



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

Happy Birthday to all Seniors in the month of July!



July '09 Dates to Celebrate & Remember

- July 3rd - U.S. Independence Day Observed
- July 4th - Independence Day
- July 10th - Dental Awareness Day
- July 12th-18th - National Therapeutic Week
- July 19th - National Ice Cream Day
- July 31st - National Father-In-Law Day

July Trivia

- Who was the first U.S. President depicted on a U.S. coin?
- Who is the 35th President and youngest (age 43) to be elected?

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. 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 federal legal holiday.

Today, families and friends gather together to celebrate, usually with outdoor picnics and barbecues, ribbons, and flags. Parades and gatherings are often held during the day with public displays of fireworks at night.

Still Not There

Written by Robert "Bob" Fountain (6-9-08)

As I entered the gate an angel took me by the hand
 Said come with me as he led me to a man
 Who had a long beard and a pleasant smile
 He said welcome, you'll be here a while
 The gate closed behind me.
 Thousands of angels appeared
 Surely this must be heaven.
 It's peaceful and so dear.
 The man said no, this just a stopping place
 The journey is not through, God has other plans,
 So far a while we'll just hold you
 Suddenly I awoke with nurses all around,
 I could hear one say "A Heart Beat I Have Found."

FREE SENIOR WORKSHOPS

- **Senior Free Hurricane Preparedness Workshop** – July 9th at the Donal Snyder Community Center from 9 a.m.-12 noon sponsored by HealthSprings.
- **Free Heat Stroke Awareness Workshop** July 21st at the Donal Snyder Community Center from 9 a.m.-12 noon sponsored by HealthSprings.
- **Contact Gwen Johnson at (228) 435-6148 for more information about the workshops.**

THOUGHT FOR THE MONTH

"Personality can open doors, but only character can keep them open."

-Elmer G. Letterman, Business Executive



Movie & Snack!

Thursdays, 1:30 p.m.

July 2nd:

No movie due to the Patriotic Dance. 2 p.m.-4 p.m.

July 9th:

Mamma Mia!

starring Meryl Streep & Pierce Brosnan

July 16th:

Mall Cop

starring Kevin James & Keri O'Donnell

July 23rd:

The Visitor

starring Richard Jenkins & Hiam Abbass

July 30th:

Beverly Hills Chihuahua

starring Drew Barrymore, Andy Garcia, Jamie Lee Curtis & George Lopez

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.

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

Senior Potluck Luncheon & Speaker

Wednesday, July 15th • 11 a.m., Snyder Center

Please RSVP by Friday, July 10th. Please RSVP to the Snyder Center to Amanda Canaan or Julie Kessen at (228) 436-5191.

Please bring only desserts, rolls/bread or salads (garden, macaroni, potato, cole slaw) to the Potluck Luncheon.

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.

July 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.)* **Class will be cancelled on the following dates: Friday, July 3rd, Thursday, July 2nd, at the Biloxi Community Center due to the Patriotic Dance and Wednesday, July 15th for 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.
- **Pokeno:** Monday, July 13th, 10 a.m. at the Snyder Center and Monday, July 20th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, July 21st, 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.

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** – Put your Dancing Shoes on and Show your Patriotic Spirit! 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.
- **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.
- **The Wiz** – presented by WINGS Performing Art Program at MGCCC/Jeff Davis Campus, July 17-19. Ticket information online at www.lmdc.org or call (228) 897-6039. For more information contact Mary Anne Caldwell, APR, Lynn Meadows Discovery Center.
- **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.**

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

Stuffed Crabs

- 1 stick Butter or Oleo
- 1 Onion, chopped
- 1 Bell Pepper, chopped
- 1 1/2 C. Bread Crumbs
- Salt & Pepper (to taste)
- 1 bunch Green Onions, chopped
- 1/2 C. Parsley
- 3 ribs Celery, chopped
- 3 Eggs
- 1 lb. Crab Meat (or more)

Put onions, celery and bell pepper in food processor. Then sauté in butter. Put in bowl, adding other ingredients and mixing well. Make into patties or stuff crab shells.

Are you in the loop?

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

ADDRESS SERVICE REQUESTED

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



Donal Snyder Sr.
Community Center
2520 Pass Road
Biloxi, MS 39531