The National Weather Service (NWS) and the MEMA Agency Meteorologist report that temperatures are expected to range between 95 and 106 degrees starting on Tuesday, June 18th and lasting through Friday, June 21st. The heat is expected to break over the weekend, but it will remain humid and seasonably warm.

**LOCATIONS**:

**Unity Park Splash Pad, First Street, Turners Falls**

* Open 7 days a week from 10am-7pm. The splash pad will be open on [Juneteenth Day](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fsgp.fas.org%2fcrs%2fmisc%2fR44865.pdf&c=E,1,gU2M0FuF2uyqp_lG3qCR28fNMgMtahXb4ZcLqMne4VC68eWZRORHyTkOQpD4WNUBabbA6tRVHN4veiR5AAdisHFJWz43qskCUAbi3_u3Vgj5l5CPQtF_kcMLLQ,,&typo=1), Wednesday, June 19.
* See website for more info: [https://montagueparksrec.com/p/1015/PARKS](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fmontagueparksrec.com%2fp%2f1015%2fPARKS&c=E,1,UFNBAtSaWKUieZ3NldjQpwun59567-R-dwqXtUe0xh7ooEpFGHhPFaTrVMHyr8M8MxS-r17mdb6uMS5KFNhBkgoi3FX9tgJDiERRhs8bVDcPU98,&typo=1)

**Montague Senior Center, 62 Fifth Street, Turners Falls**

* Tuesday from 9:00AM – 2:00PM
* Wednesday from 9:00 AM to 3:00 PM
* Thursday from 9:00AM – 2:00PM
* Friday from 9:00AM – 2:00PM
* See website for more info: [https://gillmontaguecouncilonaging.org/](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fgillmontaguecouncilonaging.org%2f&c=E,1,CNlK2P9RQbol_RBIqPKZLcARPqX96WPaNnShAdRWtiYDvWlA3VKmvrWbBUmauElbw4mq8IHyGhrzO2bHgMPKMnZQWtjg9jzq-ngCXxZXDKAkGg,,&typo=1)

**Montague Public Libraries**- All Montague Public Library locations are air conditioned and will be open on the following days/times this week, listed below. Please note, the libraries will be closed on Wednesday, June 19th in observance of [Juneteenth Day](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fsgp.fas.org%2fcrs%2fmisc%2fR44865.pdf&c=E,1,ykg8MqBnTnKN_AINUueTBPbxGZJFEaF1LnK9PrLfOPdBMudbPruXL_4w7pe3kIyue1D7wOg4rtcXAgg3Jc2oXUxMlp78GFeGeZ87vbzUs4R3_rLtdUKfyTU,&typo=1). Library staff will provide free bottled water to the public at each library location.

* **Carnegie Public Library, 201 Avenue A, Turners Falls**:
	+ Tuesday from 10:00AM – 7:00PM
	+ Thursday from 10:00AM – 5:00PM
	+ Friday from 10:00AM – 5:00PM
	+ Saturday from 10:00AM – 5:00PM
* **Millers Falls Library, 23 Bridge Street, Millers Falls**
	+ Tuesday from 2:00PM - 7:00PM
	+ Thursday from 2:00PM - 7:00PM
* **Montague Center Library, 17 Center Street, Montague Center**
	+ Wednesday from 2:00PM - 7:00PM
	+ Friday from 10:00AM - 1:00PM

See website for more info: [https://www.montaguepubliclibraries.org/](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.montaguepubliclibraries.org%2f&c=E,1,x0fl75N71OaiDpVeNQvcwT5lIS8LI-uXIiph6YHJ2waRFm8EG_QpYgM_5WJ16kiAYiKCCGcPH4F6z3uE3KpePJBVfI3XXnT5-S5g4193&typo=1)

**DCR Great Falls Discovery Center, 2 Avenue A, Turners Falls**

* Tuesday from 10:00AM – 4:00PM
* Wednesday from 10:00AM – 6:00PM - Open on [Juneteenth Day](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fsgp.fas.org%2fcrs%2fmisc%2fR44865.pdf&c=E,1,isdgOYrdKxZctEtL9W8G51Jt2kOMDBIyuPSjgtCb1DL0NmFm6085FlUOsccz3gfgx-dKkgO-pzRQEAl94eFop3e37FyMvIVcCI36wnMU3ZKeLAg,&typo=1)!
* Thursday from 10:00AM – 6:00PM
* Friday from 10:00AM – 6:00PM
* Saturday from 10:00AM – 6:00PM
* Sunday from 10:00AM – 6:00PM

Visit website for more info: [https://greatfallsdiscoverycenter.org/](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fgreatfallsdiscoverycenter.org%2f&c=E,1,RflexZI_Xj-0qEpwm8G5dOKlaRDWnxu-LtW1hpthqBIOfHu34XTQmarIhGePvuQWnO3iWt00_OHJ_USMVoKPgocu9n2F4QmuHpMtQgTdpZ4hrADsTS8zFqLD&typo=1)

**Need transportation? All FRTA bus and vans are air conditioned.**

* **FRTA Access Program** - The FRTA is now offering self-scheduling of your transportation up to one week in advance to the General Public! Using our mobile app or our online web portal, you may schedule your own transportation. Visit website for more info: [https://frta.org/getting-around/frta-access-program/](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2ffrta.org%2fgetting-around%2ffrta-access-program%2f&c=E,1,pmp2Z8I7M3twud-bBW_gEKzDBJXy-zbKqZqPdmJvMrGseYd9XH7l-7ksUkDKsXmeJAPLrGlVppzV0Vp2tM1TRZbzVru-nQIeKncSy4pF9OhYpsj_Mr8tdA,,&typo=1)
* **FRTA Fixed Route Schedule and Map** – see website for more info: [https://frta.org/getting-around/schedules-maps/](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2ffrta.org%2fgetting-around%2fschedules-maps%2f&c=E,1,9SffoNIF6El0-UACHaZWNZ26V0lbIvlISxusaYyA6mrUUt3NZNvgAC2Qj7g1Hae48wAB3xJ1SixjB0EemIdwbhY0nG4uc2r3tmWPtstgSx7R-E9c&typo=1)
* Still not sure and need assistance? Call dispatch at 413.773.8090 ext. 103 for more information on this new program or email us at FRTAaccess@gmail.com

**Here are some tips to follow during hot, humid weather:**

* Slow down, avoid strenuous activity, and drink plenty of water regularly/often, even if you do not feel thirsty.
* Stay cool indoors (in an air-conditioned place) 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 sweat, which cools your body.
* Take a cool shower or bath to cool off.
* Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers.
* Wear lightweight, loose-fitting, light-colored clothing.
* Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic rate.
* Never leave children or pets alone in a closed vehicle.
* Check on family, friends and neighbors.

Heat stress is a serious condition that poses a health threat to many people, particularly the elderly and young children. Heat stress places a strain on the body, and if the strain becomes too great, it can cause serious and permanent damage, even death. Preventive measures should be taken to avoid heat stress.

For additional information on warning signs and symptoms of heat related illness visit: <https://www.cdc.gov/extreme-heat/signs-symptoms/?CDC_AAref_Val=https://www.cdc.gov/disasters/extremeheat/warning.html>