



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • August 2007

Happy Birthday to  
all Seniors in the  
month of August!



**August '07  
Dates to  
Celebrate &  
Remember**

August 4th –  
Coast Guard Day  
August 5th-11th –  
National Smile Week  
August 7th –  
National Night Out  
Against Crime  
August 12th –  
Family Day

See inside for more!

AUGUST IS



## Summer Fun Month

Making time for physical activity may seem like a challenge at times, but the abundance of rewards are priceless. Apart from reducing the risk for heart disease and obesity, fitness helps control blood pressure, cholesterol, and diabetes.

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# 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 August'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](mailto:shaw@brmc.hma-corp.com).

### August Trivia:

- What city hosted the 1936 Summer Olympics?
- On what day of the week was Pearl Harbor Bombed?
- From what team did the New York Yankees obtain Roger Maris?

See the bottom of the calendar for the answers.



## Movie & Popcorn!

Thursdays, 1:30 p.m.

August 2nd:

### **Rocky Balboa**

starring Sylvester Stallone,  
Burt Young and Antonio  
Tarver (Rated PG)

August 9th:

### **Miss Potter**

starring Renée Zellweger,  
Ewan McGregor and Emily  
Watson (Rated PG)

August 16th:

### **The Astronaut Farmer**

starring Billy Bob Thornton  
and Virginia Madson  
(Rated PG)

August 23rd:

### **Catch and Release**

starring Jennifer Garner,  
Timothy Olyphant and Sam  
Jeager (Rated PG-13)

August 30th:

### **Freedom Writers**

starring Hilary Swank, Patrick  
Dempsey and Scott Glenn  
(Rated PG-13)

All movies subject to change.

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

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## Senior Potluck Luncheon & Speaker

Wednesday, August 15th • 11 a.m.

RSVP by August 16, 2007 to Jackie at the front desk at the Donal Snyder Community Center.

Speaker will be Wanda Adams Mason INS AG – Auto-Life-Health-Home and Business with State Farm Insurance Company, 11312C Hwy 49, Gulfport, Ms. 39503.

Topic of discussion will be insurance.

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

Screening is provided by Biloxi Regional Medical Center, Wanda Shaw, Kare-In-Homes, Kay Pisarich Kraft, RN.

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### THOUGHT FOR THE MONTH

*“Energy flows all around us when we let our excitement show.”*



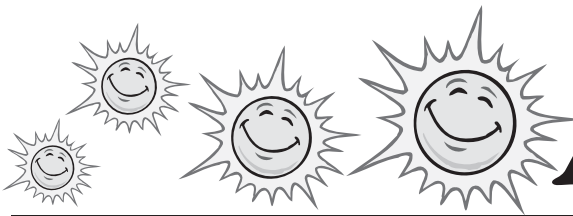
## August Classes & Happenings

- **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).*  
**Stretch & Strengthen Class will be canceled on the day of the Senior Luncheon.**
- **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, pleasant place to walk. Remember to wear a good walking shoe.
- **Pokeno!** Tuesday, August 7, 1 p.m.
- **Bonco!** Tuesday, August 14, 1 p.m.
- **Bridge:** Tuesday, August 21, 1 p.m. in the craft room. Contact Mary Ann Hubmann with the Gulf Coast Bridge Club at (228) 539-3153.
- **Craft Class:** Tuesday, August 28, 10 a.m. in the craft Room. *Craft project will be stencil painted apron.*
- **AARP Driving Safety Class:** August 23 & 24, 2007 at the Donal Snyder Community Center, 9 a.m.-1 p.m. in meeting room #2. For more information contact Bill Williams at (228) 432-7816.

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

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# August 2007

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Special Thanks To...</b></p> <p>Tammy Howell with Health Spring, and Wanda Shaw, Biloxi Regional Medical Center</p> <p>All programs will take place at the Donal Snyder, Sr. Community Center, 2520 Pass Rd.</p>			<p><b>1</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>2</b></p> <p>Tai Chi Class 10 a.m. Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>3</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>4</b></p>
<p><b>5</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>6</b></p> <p>Tai Chi Class 10 a.m. Pokeno 1 p.m.</p>	<p><b>7</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>8</b></p> <p>Tai Chi Class 10 a.m. Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>9</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>10</b></p>	<p><b>11</b></p>
<p><b>12</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>13</b></p> <p>Tai Chi Class 10 a.m. Bonco! - 1 p.m.</p>	<p><b>14</b></p> <p>Health Screening 10:30 a.m. Senior Luncheon &amp; Speaker 11 a.m. Stretch &amp; Strengthen Class NO CLASS TODAY</p>	<p><b>15</b></p> <p>Tai Chi Class 10 a.m. Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>16</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>17</b></p>	<p><b>18</b></p>
<p><b>19</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>20</b></p> <p>Tai Chi Class 10 a.m. Bridge - 1 p.m.</p>	<p><b>21</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>22</b></p> <p>AARP Safe Driving Class 9 a.m.-1 p.m. Tai Chi Class 10 a.m. Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>23</b></p> <p>AARP Safe Driving Class 9 a.m.-1 p.m. Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>26</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>27</b></p> <p>Tai Chi Class 10 a.m. Craft Class 10 a.m.</p>	<p><b>28</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>29</b></p> <p>Tai Chi Class - 10 a.m. Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>30</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.</p>	<p><b>31</b></p>	

Answer 1: Berlin / Answer 2: Sunday / Answer 3: Kansas City A's

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

## Sweet Onion Corn Bake

- 2 lg. Vidalia Onions or Sweet Onions (thinly sliced)
- 1/2 C. Butter or Margarine
- 1 C. (8 oz.) Sour Cream
- 1/2 tsp. Dill Weed
- 1/4 tsp. Salt
- 1/2 C. Milk
- 2 C. (8 oz.) shredded Cheddar Cheese (divided)
- 1 Egg, lightly beaten
- 1 can (14 3/4 oz.) Creamed-Style Corn
- 1 pkg. (8 1/2 oz.) Cornbread Muffin mix
- 4 drops Hot Pepper Sauce

In a large skillet, saute onions in butter, until tender. In a small bowl, combine sour cream, milk, dill and salt until blended. Add 1 cup cheese and stir into the onions. Remove from heat and set aside.

In a bowl, combine egg, corn, cornbread mix and pepper sauce. Pour into a greased 13x9x2 inch baking dish. Spoon onion mixture over top – sprinkle with remaining cheese. Bake uncovered at 350 degrees for 45-50 minutes, or until top is set and lightly browned. Let stand for 10 minutes before cutting.

– Lila Walden

*Are you in the loop?*

*Sign up at [biloxi.ms.us](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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