

## **Summer 2019 Cooling Centers**

A cooling center is a temporary air-conditioned public space set up by local authorities to prevent unhealthy side effects caused by a heat wave

### **Canton**

#### **Canton Council on Aging**

Telephone: 781-828-1323

500 Pleasant Street

Hours of Operation: Monday through Friday 8:30 a.m. – 4:00 p.m.

#### **Canton Public Library**

Telephone: 781-821-5027

Address: 786 Washington Street, Canton

Hours of Operation: Monday 1:00 p.m. – 9:00 p.m.

Tuesday through Thursday 10:00 a.m. – 9:00 p.m.

Friday & Saturday 10:00 a.m. – 2PM (June 29 Labor Day)

Sunday closed

#### **Town Pool**

Telephone: 781-821-5041

Address: 199 Bolivar St, Canton, MA 02021

Rec Dept 781-821-5030

Open: June 22 - August 25, 2019

Hours of Operation: Sunday through Saturday 1:00 p.m. – 6:30 p.m.

Daily Entrance Fee – \$4.00 per person/day or season pass single \$35 or Family \$85

Late Day (5PM and after) Entrance Fee - \$1.00 per person

### **Dedham**

#### **Dedham Council on Aging**

Telephone: 781-326-1650

Address: 735 Washington Street

Hours of Operation: Monday through Friday 8:30 a.m. – 4:30 p.m.

#### **Dedham Public Library**

Telephone: 781- 751-9284

Address: 43 Church Street, Dedham

Hours of Operation: Monday through Thursday 9:30 a.m. – 8:30 p.m.

Friday & Saturday 9:00 a.m. – 5:00 p.m.

Sunday closed

#### **Endicott Library**

Telephone: 781-751-9178

Address: 257 Mount Vernon St, Dedham

Hours of Operation: Monday through Thursday 9:30 a.m. – 8:30 p.m.

Friday 9:00 a.m. – 5:00 p.m.

Saturday & Sunday closed

#### **Dedham Town Hall**

Telephone: 781-751-9100

Address: 26 Bryant Street,( conference room downstairs)

Hours of Operation: Monday, Tuesday & Thursday 8:30 a.m. – 4:30 p.m.

Wednesday 8:30 a.m. – 7:00 p.m.

Friday 8:30 a.m. – 1:00 p.m.

Saturday closed Sunday 12-4PM

**Dedham Public Pool- JuJu's Place**

Telephone: 781-461-5991

Address: 1 Recreation Road, just off of High Street (Behind the High School/ Adjacent to Avery Elementary School)

Hours of Operation:

Summer starting June 24- Aug 30: Monday through Friday 1:00 p.m.-3:45p.m. & M/W/F only 6-8PM & S/Sunday 1-3PM.

Cost: \$1/day for seniors and kids  
\$4/day for adults

**Dedham Community House Pool**

Telephone: 781-329-5740

Address: 225 Ames Street, Dedham

Hours of Operation:

**5/25 - 6/16**

**6/17 - 8/11**

**8/12 - 8/24**

**8/25 - 9/2**

Weekends

Weekends

Weekends

Weekends

10:00 am - 8:00 pm

10:00 am - 8:00 pm

10:00 am - 7:30 pm

10:00 am - 7:30 pm

Weekdays

Weekdays

Weekdays

Weekdays

2:00 pm - 8:00 pm

4:00 pm - 8:00 pm

4:00 pm - 7:30 pm

10:00 am - 7:30 pm

Weekday Rate: \$5/person and \$25/family

Weekend and Holiday Rate: \$10/person and \$45/family

**Foxboro**

**Foxborough Senior Center**

Telephone: 508 - 543-1252

Address: 75 Central Street Foxboro

Hours of Operation: Monday, & Thursday 8:00 a.m. – 4:00 p.m.

Tuesday 8AM-6:30PM

Wednesday 8:00 a.m. – 6:30 p.m.

Friday 8:00 a.m. – 12:30 p.m.

**Foxboro Public Safety Building - McGinty Room**

Telephone: 508-543-4343

Address: 8 Chestnut St, Foxboro

Hours of Operation: 24/7

**Foxboro Town Pool**

Telephone 508-543-7255

Address: 68 Mill Street, Foxboro

Open: June 24, 2018 – August 18, 2019

Hours of Operation: Sunday through Saturday 12:00 p.m. – 6:00 p.m.

