

Recreation Office:
435-6148

Donal Snyder Sr.
Community Center:
436-5191

Director of Parks & Recreation:
Nathan Sullivan
Assistant Director
of Parks & Recreation:
Sherry Bell
Recreation Specialist:
Gwen Johnson

Mayor A.J. Holloway
and the
Biloxi City Council

George Lawrence
William "Bill" Stallworth
Charles T. Harrison Jr.
Mike Fitzpatrick
Tom Wall
Edward "Ed" Gemmill
David Fayard

Recipe of the Month

Best Cole Slaw in the South

- 1 bag shredded Cole Slaw Cabbage
- About 1 T. Miracle Whip Salad Dressing (no mayonnaise)
- 1 T. Sugar

Put cabbage and Miracle Whip into a bowl and mix thoroughly, making sure cabbage is well coated. Sprinkle in 1 T. sugar – mix well again. Best if chilled overnight or several hours. Very good!

– Jamie K. Hargett, Biloxi, MS

Are you in the loop?

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



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • June 2007

JUNE IS National Safety Month

Sun proof your skin.

As the summer unfolds, don't let the sun throw wrinkles in your outdoor plans. Protect your skin from premature aging and cancer by wearing sunscreen (SPF 15 or higher) on all exposed skin – including ears and hands – even on cloudy days. If you wear a light-colored or thin fabric, apply sunscreen to the skin underneath you clothes as well and reapply all over every two hours. Also avoid excessive sun exposure especially between 10 a.m. and 4 p.m.

This was the Year – 1985 Did You Know?

- Cost of Living was: New House – \$89,331
New Car – \$9,011
Average Income – \$22,138 per year
Average Rent – \$375 per month
Harvard Tuition – \$9,800 per year
Movie Ticket – \$2.75
Gasoline – \$1.09 per gallon
- Cost of Food was: Granulated Sugar – 98¢ per 5 pounds
Ground Coffee – \$2.45 per pound
Eggs – 60¢ per dozen
Fresh Bread – 96¢ per loaf
Vitamin D Milk – \$2.31 per gallon
Bacon – \$1.65 per pound
- Music: I Want to Know What Love Is (Foreigner)
One More Night (Phil Collins)
Saving All My Love for You (Whitney Houston)
We are the World (USA for Africa)
We Built This City (Starship)
- Movies: Cocoon (Don Ameche, Wilford Brimley, Maureen Stapleton)
Out of Africa (Meryl Streep, Robert Redford)
Murphy's Romance (James Garner, Sally Fields)
- Sports: -Cincinnati Reds baseball player, Pete Rose, breaks Ty Cobb's career-hit record.
-Michael Jordan is named Rookie of the Year. -The New York Jets retire Joe Namath's #12. -Howard Cosell retires from TV sports. -Associated Press Athletes of the Year are Dwight Gooden (baseball) and Nancy Lopez (golf).

June Trivia:

- What toy is used to "Walk the Dog," "Rock the Baby," or "Go Around the World"?
- Which comic book hero was the first to make the leap to television?

See the bottom of the calendar for the answers.

Happy Birthday to all Seniors in the month of June!

June '07 Dates to Celebrate & Remember

- June 11-16 – National Men's Health Week
- June 14th – National Flag Day
- June 17th – Father's Day
- June 19th – Juneteenth
- June 21st – Summer begins

See inside for more!



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Movie & Popcorn!

Thursdays, 1:30 p.m.

June 7th:

The Holiday

with Cameron Diaz,
Kate Winslet, Jude Law,
and Jack Black

June 14th:

The Pursuit of Happiness

with Will Smith
and son Jaden.

June 21st:

Dejavu

with Denzel Washington

June 28th:

Grease

John Travolta and
Olivia Newton-John.

All movies subject to change.

Newsletter Volunteers Needed to help fold, label & tape the **Top of the Hill** Newsletter.:
Monday, June 25, 10 a.m.

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

Senior Luncheon & Monthly Speaker

sponsored by the Grand Casino

Tuesday, June 19th • 11 a.m.

RSVP by June 8, 2007 to Jackie or Melba at the Donal Snyder Community Center.

Bingo will be after the Luncheon.

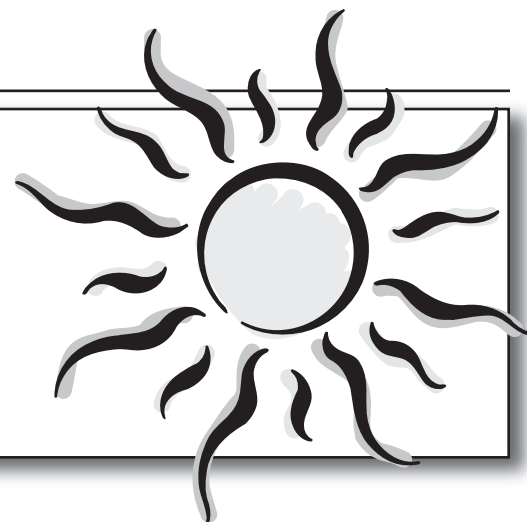
Health Screening will start at 10:30 a.m.

Screening is provided by Biloxi Regional Medical Center, Barbara Butiro, Volunteer & Community Service Director, Kare-In-Homes, Kay Pizarich Kraft, RN.

Entertainment provided by Davis & Sax

THOUGHT FOR THE MONTH

"We are shaped by our thoughts;
we become what we think.
When the mind is pure, joy follows
like a shadow that never leaves."
-Buddha



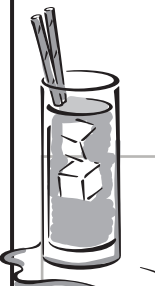


June Classes & Happenings

- **Beginner AND Advanced Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2 p.m. The class promotes joint flexibility, endurance, muscle strength, coordination and increased range of motion. Class is co-sponsored by the Arthritis Foundation (Take Control. We can Help). **Beginners Stretch & Strengthen class will meet at 2 p.m. with the Advance Class the month of May and June.**
- **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 movements are 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 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, pleasant place to walk.
- **Craft Class:** Tuesday, June 12, 2007, 10 a.m. in the Craft Room
- **Pokeno!** Tuesday, June 5, 1 p.m.
- **Bridge:** Tuesday, June 19, 1 p.m. in the Craft Room. Contact Mary Ann Hubmann with the Gulf Coast Bridge Club at (228) 539-3153.
- **Bonco!** Tuesday, June 26, 1 p.m.

Please call 436-5191 to sign up for each class. For information about senior programming contact Sherry Bell at (228) 435-6296.

June 2007

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	2
All programs will take place at the Donal Snyder, Sr. Community Center, 2520 Pass Rd. If you have any questions about senior programs, call Sherry Bell at (228) 435-6296.						
3	4 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	5 Tai Chi Class 10 a.m. Pokeno 1 p.m.	6 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	7 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	8 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	9
10 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	11 Tai Chi Class 10 a.m. Craft Class 10 a.m.	12 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	13 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	14 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	15	16
17  Father's Day	18 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	19 Tai Chi Class 10 a.m. Health Screening 10:30 a.m. Senior Luncheon 11 a.m. Bridge - 1 p.m.	20 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	21 Tai Chi Class - 10 a.m. Movie & Popcorn 1:30 p.m.  Summer begins	22 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	23
24 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m. • Newsletter Volunteers Needed: 10 a.m.	25 Tai Chi Class 10 a.m. Bonco! - 1 p.m.	26 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	27 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	28 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	29	30

Answer 1: Yo-Yo / Answer 2: Superman