

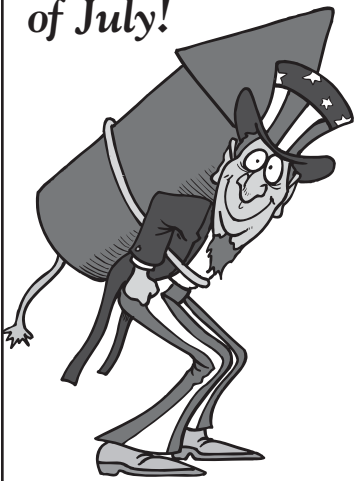


Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • July 2008

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



**July '08
Dates to
Celebrate &
Remember**

July 4th – Independence Day
July 20th – National Ice
Cream Day

July Trivia:

- In 1931 millions of Americans dimmed their lights for a few moments to remind them of the death of what inventor?
- Who was the first person to sign the Declaration of Independence?

See the calendar for the answers.

JULY IS National Recreation and Parks Month

Independence Day

Independence Day celebrates the Declaration of Independence that was unanimously adopted by the Continental Congress in Philadelphia on July 4, 1776. The task of getting the document signed began on August 2, 1776. Independence Day was first celebrated with festivities including cannon shots, music, fireworks, and parades in Philadelphia on July 4, 1777. In 1941, Congress declared July 4 a legal federal holiday. Today, families and friends gather together to celebrate, usually with outdoor picnics and barbecues, ribbons, and flags. In lots of areas, parades and gatherings are held during the day with public displays of fireworks at night.

Senior Dance at the Donal Snyder Community Center

“Put on your Dancing Shoes & Show your Patriotic Spirit.”

Thursday, July 3, 2008, 6:00 p.m.-8:00 p.m.

Sponsored by: City of Biloxi, Biloxi Regional Medical Center, HealthSpring and (RSVP)-Retired Senior Volunteer Program.

Please R.S.V.P. to Wanda Shaw, Biloxi Regional Medical Center (228) 436-1228 to reserve a seat.

- | | | |
|-----------------------|--------------------------------------------------------------|---------------------------------|
| • Cost of Living was: | New House – \$49,300 | This was the Year – 1977 |
| | New Car – \$4785 | Did You Know? |
| | Average Income – \$15,000 per year | |
| | Average Rent – \$240 per month | |
| | Gasoline – \$.65 per gallon | |
| • Cost of Food was: | Eggs – 82¢ per dozen | |
| | Fresh Bread – 96¢ per loaf | |
| • Music: | Milk – \$1.67 per gallon | |
| • Movies: | <i>I Wish</i> (Stevie Wonder) | |
| | <i>Star Wars</i> (Mark Hamill, Harrison Ford, Carrie Fisher) | |

THOUGHT FOR THE MONTH

“Life without liberty is like a body without spirit.”

–Kahli Gibran



Movie & Popcorn!

Thursdays, 1:30 p.m.

July 3rd:

Juno

starring Ellen Gosling and Emily Mortimer

July 10th:

Resurrecting the Champ

starring Samuel L. Jackson and Josh Hartnett

July 17th:

Over Her Dead Body

starring Eva Longoria-Parker, Paul Rudd and Lake Bell

July 24th:

27 Dresses

starring Katherine Heigl and James Marsden

July 31st:

The Bucket List

starring Jack Nicholson and Morgan Freeman

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

Newsletter Volunteers are needed Monday, July 28th, 10 a.m. at the Donal Snyder Community Center to help with folding, labeling, and taping of the "Top of the Hill" Senior Newsletter. Prior to arriving at the Snyder Center, please call Gwen Johnson to make sure that the newsletters are available to address and fold. (228)435-6148.

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

Senior Potluck Luncheon & Speaker

Wednesday, July 16th • 11 a.m.

Donal Snyder Community Center. Please RSVP by July 11th to Jackie, Nancy, or James at the Donal Snyder Community Center, (228) 436-5191.

Speaker will be Tania Bayne, Resiliency Coach, The Mental Health Association of Mississippi, Center for Community Resilience, 2436 Pass Road, Suite C, Biloxi, MS.

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.

