

King County cooling centers open

Excessive heat warning issued for King County

In response to the Excessive Heat Warning and Air Stagnation Advisory issued by the National Weather Service, several cooling centers have been designated in King County:

Auburn

Auburn Senior Center
808 9th Street SE
8:00 a.m. - 9:00 p.m. (Monday - Thursday)
Crated/caged pets welcome.
Some pet cages available for those who don't have them.
253-931-3016

Auburn Library
1102 Auburn Way S
10:00 a.m. - 9:00 p.m. (Monday - Thursday)
253-931-3018

Auburn City Hall
25 W Main
8:00 a.m. - 9:00 p.m. (Monday - Thursday)
Crated/caged pets welcome.
Some pet cages available for those who don't have them.
(253) 931-3033

Bellevue

North Bellevue Community Center
4063 148th Ave. NE
8:00 a.m. - 10:00 p.m. (Monday - Friday)
9 a.m. - 4:00 p.m. (Saturday)
425-452-7681

Crossroads Community Center
16000 NE 10th St.
9:00 a.m. - 8:00 p.m. (Monday - Friday)
9:00 a.m. - 2:00 p.m. (Saturday)
425-452-4874

Highland Community Center
14224 Bel-Red Road
9:00 a.m. - 8:30 p.m. (Monday - Thursday)
9:00 a.m. - 9:00 p.m. (Friday)
425-452-7686

South Bellevue Community Center
14509 SE Newport Way
6:00 a.m. - 9:00 p.m. (Monday through Thursday)
6:00 a.m. - 8:00 p.m. (Friday)
8:00 a.m. - 5:00 p.m. (Saturday)

10:00 a.m. - 5:00 p.m. (Sunday)
425-452-4240

Black Diamond

Black Diamond Community Center
31605 3rd Avenue
9:00 a.m. - 4:30 p.m. (Monday - Thursday)
360-886-1011

Bothell

Northshore Senior Center
10201 E. Riverside Dr.
8:30 a.m. - 4:30 p.m. (Tuesday, Thursday and Friday)
8:30 a.m. - 9:00 p.m. (Wednesday)
(425) 487-2441

Eastside Foursquare Church
14520 100th Ave NE
The church is available until 5:00 p.m. daily on Tuesday 7/28 - Friday 7/31.
Iced water and lemonade will be available.
425.488.2500 ext. 335.

Des Moines

Des Moines Activity Center (Senior Center)
2045 S. 216th Street
11:00 a.m. - 9:00 p.m. through Thursday July 30.

Enumclaw

Enumclaw Senior Center
1350 Cole Street, 98022
8:00 a.m. - 4:00 p.m. (Monday - Friday)

Enumclaw Public Library
1700 First Street, 98022
10:30 a.m. - 9:00 p.m. (Monday - Thursday)
4:00 p.m. - 9:00 p.m. on Friday 7/31

Transportation to and from these locations is available by calling the Senior Center at (360) 825-4741 or the Library at (360) 825-2938.
For more information on the City's Cooling Centers, contact Community Services Director Bob Baer at (360) 615-5663 or bbaer@ci.enumclaw.wa.us

Federal Way

Federal Way Community Center
876 S. 333rd Street
5:30 a.m. - 9:30 p.m. (Monday - Friday)
7:00 a.m. - 6:00 p.m. (Saturday)

10:00 a.m. - 6:00 p.m. (Sunday)
253-832-6900

Issaquah

Issaquah Valley Senior Center
75 N.E. Creek Way (near Veterans' Memorial Field Park)
8:30 a.m.-9 p.m. (Tuesday - Thursday; July 28-30)

Community Hall
Fire Station No. 71
190 E. Sunset Way
6:00 p.m.-9:00 p.m. (Wednesday; July 29)

Kenmore

Spring Estates Living Center
7221 NE 182nd St
Kenmore, WA 98028
425-481-4200
Hours: 6:00 a.m. - 8:00 p.m.
Capacity: 20-25 people

Northshore Senior Center
10201 E Riverside Drive
8:30 a.m. - 4:30 p.m. (Monday, Tuesday, Thursday, Friday)
8:30 a.m. - 9:00 p.m. (Wednesday)
8:30 a.m. - 3:30 p.m. (Saturday)
12:30 p.m. - 4:00 p.m. (Sunday)
425-487-2441

Kent

Kent Senior Center
600 E. Smith Street
8:30 a.m. - 4:30 p.m. (Monday, Thursday, Friday)
8:30 a.m. - 10:00 p.m. (Tuesday)
8:30 a.m. - 9:00 p.m. (Wednesday)
253-856-5150

Kent Commons
525 4th Avenue N
6:00 p.m. - 9:00 p.m. (Monday - Friday)
8:00 a.m. - 9:00 p.m. (Saturday)
253-856-5000

King County Public Libraries

Open during normal business hours
Locations: <http://www.kcls.org/locations/>

Kirkland

North Kirkland Community Center
12421 103rd Avenue NE
Thursday July 30 and Friday, July 31, 8:00 a.m.- 8:00 p.m.
Saturday 8/1 and Sunday 8/2 from 12:00 noon - 8:00 p.m.
425-587-3350
No food or pets allowed

