



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • June 2005 • Volume 5, Issue 6

Christmas Boxes Project...

We need donations!



Please bring your donations to Snyder Center or to any of our monthly programs.

Jewelry Making

will take the place of scrapbooking for the next several months. This class is full but we will offer it again.

June 19th is Father's Day!



What's Inside...

- Movies & Popcorn
- Potluck Luncheons
- June Classes & Special Happenings
- June Calendar
- More!

Exercise Your Body & Mind!

In the past few years, studies have shown that exercise can reduce the risk of development the form of dementia called Alzheimer's and Parkinson's disease. According to the Alzheimer's Association, dementia is a group of diseases that all gradually destroy brain cells and lead to progressive decline in mental function. An estimated 4.5 million Americans have Alzheimer's disease, the most common form of dementia. The number of American's with Alzheimer's disease has more than doubled since 1980 and is projected to reach 11.3 to 16 million by the year 2050.

An April 14, 2005 study states that the variety of leisure and physical activity one engages in — and not its intensity in terms of calories expended — may reduce dementia risk in older people, according to researchers at Johns Hopkins. The 15 most common types of physical activity in older adults, including walking, household chores, mowing, raking, gardening, hiking, jogging, biking, exercise cycling, dancing, aerobics, bowling, golfing, general exercise and swimming.

A Sept. 21, 2004 study suggests that older men and women, equally benefit from exercise, even walking, to reduce risk of dementia. The study of men focused specifically on walking. It focused on 2,257 physically capable men between the ages of 71 and 93. The researchers concluded their findings “suggest that walking is associated with a reduced risk of dementia” and that “promoting active lifestyles in physically capable men and women could help late-life cognitive function.” Both studies are published in the Journal of the American Medical Association's edition of Sept. 22, 2004.

A Dec. 28, 2004 study says activities of medium-to-low intensity, such as walking three miles per day, was associated with less cognitive decline than the lowest-intensity activity like walking less than three miles per day. Physical activity may improve blood flow to the brain and thereby reduce the risk of stroke, dementia, and cognitive decline. Activity may stimulate the neurogenesis, or growth of nerve cells, in the hippocampus, the region of the brain involved in memory functions. This helps the brain build up a “reserve” to help prevent further mental deterioration.

So what is stopping you from exercising your body & mind? Stretch & Strengthen classes are Monday, Wednesday & Fridays at 2:30 p.m., or try out the indoor walking track at the Snyder Center. Both are free!

For further information visit SeniorJournal.com



Movie & Popcorn!

Same Place, Same Day,
New Time... 1 p.m.!

Snyder Center,
Thursdays, 1 p.m.

June 2nd:
Phantom of the Opera
(2005 Version)

June 9th:
no movie

June 16th:
Man Without a Face
with Mel Gibson

June 23rd:
no movie

June 30th:
Man in the Iron Mask

All movies are rated PG-13
or PG. However, there may be
some obscenities.

AARP MEETING this
month is June 21st at BCC.

Newsletter Volunteers Needed:

Monday, June 27th,
9 a.m. at Snyder Center.
Volunteers are needed to
help fold, label & tape
the *Top of the Hill*
Newsletter.

Tammy Howell
City of Biloxi Senior Programs
2520 Pass Road
Biloxi, MS 39531
(228) 436-5197
thowell@biloxi.ms.us

Special thanks to...

The Many Seniors who volunteered their time & talents for the health fair. The Kent Family thank you so much for all y'all do to make each event special. Barbara Butiro, Patient Representative for the Biloxi Regional Medical Center for their continuing support of our Annual Health Fair & our monthly Potluck Luncheon. Darlene Brennan, RN with Kare-In-Home for their continuing support of our Annual Health Fair & our monthly Potluck Luncheon. Swinging Starlets, Tai' Chi, Stretch & Strengthen Class, Loyalton of Biloxi, Trinity Hospice, Beau Rivage Resort.

Special thank you for those companies that provided the Health Screenings and Workshops at the fair:

Benefield Eye Care, Biloxi Regional Medical Center, Express Medical Supplies, Eye Associates of the South, Independent living for the blind, Kare-In-Home, MS Division of Alzheimer, Schulz Hearing, Tri-County Eye Clinic, Artist Expressions, Coastal Family Health, Gulf Coast Physical Therapy, Juice Plus +, Metlife Financial Services, New Vision, Social Security Administration.

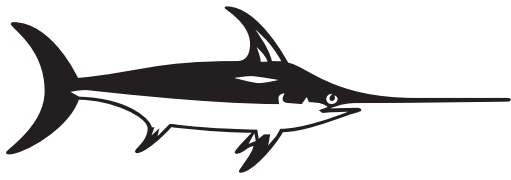
Potluck Luncheons

- Tuesday, June 14th, 11 a.m. - Biloxi Community Center
 - Tuesday, June 21st, 11 a.m. - Snyder Center
- Each person must bring either a side dish or dessert.

