



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department

biloxi.ms.us/pr

July 2012

Happy Birthday to all Seniors in the month of July!

At my age...
Happy hour is a nap!
-Unknown



July Dates to Celebrate and Remember!

July 4th
..... U.S. Independence Day
July 15th
.....National Ice Cream Day
July 30th
.....National Father-in-Law Day

July Trivia



- Where will find the Washington, Jefferson, and Lincoln Memorials?
- This National park is located in Wyoming, Montana, and Idaho.
- Name the natural wonder that straddles the U.S.-Canadian border; some crazies visited in a barrel.

Answers are on the Calendar.

July is National Recreation and Parks Month

Theme: "Get Wild"

Since 1985, American has celebrated July as the nation's official Park & Recreation Month. Everything from wild workouts and wellness to getting wet and wild at the pool or even wild with nature-you just can't help but have fun this July, all while expressing the many valuable benefits of parks & recreation!

Independence Day

Independence Day celebrates the Declaration of Independence that was unanimously adopted by the Continental Congress in Philadelphia on July 4, 1776. Task of getting the document signed began on August 2, 1776. Independence Day was first celebrated with festivities including cannon shots, music, fireworks, and parades in Philadelphia on July 4, 1777. In 1941, Congress declared July 4 a federal legal holiday. Today, families and friends gather together to celebrate, usually with outdoor picnics and barbecues, ribbons, and flags. Parades and gatherings are often held during the day with public displays of fireworks at night.

Senior Pot Luck Luncheon & Speaker

Everyone must bring a Covered Dish or Dessert

Wednesday, July 18th, 11 a.m. at the Donal Snyder Community Center.

Please RSVP by July 13th to the Donal Snyder Community Center to Amanda Canaan at (228) 436-5191.

Health Screening - will begin at 10:30 a.m. Screening provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostic, and

Senior Extra.

THOUGHT FOR THE MONTH:

"LIBERTY IS THE BREATH OF LIFE TO NATIONS."

- GEORGE BERNARD SHAW



Movie & Snack!

All movies will start at 1:30 p.m.

(All movies are rated PG or PG-13; however there maybe some obscenities. (All movies are subject to change.)

July 5th

MAN ON A LEDGE

starring

Sam Worthington and Elizabeth Banks

July 12th

A LITTLE BIT OF HEAVEN

starring

Kate Hudson, Kathy Bates and Whoopi Goldberg

July 19th

TYLER PERRY'S GOOD DEEDS

starring

Tyler Perry, Gabrielle Union, Thadie Newton and Eddie Cibrian

July 26th

RED TAILS

starring

Terrence Howard, Cuba Gooding Jr. and Bryan Carnston

Newsletter Volunteers
Need to help fold, tape and label the Top of the Hill Newsletter. Please contact Gwen Johnson to see when the newsletter will be ready for folding.

Gwen Johnson
Recreation Specialist
2520 Pass Road
Biloxi, MS 39531
(228) 435-6148
gjohnson@biloxi.ms.us

July Classes and Happenings

Stretch & Strengthen Class: : Every Monday, Wednesday and Friday, 2 p.m. at the Donal Snyder Community Center; Tuesday 10 a.m. at the Dr. Frank G. Gruich Sr. Community Center. The class promotes joint flexibility, endurance, muscle strength, coordination and increased range of motion. This class is co-sponsored by the Arthritis Foundation (Take Control. We can Help.) **Class will be cancelled on the following date: Wednesday, July 4th (holiday).**

Tai Chi Class: Every Tuesday and Thursday at 10 a.m. Tai' Chi is a form of exercise for health and relaxation which originates from ancient China. Gentle flowing movement is combined with deep breathing exercise in order to cultivate the inner energy of the body. Daily practice of Tai' Chi promotes mental clarity, a healthy body assistance with balance and helps the circulation of the blood.

Walking 55+ Program: Walking can help enhance the energy supply, decrease risk of injury, burn calories, increase muscle conditioning, body shaping, and reduce stress, improve sleep and eating habits. Walking is the one exercise that almost anyone can do, regardless of age or level of physical fitness. Plan a walking schedule and stick to it. Choose a safe and pleasant place to walk. Remember to wear a good walking shoe and stretch. Wear sunscreen (SPF of at least 15), a wide-brimmed hat, and sunglasses to protect your skin and eyes. Use sunscreen even on cloudy days.

Bingo: Monday, July 2nd, 10 a.m. at Donal Snyder Community Center.

Bonco: Monday, July 30th, 10 a.m. at the Donal Snyder Community Center.

Field Trips

Grand Theatre • D'Iberville, MS • Wednesday, July 25, 2012 • Admission: \$6.00
Time: TBA • Pickup will be at Dr. Frank G. Gruich Community Center • Movie: TBA

Upcoming Activities & Events:

The City of Biloxi will celebrate Parks and Recreation Month. This year's theme is "Get Wild".

The City of Biloxi, Parks & Recreation Department will celebrate with the following events:

MAIN STREET "DRIVE-IN MOVIE" NIGHT • Feature Presentation: "Cats & Dogs"
Friday, July 20, 2012 • 6:00 p.m. • Biloxi Town Green, Highway 90, Biloxi • *Please Note:* There is no admission fee but movie goers are asked to bring a can or bag of pet food for the Human Society of South Mississippi. City of Biloxi, Parks & Recreation Department will be hosting a water slide and other fun activities, so be sure the kids wear their swimsuits and bring a towel. A concession stand with hamburgers, hotdogs, popcorn and drinks, etc. will be available. Contact Kay Miller - Main Street Director at (228) 435-6339.

