



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • August 2008

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



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

August 3rd-9th – National Smile Week  
August 4th – Coast Guard Day  
August 5th – National Night Against Crime  
August 8th-24th – Games of the XXIX Olympiad  
August 10th – Family Day

## August Trivia:

- Which American President was the first to visit China?
- What is the principal ingredient of sauerkraut?
- What do J.C. Penney's initials stand for?

See the calendar for the answers.

## AUGUST IS *Summer Fun Month*

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

### Free Public Event – Medicaid Planning Seminar

Thursday, August 7th • 10 a.m.-12 noon.

How to get Medicaid coverage for your nursing home care...without selling your home or leaving your family without a dime.

Presented by Wilson Elder Law Center Attorney Dennie Mayhone. Attendees are entitled to a complimentary in-office consultation.

Donal Snyder Community Center. To make reservations, call (228) 872-3123 or toll free 1-877-385-7393.

- Cost of Living was: New House – \$113,150  
New Car – \$15,500  
Average Income – \$35,900 per year  
Average Rent – \$550 per month  
Gasoline – \$1.09 per gallon
- Cost of Food was: Eggs – \$0.87 per dozen  
Fresh Bread – \$2.02 per loaf  
Milk – \$1.48 per gallon
- Music: *All I Wanna Do (Sheryl Crow)*
- Movies: *The Usual Suspects (Kevin Spacey, Benecio Del Toro, Steven Baldwin)*

**This was the Year – 1995**

**Did You Know?**



## THOUGHT FOR THE MONTH

*“The eye sees only what the mind is prepared to comprehend.”*

–Heneri Bergson 1859-1941, French Philosopher and Educator

## Special Thanks

Thanks Biloxi Regional Medical Center, Wanda Shaw, RSVP Retired Volunteer Program, Magdalena Holland, HealthSpring, Rachel Price and City of Biloxi for a job well done in helping plan and work the Senior's Patriotic Dance which was held July 3rd at the Donal Snyder Community Center. (A special thank you to Tina Cowart, Reservationist, City of Biloxi and the Donal Snyder Community Center Staff.)



## Movie & Popcorn!

Thursdays, 1:30 p.m.

August 7th:

### **27 Dresses**

starring Katherine Heigl and James Marsden

August 14th:

### **The Bucket List**

starring Jack Nicholson and Morgan Freeman

August 21st:

### **The Golden Compass**

starring Nicole Kidman, Dakota Blue Richards, Kathy Bates and Daniel Craig

August 28th:

### **10,000 B.C.**

starring Steven Strait and Camilla Belle

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, August 25th, 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

Wednesday, August 20th • 11 a.m.

Donal Snyder Community Center. Please RSVP by August 16th to Amanda, 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.

---

## August Classes & Happenings

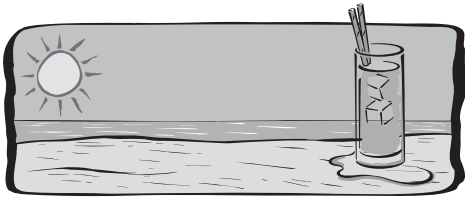
- **Stretch & Strengthen Class:** Mondays, Wednesdays, and Fridays, 2 p.m. at the Donal Snyder Community Center; Tuesdays and Thursdays, 10 a.m. at the Biloxi Community Center. Classes promote joint flexibility, endurance, muscle strength, coordination and increased range of motion. *Class is co-sponsored by the Arthritis Foundation (Take Control. We Can Help).* **There will be no class on Wednesday, August 20th 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, August 29th, 10 a.m. at the Donal Snyder Community Center in the craft room. *Craft project will be a stencil painted apron.*
- **Pokeno!** Friday, August 8th, 10 a.m. at the Donal Snyder Community Center and Monday, August 11th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, August 19th, 12:30 p.m. in the craft room and room #2 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!** Friday, August 22nd, 10 a.m. at the Donal Snyder Community Center and Monday, August 25th, 10 a.m. at the Biloxi 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.
  - **AARP Driving Safety Class:** August 19th in Meeting Room #1 and August 20th in Meeting Room #2 at the Donal Snyder Community Center 8:30 a.m.-12:30 p.m. For more information contact Brent Woodfill at (228) 463-1238.
  - **Senior Games:** Various senior games will be offered by the City of Biloxi beginning in September. Games will include but not be limited to: swimming, basketball, table tennis, pool, dominos, checkers, shuffleboard, and more to come. There will be a Senior Games meeting on Saturday, August 29, 2008, 8 a.m. at the Donal Snyder Community Center and an opening session of games following the meeting for anyone who is interested. For more information contact Gwen Johnson, Senior Programmer, (228) 435-6281, email gjohnson@biloxi.ms.us or Jamie Lee, Recreation Superintendent, (228) 435-6205, jlee@biloxi.ms.us.
-



# August 2008

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<ul style="list-style-type: none"> <li>• DSCC - Donal Snyder Sr. Community Center</li> <li>• BCC - Biloxi Community Center</li> </ul> (Classes that are not labeled either DSCC or BCC will be held at the regular Donal Snyder location.)			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.			1	2
Answer 1: Ulysses S. Grant (in 1879, two years after leaving office.) Answer 2: Cabbage Answer 3: James Cash							
3	4	5	6	7	8	9	
	Stretch & Strengthen Class 2 p.m.-DSCC	Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	Stretch & Strengthen Class 2 p.m.-DSCC	Stretch & Strengthen 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Medicaid Seminar 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	Pokeno 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC		
10	11	12	13	14	15	16	
Pokeno 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	Stretch & Strengthen Class 2 p.m.-DSCC	Stretch & Strengthen 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	Stretch & Strengthen Class 2 p.m.-DSCC		
17	18	19	20	21	22	23	
Stretch & Strengthen Class 2 p.m.-DSCC	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	Senior Luncheon 11 a.m.-DSCC BINGO! 1 p.m. Stretch & Strengthen Class NO CLASSES TODAY	Stretch & Strengthen 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	Stretch & Strengthen 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	Bonco! 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC		
24	25	26	27	28	29	30	
	Bonco! 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	Stretch & Strengthen Class 2 p.m.-DSCC	Stretch & Strengthen 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	Craft Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC		
31							
Newsletter Volunteers Needed: 10 a.m.							

# 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

## Chocolate Cream Pie

- 2 Eggs
- 1 quart Milk
- 2 Tbs. Cocoa
- 3/4 cup Sugar
- 1/2 cup Flour
- 1 tsp. Vanilla

Combine all ingredients except vanilla. Blend well, cook until thick (Stir while cooking or it will lump). Cool and add vanilla. Put in a graham cracker pie crust and top with Cool Whip or pour into a baked pie pastry and top with meringue.

This can also be used to make banana pudding by omitting cocoa. Use one 12 oz. can of evaporated milk and add water (to make quart).

— June Casey, Lucedale, MS

*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

PRESORTED  
STANDARD  
U.S. POSTAGE  
PAID  
PERMIT #57  
BILOXI, MS 39530