1 -8 pm; Wed 10 - 8 pm Thurs 1- 8 pm; Fri 2- 6 pm Sat, 10- 5 pm
Holly Community Center	31600 Alvarado Blvd 510-675-5488	Monday - Friday, 9 am - 4 pm Closed every other Friday (call first)
Union City Sports Center	31224 Union City Blvd. 510-675-5808	Monday - Friday, 5:30 am - 9 pm Saturday, Sunday, 7 am - 3 pm
Kennedy Youth Center	1333 Decoto Road 510-675-5329	M-F 9am-noon; 1-6pm Closed every other Friday (call first)

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