June Classes & Special Happenings

- **T'ai Chi Classes:** Classes are every Tuesday & Thursday at 3 p.m. T'ai Chi is a gentle form of exercise for health and relaxation which originates from ancient China. Gentle flowing movements are combined with deep breathing exercises in order to cultivate the inner energy of the body. Daily practice of T'ai Chi promotes mental clarity and a healthy body, assists with balance and helps the circulation of the blood.
- **ADVANCED Stretch & Strengthen Class:** Classes are every Monday, Wednesday & Friday at 2:30 p.m. at Snyder Center. This class promotes joint flexibility, endurance, muscle strengthening, coordination and increased range of motion. Class is free to adults.
- **Stretch & Strengthen Class - Beginner's Level:** On hold for the summer
- **Watercolor Class:** Snyder Center - June 13th & 27th at 10 a.m. The instructor is Louise Miller. She is the owner of *The Bunny Patch* in Biloxi. She has a Master of Art Education. She will teach basic painting techniques.
- **Colored Pencil Class:** Snyder Center - the first & third Wednesday, June 1st & 15th at 10 a.m. Proctor Taylor, a well-known local artist, is the instructor. The class is for beginners and intermediate level students. Supplies needed are a set of *Prismacolor* brand colored pencils, which you can purchase at Hobby Lobby.
- **Quilling & Scrapbooking Class:** will not meet in June
- **Jewelry Making:** Snyder Center Wednesday, June 1st at 10 a.m. This class is full but we will offer it again.
- **Crafts Anyone:** Snyder Center- Monday, June 6th at 10 a.m. Biloxi Community Center - Thursday, June 16th at 10 a.m.
- **Bonco: New Dates** - Every other Wednesday. June 8th & 22nd, 10 a.m. at the Snyder Center. *It's an easy game to learn as you play!*
- **Swinging Starlets Dance Group:** Practices on Tuesdays & Thursdays at 4:30 p.m. at the Snyder Center. They perform throughout the community at Nursing Homes, Senior Programs & Community Programs.

Please call 436-5191 to sign up for each class.



June 2005

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Stretch & Strengthen DSCC Beginner's, on hold Advanced, 2:30 p.m.	T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	Jewelry Making Class 10 a.m.-DSCC Colored Pencil Class 10 a.m.-DSCC Stretch & Strengthen -DSCC Beginner's, on hold Advanced, 2:30 p.m.	Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	Stretch & Strengthen DSCC Beginner's, on hold Advanced, 2:30 p.m.	
5	Crafts Anyone 10 a.m.-DSCC Stretch & Strengthen -DSCC Beginner's, on hold Advanced, 2:30 p.m.	T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	Bonco 10 a.m.-DSCC Stretch & Strengthen -DSCC Beginner's, on hold Advanced, 2:30 p.m.	No Movie T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	Stretch & Strengthen DSCC Beginner's, on hold Advanced, 2:30 p.m.	
12	Watercolor Class 10 a.m.-DSCC Stretch & Strengthen -DSCC Beginner's, on hold Advanced, 2:30 p.m.	T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC Potluck Luncheon 11 a.m.-BCC	Colored Pencil Class 10 a.m.-DSCC Stretch & Strengthen -DSCC Beginner's, on hold Advanced, 2:30 p.m.	Crafts Anyone 10 a.m.-BCC Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	Stretch & Strengthen DSCC Beginner's, on hold Advanced, 2:30 p.m.	
19	Stretch & Strengthen -DSCC Beginner's, on hold Advanced, 2:30 p.m.	Potluck Luncheon 11 a.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC AARP Meeting BCC	Bonco 10 a.m.-DSCC Stretch & Strengthen -DSCC Beginner's, on hold Advanced, 2:30 p.m.	No Movie T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	Stretch & Strengthen DSCC Beginner's, on hold Advanced, 2:30 p.m.	
26	Watercolor Class 10 a.m.-DSCC Stretch & Strengthen -DSCC Beginner's, on hold Advanced, 2:30 p.m. • Newsletter Volunteers Needed: 9 a.m.-DSCC	T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	Stretch & Strengthen -DSCC Beginner's, on hold Advanced, 2:30 p.m.	Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC Swinging Starlets practice, 4:30 p.m. DSCC	• DSCC - Donal Snyder Sr. Community Center 2520 Pass Road • BCC - Biloxi Community Center Corner of Howard Ave. & Bellman St. All classes and programs are subject to change and changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.	

Recreation Office:

435-6168

**Donal Snyder Sr.
Community Center:**

436-5191

**Biloxi
Community Center:**

435-6221

Director of Parks & Recreation:

Nathan Sullivan

Recreation Superintendent:

Sherry Bell

Therapeutic Recreation Specialist:

Tammy Howell



**Mayor A.J. Holloway
and the
Biloxi City Council**

George Lawrence

Eric Dickey

Arlene Canaan

Charles T. Harrison Jr.

Mike Fitzpatrick

Tom Wall

David Fayard



Recipe of the Month

Pineapple Salad

- 1 pkg. Lemon Jello
- 1 sm. Can crushed Pineapple (drain and save liquid)
- 3 lg. Bananas sliced
- 1 C. Mini Marshmallows
- 1/2 C. Sugar
- 3 T. Flour
- 1 Egg (beaten)
- 3 T. Butter
- 1 sm. container Whipped Topping

Prepare Jello as directed. Add pineapple, bananas and marshmallows. Pour into a square baking dish and chill until firm. Add water to juice, to make one cup. Add sugar, flour, egg and butter to juice and cook until thickened. Let cool, fold in whipped topping and spread over gelatin. Garnish with chopped nuts. Serves 6.

- Merle Haggard - Country Singer

Are you in the loop?

Sign up at <http://biloxi.ms.us> for the most current news about your city.



**Donal Snyder Sr.
Community Center**

2520 Pass Road

Biloxi, MS 39531

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