



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • biloxi.ms.us/pr • June 2009

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



June '09 Dates to Celebrate & Remember

- June 1st-November 30th - Atlantic, Caribbean, Gulf Hurricane Season
- June 14th - National Flag Day
- June 15th-21st - National Men's Health Week
- June 19th - Juneteenth
- June 21st - Father's Day
- June 21st - Summer Begins
- June 26th - Take Your Dog to Work Day
- June 29th - Take My Child/Children to Work Day

June Trivia

- What movie earned Tom Hanks his third straight Oscar nomination, in 1996?
- What Memphis mansion was opened to the public in 1982?

See the calendar for the answers.

JUNE IS National Safety Month

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

The American tradition of celebrating Father's Day was the idea of Sonora Smart Dodd of Spokane, WA. She got it while listening to a Mother's Day sermon at her church in May 1920. She thought about her widowed father, William Jackson Smart, a Civil War veteran, who raised her and her five brothers alone and other fathers everywhere for their unsung feats. (Her mother died many years before during childbirth.)

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 national 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. In the U.S., Father's Day is the fifth largest card-sending occasion with over 100 million cards given.

Happy Father's Day!



THOUGHT FOR THE MONTH

"The little unremembered acts of kindness and love are the best parts of a person's life."

-William Wordsworth



Movie & Snack!

Thursdays, 1:30 p.m.

June 4th:

Bride Wars

starring Kate Hudson & Anne Hathaway

June 11th:

Yes Man

starring Jim Carrey & Zooey Deschanel

June 18th at 1 p.m.:

Australia

starring Nicole Kidman & Hugh Jackman

June 25th:

Seven Pounds

starring Will Smith & Rosario Dawson

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 and label the Top of the Hill Newsletter. Please contact Gwen Johnson at (228) 435-6148 to see when newsletter will be ready for folding.

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Senior Potluck Luncheon & Speaker

Wednesday, June 17th • 11 a.m., Snyder Center

Speaker will be Lynda Bush with Biloxi Regional Medical Center.

Please RSVP by Friday, June 12th. Please RSVP to the Snyder Center to Amanda Canaan or Julie Kessen at (228) 436-5191.

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

Bingo! – 1 p.m.-2 p.m. after the luncheon.

June Classes & Happenings

- **Stretch & Strengthen Class:** Mondays, Wednesdays, and Fridays, 2 p.m. at the Snyder 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 17th due to the Senior Luncheon.**
- **Tai Chi Class:** Tuesdays and Thursdays, 10 a.m. at the Snyder 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, increase burn calories, increase muscle conditioning and body shaping, reduce stress, improve sleeping and eating habits, and helps you to lose weight and maintain current weight. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe.
- **Bonco:** Monday, June 8th, 10 a.m. at the Biloxi Community Center and Monday, June 22nd, 10 a.m. at the Snyder Center.
- **Bridge:** Tuesday, June 16th, 12:30 p.m. in the craft room and room #2 at the Snyder 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.
- **Yoga Class:** Tuesdays, 11 a.m. at the Snyder Center. The instructor is Patsy Fortenberry of Bayview Yoga, LLC. Items you will need: a yoga exercise mat and a sturdy belt or strap. There is a minimal cost for this class.
- **Craft Class:** Friday, June 12th, 10 a.m. at the Snyder Center. The craft project will be patriotic wreaths.

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 Patriotic Dance** – July 2nd at the Snyder Center from 2 p.m.- 4 p.m. sponsored by the City of Biloxi, Biloxi Regional Medical Center, HealthSprings and RSVP. Seating limited. Please RSVP to Gwen Johnson at (228) 435-6148, before Thursday, June 25th.
 - **Caregiver Seminar** – July 16, Snyder Center, 5:15-7 p.m. Sponsored by City of Biloxi/Airman & Family Readiness Center Keesler Air Force Base. Learn all you can about taking care of parents or grand parents including: Legal Issues in aging, Resources & Services, Coping Skills, Making your Parents a Dependent. RSVP to Airman & Family Readiness Center (228) 376-8728/8513 or email Sandra.Brzovic@keesler.af.mil.
 - **For information about Senior Programming at Donal Snyder Community Center and Biloxi Community Center contact Gwen Johnson at (228) 435-6148 or email seniors@biloxi.ms.us.**
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Recreation Office:
435-6148

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436-5191

Biloxi Community
Center:
374-2853

Director of Parks & Recreation:

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Assistant Director
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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

Maja Blanca

- 1 14 3/4 oz. can Sweet Corn Cream Style
- 1 14 oz. can Coconut Milk
- 1 12 oz. can Evaporated Milk
- 1 or 1 1/2 cups White Sugar
- 1 cup Corn Starch
- 1 tsp. Vanilla
- 2 drops Yellow Food Coloring

Mix all ingredients in a cooking pot. Stir constantly until it thickens. Pour in a dish or mold. Cool and slice into pieces.

Are you in the loop?

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

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