Senior membership: \$25/season

Day pass per person: \$5

**YMCA's Indoor or Outdoor Pool**

Telephone: 508-543-2523

Address: 67 Mechanic Street

Senior day pass \$8

Hours of Operation: M-F 5:15AM-9:30PM Sat/Sun 6AM-5:30PM

## Medfield

### **Medfield Public Library**

Telephone: 508- 359-4544

Address: 468 Main Street, Route 109, Medfield

Hours of Operation: Monday, Wednesday & Friday 10:00 a.m. – 6:00 p.m.

Tuesday & Thursday 10:00 a.m. – 9:00 p.m.

Saturday 10:00 a.m. – 2:00 p.m.

Sunday closed

### **The Center at Medfield**

Telephone: 508-359-3665

Address: One Ice House Road, Medfield

Hours of Operation: Monday, Tuesday & Thursday 9:00 a.m. – 4:00 p.m.

Wednesday 9:00 a.m. – 7:00 p.m.

Friday 9:00 a.m. – 1:00 p.m.

Saturday 9-3PM

### **Public Safety Building**

Telephone: 508-359-2315

Address: 112 North Street, Medfield

Hours of Operation: 24/7

## Millis

### **Millis Council on Aging**

Telephone: 508-376-7051

Address: 900 Main Street, Millis (lower level of the Veterans Memorial Building)

Hours of Operation: Monday , Tuesday Thursday 8:30 a.m. – 2:00 p.m. Wed 8:30-4:30

Friday 8:30 a.m. – 12:30 p.m.

### **Millis Public Library**

Telephone: 508- 376-8282

Address: 961 Main Street, Millis.

Hours of Operation: Monday through Wednesday 10:00 a.m. – 8:00 p.m.

Thursday & Friday 10:00 a.m. – 4:00 p.m.

Saturday 10:00 a.m. – 3:00 p.m., however closed July and August.

Sunday closed

## Norfolk

### **Norfolk Senior Center**

Telephone: 508-528-4430

Address: 28 Medway Branch, Norfolk

Hours of Operation: Monday through Friday 9:00 a.m. – 4:00 p.m.

### **Norfolk Public Library**

Telephone: 508-528-3380

Address: 139 Main Street, Norfolk

Hours of Operation (May 31<sup>st</sup> – Labor Day) Monday – Thursday 10:00 a.m. – 7:30 p.m.

Friday 10:00 a.m. – 4:00 p.m.

Saturday 10:00 a.m. – 4:00 p.m. & Sunday Closed

## Norwood

All facilities are for Norwood residents only. No pets allowed.

**Norwood Council on Aging/Senior Center** Telephone: 781-762-1201  
Address: 275 Prospect Street, Norwood  
Hours of Operation: Monday through Friday 8:00 a.m. – 4:00 p.m. however  
Tuesday (July & August only) 8:00 a.m. – 8:00 p.m.

**Norwood Civic Center** – only a few rooms Telephone: 781-762-0466  
Address: 165 Nahatan Street, Norwood  
Hours of Operation: Monday through Friday 6:00 a.m. – 6:45 p.m. (summer only)

**Norwood Outdoor Swimming Pools – Hawes Pool** Telephone: 781-762-0466  
Address: 1305 Washington Street, Norwood  
Pool Hours: Monday – Sunday 12:00 p.m. - 7:00 p.m.  
Opens to the public: June 29 through Sept 2, 2019  
Cost for seniors 62 years of age and over: \$15/season, \$6/day

**Father McAleer's Pool**  
Address: 295 Vernon Street, Norwood Telephone: 781-762-0466  
Hours of Operation: Monday - Sunday 12:00 p.m. - 7:00 p.m.  
Opens to the public: June 29 through August 18 2019  
Cost for seniors 62 years of age and over: \$15/season, \$6/day

## Plainville

**Plainville Council on Aging** Telephone: 508-699-7384  
Address: 9 School Street, Plainville  
Hours of Operation: Monday through Friday 8:30 a.m. – 3:30 p.m.

**Plainville Public Library** Telephone: 508-695-1784  
Address: 198 South St., Plainville  
Summer Hours of Operation (June 2019- Labor Day):  
Monday & Wednesday 10:00 a.m. – 8:00 p.m.  
Tuesday 10:00 a.m. – 5:00 p.m.  
Thursday 10:00 a.m. – 2:00 p.m.  
Friday 1:00 p.m. – 6:00 p.m.  
Saturday 10-2pm and Sunday closed

**Everett W. Skinner Pool** Telephone: 508-695-5451  
Address: 142 South Street, Plainville  
Open: June 22rd – August 25th 2019  
Hours of Operation: Monday through Friday 1:00 p.m. -- 6:00 p.m.  
Saturday & Sunday 1:00 p.m. -- 5:00 p.m.  
Daily Fees: \$10/family & \$5/person  
Weekday Evening Discount: 4:00 p.m. - 6:00 p.m. \$5/family & \$2.50/person

## Sharon

### **Sharon Public Library**

Telephone: 781-784-1578

Address: 11 North Main Street, Sharon

Hours of Operation: Monday & Friday 10:00 a.m. – 6:00 p.m.

