



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • June 2008

Happy
Birthday to
all Seniors in
the month
of June!

June '08 Dates to Celebrate & Remember

- June 1st – National Cancer Survivor's Day
- June 1st-November 30th –Atlantic, Caribbean, Gulf Hurricane Season
- June 9th-15th – National Men's Health Week
- June 14th – National Flag Day
- June 15th – Father's Day
- June 19th – Juneteenth
- June 21st – Summer Begins

June Trivia:

- Which state is the only state in the United States whose name is just one syllable?
- Which state is the only US state without a rectangular flag?

See the calendar for the answers.

JUNE IS National Safety Month

Make a Difference is the theme of National Safety Council's 2008 National Safety Month observance. Throughout June 2008, National Safety Month activities will address the most significant reasons for unintentional injuries and deaths in the American workplace, on the road and in the home and community. Visit www.nsc.org to learn more.

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 your clothes as well and reapply all over every two hours. Also avoid excessive sun exposure especially between 10 a.m. and 4 p.m.

Happy Father's Day

Many scholars believe that the origin of Father's Day is not a recent phenomenon. The scholars claim the tradition of Father's Day can be traced to the ruins of Babylon. They have even reported that a young boy called Elmesu carved a Father's Day message on a card made out of clay nearly 4,000 years ago. Elmesu wished his Babylonian father good health and a long life. Though there is no record of what happened to Elmesu and his father, the tradition of honoring fathers would be celebrated in countries around the world at various times.

The first Father's Day was celebrated on June 19, 1910, in Spokane, WA. In 1916, President Woodrow Wilson approved the idea of observing an annual Father's Day. In 1924, President Calvin Coolidge made Father's Day a notional event. In 1966, President Lyndon Johnson signed a Presidential proclamation declaring the 3rd Sunday of June as Father's Day. Everywhere, people take the opportunity of Father's Day to express gratitude for their fathers and tell them how much they are loved and appreciated.

THOUGHT FOR THE MONTH

*"The best and most beautiful things in the world cannot be seen or even touched.
They must be felt with the heart."*

–Helen Keller



Movie & Popcorn!

Thursdays, 1:30 p.m.

June 5th:

National Treasure

starring Nicholas Cage, Diane Kruger, Jon Voight, Justin Bartha

June 12th:

National Treasure 2 Book of Secrets

starring Nicholas Cage, Diane Kruger, Jon Voight, Justin Bartha

June 19th:

P.S. I Love You

starring Hillary Swank, Gerard Butler and Kathy Bates

June 26th:

Mad Money

starring Diane Keaton, Queen Latifah, Katie Holmes, and Ted Danson

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

Newsletter Volunteers Needed to help fold, tape & label the *Top of the Hill* Newsletter.:

Contact Gwen Johnson for information if you are interested in helping.

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

Senior Potluck Luncheon & Speaker

Wednesday, June 18th • 11 a.m.

Donal Snyder Community Center. Please RSVP by June 8th to Jackie, Nancy, or James at the Donal Snyder Community Center, (228) 436-5191.

Health Screening – will begin at 10:30 a.m. Screening is provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostic, and Friends Five-O Senior Organization.

Entertainment provided by Chaz Mikell, Studio One Productions / Bingo! 1 p.m.-2 p.m.