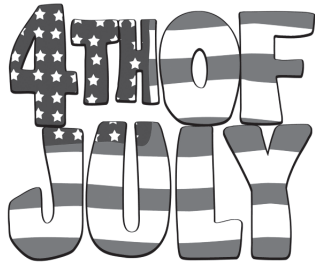
FAMILY POOL PARTY • Saturday, July 21, 2012 • Biloxi Natatorium, 1384 Father Ryan Ave., Biloxi, MS • 12:00 p.m. - 3 p.m. • Admission: Free • Will be serving food • Music provided by: Local DJ • Contests & Prizes • For more information call (228) 388-7170

QUESTIONS ABOUT MEDICARE? • You & a Guest are invited to a Medicare Educational Presentation. Come one come all to this Medicare Simple as ABC&D presented by Tammy Howell, Humana • Tuesday, July 10, 2012 • 4 p.m. • Dr. Frank G. Gruich Community Center, 591 Howard Ave. • To RSVP contact Gwen Johnson, City of Biloxi at (228) 435-6148 or Tammy Howell at (228) 217-6062.

The City of Biloxi offers Senior Citizen programs to all seniors 55 and older at the Donal Snyder Community Center and Dr. Frank G. Gruich Community Center. All activities are free to Biloxi residents. You can view the senior's calendar and activities each month on the city's web site at biloxi.ms.us click on Parks & Recreation, senior programs.

For information about Senior Programming contact City of Biloxi, Parks & Recreation Department Gwen Johnson at (228) 435-6148 or Jamie Lee at (228) 435-6185.

Calendar of Events - July 2012



Happy 4th of July!



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
1	2 Stretch & Strengthen Class - 2 p.m. DSCC Bingo - 10 a.m. DSCC	3 Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC	4 U.S. Independence Day (Federal Holiday)	5 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	6 Stretch & Strengthen Class - 2 p.m. DSCC	7	
8	9 Stretch & Strengthen Class - 2 p.m. DSCC	10 Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC Medicare Seminar	11 Stretch & Strengthen Class - 2 p.m. DSCC	12 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	13 Stretch & Strengthen Class - 2 p.m. DSCC RSVP for July 18th Pot Luck Luncheon - DSCC	14	
15 National Ice Cream Day	16 Stretch & Strengthen Class - 2 p.m. DSCC	17 Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC	18 Stretch & Strengthen Class - 2 p.m. DSCC Senior Pot Luck Luncheon - 11 a.m. DSCC	19 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	20 Stretch & Strengthen Class - 2 p.m. DSCC Drive-In Movie Night - Town Green, 6:00 p.m.	21 Family Pool Party - Biloxi Nat., 12:00 - 3 p.m.	
22	23 Stretch & Strengthen Class - 2 p.m. DSCC	24 Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC	25 Stretch & Strengthen Class - 2 p.m. DSCC Grand Theatre Senior Center Field Trip	26 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	27 Stretch & Strengthen Class - 2 p.m. DSCC RSVP for the Senior Patriotic Dance	28	
29	30 Stretch & Strengthen Class - 2 p.m. DSCC Bonco - 10 a.m. DSCC National Father-in-Law Day	31 Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC	Answers to Trivia: <ul style="list-style-type: none"> • National Mall and Memorial Parks, Washington D.C. • Yellowstone National Park • Niagara Falls 				<ul style="list-style-type: none"> • DSCC - Donal Snyder Sr. Community Center • FGCC - Dr. Frank G. Gruich Community Center <p><small>(Classes that are not labeled either DSCC or FGCC will be held at the regular Donal Snyder location.) All classes & programs are subject to change & changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.</small></p>

Recreation Office:
388-7170

Donal Snyder Sr.
Community Center:
436-5191

Dr. Frank G. Gruich
Community Center:
374-2853

Acting Director
of Parks & Recreation:
Sherry Bell

Recreation Specialist:
Gwen Johnson



Mayor A.J. Holloway
and the Biloxi City Council

George Lawrence
William "Bill" Stallworth
Lucy Denton
Clark Griffith
Tom Wall
Edward "Ed" Gemmill
David Fayard

Recipe of the Month

Peach-a-Berry Pie

July 4th Recipe - <http://allrecipes.com/recipe/peach-a-berry-pie/detail.aspx>

Ingredients:

4 cups fresh peaches - peeled, pitted and sliced • 1 cup fresh raspberries • 3/4 cup white sugar • 3 tablespoons all-purpose flour • 1 teaspoon ground cinnamon • 2 (9 inch) pie crusts • 2 tablespoons butter, softened and cut into pieces • 1 tablespoon coarse granulated sugar

Directions: (servings for 8)

1 - Preheat oven to 400 degrees F (200 degrees C).

2 - Place peaches and berries in a colander for about 15 minutes to drain any excess fluid, then transfer to a large bowl. Gently toss with sugar, flour, and cinnamon. Transfer to a pie crust. Dot with butter, and top with remaining crust. Cut vents in top crust, and sprinkle with coarse sugar.

3 - Bake 45 minutes in the preheated oven, until crust is golden brown.

Prep Time: 25 Min Cook Time - 45 Min Ready In - 1 Hr 25 Min

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Biloxi, MS 39533
P.O. Box 775
Parks and Recreation Department