Tuesday through Thursday 10:00 a.m. – 8:00 p.m.

Saturday 10:00 a.m. – 5:00 p.m.

Sunday closed

### **Sharon Council on Aging**

Telephone: 781-784-8000

Address: 219 Massapoag Avenue, Sharon

Hours of Operation: Monday through Wednesday 8:30 a.m. – 4:30 p.m.

Thursday 8:30 a.m. – 8:00 p.m.

Friday 8:30 a.m. – 12:30 p.m.

Sharon Council on Aging Executive Director, Kathie Medeiros, said that any resident who has pets but lacks air conditioning may call her at 781-784-8000 for assistance.

## Walpole

### **Walpole Senior Center**

Telephone: 508-668-3330

Address: 60 South St, Walpole next to Police Station

Hours of Operation: M-F 8-4pm

### **Walpole Recreation Department**

Telephone: 508-660-6353

Address: 135 School Street, Walpole

Hours of Operation: Monday through Friday 9:00 a.m. – 5:00 p.m.

**Public Pool Pass** for ages 65+: \$8/day, \$20/season

**South Pool:** Address: 14 Jason Path, Walpole

Hours of Operation: Monday through Friday 10:00 a.m. – 7:00 p.m.

Saturday & Sunday closed

**Center Pool:** Address: 144 School Street, Walpole

Hours of Operation: M-F 1-5PM Sat/Sun 12-5PM

Free Adult Swim M-F 12-1PM and Sat/Sunday 11AM-noon

\*\*\*Pools open 6/22-8/23 2019

## Westwood

### **Westwood Senior Center**

Telephone: 781-329-8799

Address: 60 Nahatan Street, Westwood

Hours of Operation: Monday through Thursday 8:00 a.m. – 4:00 p.m.

Friday 8:00 a.m. – 2:00 p.m.

### **Westwood Public Library**

#### Main Library:

Telephone: 781-326-7562

Address: 660 High Street, Westwood

Hours of Operation: Monday through Wednesday 10:00 a.m. – 9:00 p.m.

Thursday 1:00 p.m. – 9:00 p.m.

Saturday 10:00 a.m. – 5:00 p.m. however

10:00 a.m. – 1:00 p.m. (July & August only)

Sunday closed

#### Islington Branch:

Telephone: 781-326-5914

Address: 280 Washington Street, Westwood

Hours of Operation: Tuesday & Thursday 10:00 a.m. – 5:00 p.m.

Wednesday 1:00 p.m. – 8:00 p.m.

Monday, Friday through Sunday closed

### **Westwood High School Pool**

Recreation Dept 781-461-0070

Address: 200 Nahatan Street, Westwood

Hours of Operation:

April 1 – June 24: Monday Wednesday & Friday – Sunday 1:00 p.m. – 2:15 p.m.

Tuesday & Thursday (Senior Swim) 1:00 p.m. – 2:15 p.m.

Monday through Thursday 7:15 p.m. – 8:30 p.m.

June 25 – August 31: Monday through Friday 3:30 p.m. – 5:00 p.m.

Saturday & Sunday 1:00 p.m. – 2:15 p.m.

Monday through Thursday 7:15 p.m. – 8:30 p.m.

Cost: \$7/person daily

Seniors \$5/day ask about annual passes

## Wrentham

### **Wrentham Senior Center**

Telephone: 508-384-5425

Address: 400 Taunton St, Wrentham

Hours of Operation: Monday through Thursday 8:30 a.m. -- 3:30 p.m.

Friday 8:30 a.m. – 2:00 p.m.

### **Fiske Public Library**

Telephone: 508-384-5440

Address: 110 Randall Road, Wrentham

Hours of Operation: Tuesday through Thursday 10:00 a.m. – 8:00 p.m.

Friday 10:00 a.m. – 5:00 p.m.

Saturday 10:00 a.m. – 4:00 p.m. (closed July and August)

Monday & Sunday closed

## **Tips to Stay Cool**

- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.
- Limit intake of alcoholic beverages. They can actually dehydrate your body.
- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- Stay indoors as much as possible.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.
- Never leave children or pets alone in a closed vehicle.
- Do not leave pets outside for extended periods. Make sure that they have plenty of drinking water.
- Check on family, friends and neighbors.