June Classes & Happenings

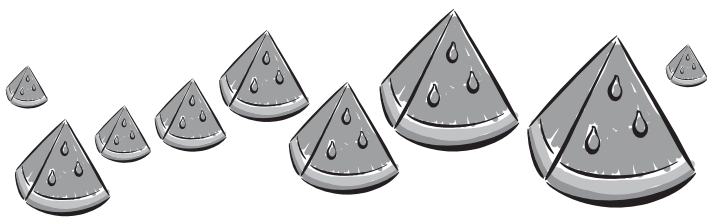
- **Stretch & Strengthen Class:** Mondays, Wednesdays, and Fridays, 2 p.m. at the Donal Snyder Community Center; Tuesdays and Thursdays, 10 a.m. at the Biloxi Community Center. Classes promote joint flexibility, endurance, muscle strength, coordination and increased range of motion. *Class is co-sponsored by the Arthritis Foundation (Take Control. We Can Help).* **There will be no class on Wednesday, June 18th due to the Senior Luncheon.**
- **Tai Chi Class:** Tuesdays and Thursdays, 10 a.m. at the Donal Snyder Community Center. 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 stretch and wear a good walking shoe.
- **Rubber Stamp Class:** Wednesdays, 10 a.m. at the Donal Snyder Community Center and Thursdays, 10 a.m. at the Biloxi Community Center. **There will be no class on Wednesday, June 18th due to the Senior Luncheon.**
- **Craft Class:** Friday, June 20th, 10 a.m. at the Donal Snyder Community Center and Monday, June 23rd, 10 a.m. at the Biloxi Community Center.
- **Pokeno!** Friday, June 6th, 10 a.m. at the Donal Snyder Community Center and Monday, June 9th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, June 17th, 12:30 p.m. in the craft room at the Donal Snyder Community Center. Contact Mary Hubmann with the Gulf Coast Bridge Club at (228) 539-3153. There is a minimal cost of \$3.00 for prizes and snacks.
- **Bonco!** Monday, June 16th, 10 a.m. at the Biloxi Community Center and Friday, June 20th, 10 a.m. at the Donal Snyder Community Center.
- **Yoga Class:** Tuesdays, 11 a.m. at the Donal Snyder Community Center. The instructor is Patsy Fortenberry of Bayview Yoga, LLC. Items you will need for this class are a yoga exercise mat and a sturdy belt or strap. There is a minimal cost for this class.

Friends Five-O: For details contact Wanda Shaw at Biloxi Regional Medical Center, (228) 436-1228, email shaw@brmc.hma-corp.com.

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


Upcoming Activities, Classes & Events!

- Senior Evening Dance will be held July 3rd, 6 p.m.-8 p.m. at the Donal Snyder Community Center, and more dances will be held in the future.



June 2008

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Stretch & Strengthen Class 2 p.m.-DSCC	3 Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	4 Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	5 Stretch & Strengthen 10 p.m.-BCC Rubber Stamp Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	6 Pokeno 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	7
8	9 Pokeno 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	10 Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	11 Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	12 Stretch & Strengthen 10 p.m.-BCC Rubber Stamp Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	13 Stretch & Strengthen Class 2 p.m.-DSCC	14
15  Father's Day	16 Bonco! 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	17 Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC Bridge 12:30 p.m.-DSCC	18 Senior Luncheon & Speaker 11 a.m.-BCC BINGO! 1 p.m. Stretch & Strengthen Class & Rubber Stamp NO CLASSES TODAY	19 Stretch & Strengthen 10 p.m.-BCC Rubber Stamp Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	20 Craft Class 10 a.m.-DSCC Bonco! 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	21
22	23 Craft Class 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	24 Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	25 Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	26 Stretch & Strengthen 10 p.m.-BCC Rubber Stamp Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	27 Stretch & Strengthen Class 2 p.m.-DSCC	28
29	30 Stretch & Strengthen Class 2 p.m.-DSCC		<ul style="list-style-type: none"> • DSCC - Donal Snyder Sr. Community Center • BCC - Biloxi Community Center <p>(Classes that are not labeled either DSCC or BCC will be held at the regular Donal Snyder location.)</p> <p>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.</p>			
<p>Answer 1: Maine. / Answer 2: Ohio - Ohio's flag is a pennant.</p>						

Recreation Office:
435-6148

Donal Snyder Sr.
Community Center:
436-5191

**Biloxi Community
Center:**
374-2853

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

Strawberry Pizza

Serves 12

- 1 cup plain Flour
- 4 cups sliced Strawberries
- 2 cups Confectioners Sugar
- 1/4 cup Brown Sugar
- 1 3 oz. pkg. Strawberry Jello
- 2 sticks Margarine
- 1 cup chopped Pecans
- 1 8 oz. pkg. Cream Cheese
- 1 cup boiling water
- 4 Tbsp. Cornstarch
- 1 cup White Sugar
- 1 large Cool Whip

Mix flour and sugar, cut in margarine, stir in nuts. Press into a 9x13 pan. Bake at 400 degrees for 15 minutes. Cool completely. Beat cream cheese and confectioners sugar together, fold in cool whip. Pour on to cooled crust. Combine water, jello, cornstarch and granulated sugar. Bring to a boil, cook until thickened, stirring while cooking (a few drops of red food coloring may be added). When cool, add strawberries and spoon over cream cheese filling in pan.

— Jane Ann Courtney

Are you in the loop?

Sign up at biloxi.ms.us for the most current news about your city.



Donal Snyder Sr.
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Biloxi, MS 39531

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