



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

Happy Birthday to all Seniors in the month of August!



August '09 Dates to Celebrate & Remember

- August 3rd-9th - National Smile Week
- August 4th - National Night Against Crime
- August 8th-16th - Elvis Presley Week Memphis, TN
- August 9th - Family Day

August Trivia

- Two-thirds of all people tilt their heads which way to kiss?
- According to ads, what product targeted "ring around the collar"?
- In what state were "My Governor Can Beat Up Your Governor" bumper stickers popular, beginning in 1998?

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.

Thank You

Thanks Biloxi Regional Medical Center, Wanda Shaw, RSVP Retired Volunteer Program, Magdalena Holland, HealthSpring, Debra Pollitz, and City of Biloxi for a job well done in helping plan and work the Senior's Patriotic Dance which was held July 2nd at the Donal Snyder Community Center. (A special thank you to Mrs. Brenda Johnston, at the Mayor's Office and James Carson, City of Biloxi, Parks & Recreation.)

This was the Year – 1949 Did You Know?

- Cost of Living was: New House - \$7,450
Average Income - \$2,959 per year
New Car - \$1,420
Average Rent - \$70 per month
Gasoline - \$0.16 per gallon
- Cost of Food was: Milk - \$0.84 per gallon
Fresh Bread - \$0.14 per loaf
Eggs - \$0.24 per dozen
Bacon - \$0.50 per pound
Granulated Sugar - \$0.85 per 10 pounds
Ground Coffee - \$0.65 per pound
- Music: *Again (Doris Day)*
Dance of the Hours (Spike Jones)
Blue Moon (Mel Tormé)

THOUGHT FOR THE MONTH

"The eye sees only what the mind is prepared to comprehend."

- Heneri Bergson (1859-1941), French Philosopher and Educator



Movie & Snack!

Thursdays, 1:30 p.m.

August 6th:

He's Just Not That Into You

starring Jennifer Anniston & Ben Affleck

August 13th:

New In Town

starring Renee Zellweger & Harry Connick Jr.

August 20th:

The Curious Case of Benjamin Button

starring Brad Pitt, Cate Blanchett & Tjara P. Henson

August 27th:

Taken

starring Liam Neeson, Maggie Grace & Famke Janssen

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
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(228) 435-6148
gjohnson@biloxi.ms.us

Senior Potluck Luncheon & Speaker

Wednesday, August 19th • 11 a.m., Biloxi Community Center

Please RSVP by Friday, August 14th. 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.

August 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 Wednesday, August 19th for the Senior Luncheon and Friday, August 28th due to the center being booked for an event.
- **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, August 10th, 10 a.m. at the Snyder Center and Monday, August 24th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, August 18th, 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!

- We are still in the process of updating our senior mailing list. If you still would like to receive the **Top of the Hill** Newsletter, please send your information to: Gwen Johnson at P.O. Box 775, Biloxi, MS, 39533 or email to gjohnson@biloxi.ms.us. Please list your First and Last Name, Mailing Address and Zip Code.
 - AARP Driving Safety Class Thursday, August 27th, in Meeting Room #2 at the Donal Snyder Community Center, 8:30 a.m-12:30 p.m. For more information contact Ed Beason at (228) 392-6326.
 - 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

Donal Snyder Sr.
Community Center:
436-5191

Biloxi Community
Center:
374-2853

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Gwen Johnson

Mayor A.J. Holloway
and the Biloxi City Council

George Lawrence

William "Bill" Stallworth

Lucy Denton

Clark Griffith

Tom Wall

Edward "Ed" Gemmill

David Fayard

Recipe of the Month

Shrimp Pasta Salad

- 1 lb. highly seasoned Boiled Shrimp
- 1 small pkg. Elbow Macaroni, cooked
- 4 to 5 hard-boiled Eggs, chopped
- 1/2 bunch chopped Green Onions
- Mayonnaise, enough to make mix wet
- 1 tsp. Mustard
- Dash of Worcestershire sauce
- Black Pepper

Mix all ingredients together well. Place in a covered container and refrigerate several hours overnight. Serve with crackers.

-Melba McIlwain - Biloxi, MS

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