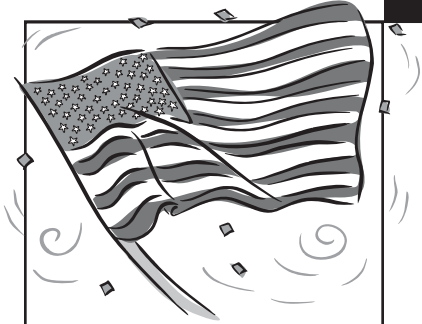




Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • July 2007



*Happy Birthday to
all Seniors in the
month of July!*



*July '07
Dates to
Celebrate &
Remember*

- July 1st –
Canada Day
- July 4th –
U.S. Independence Day
- July 13th –
Friday the 13th
- July 15th –
National Ice Cream Day

See inside for more!

JULY IS *National Ice Cream Month*

In recognition of ice cream as a nutritious and wholesome food, and the contributions of the ice cream industry to the well-being of the nation's dairy sector, July was designated National Ice Cream month by President Ronald Reagan in 1984. National Ice Cream Day was designated the third Sunday of July. Sundae Sunday, as it is also known, is on July 15th in 2007.

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Introducing **Friends Five-0**

Calling all fun-loving FRIENDS FIVE-0!!!!

Friends Five-0 is open to citizens who are age 50 or better and who are interested in trips to interesting locations, monthly meeting which feature informative and timely speakers and programs and events tailored to suit the interests of our Friends Five-0!

Friends Five-0 is offered at Biloxi Regional Medical Center in the East Building.

Contact Wanda Shaw for information on July's program. Her office is at 150 Reynoir Street in Biloxi and you can call her at 436-1228 or reach her by email at shaw@brmc.hma-corp.com.



Movie & Popcorn!

Thursdays, 1:30 p.m.

July 5th:

Breach

featuring Chris Cooper and Ryan Phillippe

July 12th:

Casino Royale

featuring Daniel Craig

July 19th:

Tyler Perry's

Daddy's Little Girls

featuring Gabrielle Union

July 26th:

Because I Said So

featuring Mandy Moore

All movies subject to change.



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

Senior Picnic Potluck Luncheon

sponsored by Health Spring, with Tammy Howell as speaker

Wednesday, July 18th • 11 a.m.

RSVP by July 14th to the front desk at the Donal Snyder Community Center, 436-5191.

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 Pisarich Kraft, RN.

Entertainment provided by Davis & Sax

THOUGHT FOR THE MONTH

"The ripest peach is highest on the tree"

—James Whitcomb Riley

July 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. **No class July 4th.**
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.
- **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.
- **Pokeno!** Tuesday, July 10, 1 p.m.
- **Craft Class:** Tuesday, July 17, 10 a.m. in the Craft Room
- **Bridge:** Tuesday, July 24, 1 p.m. in the Craft Room. Contact Mary Ann Hubmann with the Gulf Coast Bridge Club at (228) 539-3153.
- **Bonco!** Tuesday, July 31, 1 p.m.


If anyone is interested in Scrapbooking, please call the Donal Snyder Community Center at 436-5191.

Please call 436-5191 to sign up for each class. For information about senior programming contact Gwen Johnson at (228) 435-6281.



July 2007

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	3 Tai Chi Class 10 a.m.	4  Independence Day	5 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	6 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	7	
8	9 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	10 Tai Chi Class 10 a.m. Pokeno 1 p.m.	11 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	12 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	13 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	14	
15	16 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	17 Tai Chi Class 10 a.m. Craft Class 10 a.m.	18 Health Screen 10:30 a.m. Senior Luncheon 11 a.m. Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	19 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	20 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	21	
22	23 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	24 Tai Chi Class 10 a.m. Bridge - 1 p.m.	25 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	26 Tai Chi Class - 10 a.m. Movie & Popcorn 1:30 p.m.	27 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	28	
29	30 Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.	31 Tai Chi Class 10 a.m. Bonco! - 1 p.m.	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>New email address for Senior Programs! seniors@biloxi.ms.us</p> </div>				

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

Fresh Blueberry Pie

- 1 cup boiling water
- 3 tbsp. Cornstarch
- 4 tbsp. Jello (blackberry or black cherry)
- 1 cup sugar
- 1 baked pie shell
- Blueberries

Mix first four ingredients together and boil until thick. Allow to cool thoroughly and pour into baked pie shell that has been filled with fresh blueberries. Cover with cool whip – chill well before serving.

– Oma Burt

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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