

# West Sacramento Cooling Center



## GET OUT OF THE HEAT!

Exposure to extreme heat can be life threatening. Finding a place to cool off can make all the difference.

### What is a Cooling Center?

Sponsored by PG&E and The West Sacramento Parks and Recreation Department, on unusually hot summer days the Cooling Center is a place where you can go to cool off. The West Sacramento Cooling Center opens when the weather reaches 100 degrees or above. Participants can enjoy an air-conditioned facility with optional activities which include: cards, movies, books, coloring, puzzles, cool water, snacks or just relaxing in our Multipurpose Room.

### Who Can Go to the West Sacramento Cooling Center?

Cooling Centers are for everyone, especially those at risk of getting a heat-related illness:

- Senior citizens
- People with a medical condition
- People with a disability
- Infants and young children

### Contact Information and Hours of Operation

Hours of Operation for 2009

7:30 am to 8 pm

Monday-Friday

12:00 noon to 8:00 pm

Saturday and Sunday

### Location

West Sacramento Senior Center

664 Cummins Way

West Sacramento, CA 95605

### Contact Information

Phone: (916) 373-5819

Email: [christinep@cityofwestsacramento.org](mailto:christinep@cityofwestsacramento.org)

### PG&E Reminds us to Be Safe in the Heat!

Stay hydrated

Go to a cool place like a mall or library

Plan ahead

Check the weather forecast