Peter Kirk Community Center
352 Kirkland Avenue
Thursday July 30 and Friday, July 31, 8:00 a.m.- 8:00 p.m.
Saturday 8/1 and Sunday 8/2 from 12:00 noon - 8:00 p.m.
425-587-3360
No food or pets allowed

Maple Valley

Lake Wilderness Lodge
8:00 a.m. - 9:00 p.m. Tuesday - Wednesday (main floor)
8:00 a.m. - 9:00 p.m. Thursday (North wing)
8:00 a.m. - 8:00 p.m. Friday (North wing)
425-432-9953

Maple Valley Public Library
10:00 a.m. - 9:00 p.m. (Monday - Thursday)
10:00 a.m. - 6:00 p.m. (Friday)
10:00 a.m. - 5:00 p.m. (Saturday)
1:00 p.m. - 5:00 p.m. (Sunday)
425-432-4620

North Bend

Mt. Si Senior Center
411 Main Avenue South
9:00 a.m. - 8:00 p.m. (Thursday)
9:00 a.m. - 4:00 p.m. (Friday)
Big screen TV and games
Bring snacks and beverages
425-888-3434

Panther Lake

River of Life
10626 SE 216th
Kent, WA 98031
10:00 a.m. - 6:00 p.m. (Friday, Saturday and Sunday)
No pets except service animals.
Welcome to bring any special food items you may have or need for personal use.
206-251-5026

Redmond

Redmond Senior Center
8703 160th Avenue NE

8:30 a.m. - 9:00 p.m. (Monday - Thursday)
425-556-2314

Renton

Cedar River Water and Sewer District
18421 Petrovitsky Road, Renton 98058
Dates open:
July 28-29
7:00 a.m. - 5:30 p.m.
July 30
6:00 a.m. - 10:00 p.m.
July 31
6:00 a.m. - 5:00 p.m.
Ice water provided. Capacity: 30-40.
Restriction: No food in cooling center.
425-255-6370

SeaTac

SeaTac Community Center
13735 24th Ave S.
8:00 a.m. - 10:00 p.m. (Monday - Thursday)
206-973-4500

Shoreline

Shoreline/ Lake Forest Park Senior Center
8:30 a.m. to 4:30 p.m. (Monday through Friday)

Shoreline and Richmond Beach Libraries
10:00 a.m. to 9:00 p.m. (Monday through Thursday)
10:00 a.m. to 6:00 p.m. (Friday)
10:00 a.m. to 5:00 p.m. (Saturday)

Richmond Beach Library is closed Sunday
Shoreline Library is open Sunday noon to 8:00 p.m.

Highland Ice Arena invites people to come in for free to cool off with no need to skate. Monday through Friday 6:00 a.m. to 10:00 p.m., 8:00 a.m. to 11:00 p.m. (Saturday)
10:00 a.m. to 8:00 p.m. (Sunday)

Shoreline Pool
5:30 a.m. to 8:30 p.m. (Monday - Friday)
10:00 a.m. to 3:00 p.m. (Saturday)
11:30 a.m. to 3:00 p.m. (Sunday)
Check the pool schedule at www.shorelinewa.gov or by calling the Shoreline Pool (206) 801-2650 to select an open swim time that's best for you.

Snoqualmie

Church on the Ridge
35131 SE Douglas St.
10:00 a.m. - 6:00 p.m. on Tuesday 7/28

10:00 a.m. - 6:00 p.m. on Wednesday 7/29
10:00 a.m. - 6:00 p.m. on Thursday 7/30
9:00 am - 12:00 p.m. on Friday 7/31
Capacity: 500, movies, kids play area, free bottles of water
425-888-7474

Tukwila

Tukwila Community Center
12424 42nd Avenue S.
6:15 a.m. - 9:00 p.m. (Monday - Thursday)
6:15 a.m. - 9:00 p.m. (Friday)
8:00 a.m. - 4:00 p.m. (Saturday)
9:00 a.m. - 1:00 p.m. (Sunday)
206-768-2822

The excessive heat warning takes affect today and remains in effect until 6:00 p.m. Thursday, July 30th. Temperatures in the Puget Sound Region are expected to reach the mid to high 90's over the next several days.

An Excessive Heat Warning means that a period of dangerously hot temperatures is expected which can lead to heat related illnesses. Anyone can be overcome by extreme heat, but some people are at higher risk than others. They include the elderly, the very young, and people with mental illness and chronic diseases.

Signs and symptoms of heat related illness may vary but can include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.

Heat exhaustion can lead to heat stroke, which can cause death or permanent disability unless treated immediately. Symptoms of heat stroke include an extremely high body temperature (above 103°F); red, hot, and dry skin; rapid, strong pulse; nausea, confusion and unconsciousness.

Public Health - Seattle & King County is urging people to take precautions and monitor themselves and others for signs and symptoms of heat related illness and call for medical aid as necessary.

Be sure to drink plenty of fluids and stay in air-conditioned buildings such as public libraries and community centers, malls and movie theaters. Check on relatives and neighbors, particularly those with health issues. Never leave children or pets unattended in a vehicle, even with the windows rolled down.

More hot weather safety tips are available at www.kingcounty.gov/health/BeatTheHeat