July 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, July 16th 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.
- **Craft Class:** Friday, July 25th, 10 a.m. at the Donal Snyder Community Center and Monday, July 28th, 10 a.m. at the Biloxi Community Center.
- **Pokeno!** Friday, July 11th, 10 a.m. at the Donal Snyder Community Center and Monday, July 14th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, July 15th, 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, July 21st, 10 a.m. at the Biloxi Community Center and Friday, July 18th, 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.

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!

- **Friends Five-O:** For details contact Wanda Shaw at Biloxi Regional Medical Center, (228) 436-1228, email shaw@brmc.hma-corp.com.
- Various senior games will be offered at the Donal Snyder Community Center and Biloxi Community Center in early August. For more information contact Jamie Lee, Recreation Superintendent, (228) 435-6205, email jlee@biloxi.ms.us



July 2008

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>1</p> <p>Stretch & Strengthen Class 10 p.m.-BCC</p> <p>Tai Chi Class 10 a.m.-DSCC</p> <p>Yoga 11 a.m.-DSCC</p>	<p>2</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>3</p> <p>Stretch & Strengthen 10 p.m.-BCC</p> <p>Tai Chi Class 10 a.m.-DSCC</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>4</p> <p>★Closed★</p> <p>INDEPENDENCE DAY</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>8</p> <p>Stretch & Strengthen Class 10 p.m.-BCC</p> <p>Tai Chi Class 10 a.m.-DSCC</p> <p>Yoga 11 a.m.-DSCC</p>	<p>9</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>10</p> <p>Stretch & Strengthen 10 p.m.-BCC</p> <p>Tai Chi Class 10 a.m.-DSCC</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>11</p> <p>Pokeno 10 a.m.-DSCC</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>12</p>
<p>13</p> <p>Pokeno 10 a.m.-BCC</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>14</p>	<p>15</p> <p>Stretch & Strengthen Class 10 p.m.-BCC</p> <p>Tai Chi Class 10 a.m.-DSCC</p> <p>Yoga 11 a.m.-DSCC</p> <p>Bridge 12:30 p.m.-DSCC</p>	<p>16</p> <p>Senior Luncheon & Speaker 11 a.m.-DSCC</p> <p>BINGO! 1 p.m.</p> <p>Stretch & Strengthen Class</p> <p>NO CLASSES TODAY</p>	<p>17</p> <p>Stretch & Strengthen 10 p.m.-BCC</p> <p>Tai Chi Class 10 a.m.-DSCC</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>18</p> <p>Bonco! 10 a.m.-DSCC</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>19</p>
<p>20</p> <p>Bonco! 10 a.m.-BCC</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>21</p>	<p>22</p> <p>Stretch & Strengthen Class 10 p.m.-BCC</p> <p>Tai Chi Class 10 a.m.-DSCC</p> <p>Yoga 11 a.m.-DSCC</p>	<p>23</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>24</p> <p>Stretch & Strengthen 10 p.m.-BCC</p> <p>Tai Chi Class 10 a.m.-DSCC</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>25</p> <p>Craft Class 10 a.m.-DSCC</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>26</p>
<p>27</p> <p>Craft Class 10 a.m.-BCC</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p> <p>► Newsletter Volunteers Needed: 10 a.m.</p>	<p>28</p>	<p>29</p> <p>Stretch & Strengthen Class 10 p.m.-BCC</p> <p>Tai Chi Class 10 a.m.-DSCC</p> <p>Yoga 11 a.m.-DSCC</p>	<p>30</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>31</p> <p>Stretch & Strengthen 10 p.m.-BCC</p> <p>Tai Chi Class 10 a.m.-DSCC</p> <p>Movie & Popcorn 1:30 p.m.</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: Thomas Edison Answer 2: John Hancock</p>	

Recipe of the Month

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

Pecan Pie

- 1/2 cup Karo Light Syrup
- 1 cup Sugar
- 1/4 cup melted Butter or Margarine
- 3 Eggs, lightly beaten
- 1 cup chopped Pecans
- 1 tsp. Vanilla
- Pinch of Salt

Mix sugar, syrup and butter. Beat in eggs, salt, pecans and vanilla. Pour into an unbaked pie shell and bake at 350 degrees for 15 minutes. Lower oven temperature to 300 degrees and bake for an additional 25-30 minutes or until center is set.

— Jamie K. Hargett, Biloxi, MS

Are you in the loop?

Sign up at 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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