



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • biloxi.ms.us/pr • June 2010

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



**June '10
Dates to Celebrate
& Remember**

- June 1st-November 30th –
Atlantic, Caribbean, Gulf
Hurricane Season
- June 14th –
Flag Day
- June 14th-20th –
National Men's Health Week
- June 19th –
Juneteenth
- June 20th –
Father's Day
- June 21st –
Summer Begins
- June 25th –
Take Your Dog to Work Day
- June 25th –
Take Your Child to Work Day

June Trivia

- Who owns the majority of Mississippi River beaches?
- Who directed the 1992 film, "A River Runs Through It"?
- The Mississippi River flows through which two state capitals?

See the calendar for the answers.

City of Biloxi Parks & Recreation Department Presents

JUNETEENTH

June 19th

Begins at 4 p.m. & ends after the movie!

Doris C. Busch Park, 645 Esters Blvd

- **Entertainment** • **Dessert & Game Booths**
- **Movie Night (Blind Side)** • **Games for Family**
- **Family BBQ Picnic**

Booths FREE for Games and BBQ; Minimal charge for other booths offered.

Fraternity and Sorority Step Off Competition!

This year, more than 200 communities across the United States will be celebrating the freedom of those who were once enslaved.

This day of observance is called Juneteenth and is held annually on June 19. It has also been referred to as Freedom Day or Emancipation Day and in some parts of the country, it's called Jun-Jun.

Happy Father's Day

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.

THOUGHT FOR THE MONTH

Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.

– Nathaniel Hawthorne



Movie & Popcorn!

Thursdays, 1:30 p.m.

June 3rd:

Tooth Fairy

starring Dwayne Johnson & Ashley Judd

June 10th:

Avatar (starts at 1 p.m.)

starring Sam Worthington & Zoe Saldana

June 17th:

Flicka 2

starring Tim McGraw & Alison Lohman

June 24th:

Did You Hear About The Morgans

starring Hugh Grant, Sarah Jessica Parker & Sam Elliott

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 Luncheon & Speaker

Wednesday, June 16th • 11 a.m.

Donal Snyder Community Center

Sponsored by The Culinary Institute

To reserve a seat, please RSVP before Friday, June 11th.

RSVP at the Donal Snyder Community Center to Amanda Canaan or Wayne Aronson 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.

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 Dr. Frank Gruich 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, 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 wear a good walking shoe and stretch.
- **Bonco:** Monday, June 7th, 10 a.m. at the Dr. Frank Gruich Community Center.
- **Pokeno!** Monday, June 21st, 10 a.m. at the Snyder Center.

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 Dr. Frank Gurich Community Center from 2-4p.m. sponsored by the City of Biloxi, Biloxi Regional Medical Center, and RSVP. There will be limited seats, please RSVP to Gwen Johnson at (228) 435-6148, before Friday, June 25th.
 - For more information about senior programming please contact Gwen Johnson at (228) 435-6281.
 - Thank you to the Culinary Learning Center for sponsoring the Senior Luncheon.
 - A Special thank you to the Staff at Donal Snyder Community Center for their help with the R.I.P.E Conference held May 6th and the Caregiving Seminar held May 20th.
 - A Special thank you to the Culinary Institute for sponsoring May's Senior Luncheon.
-

Recreation Office:

435-6148

**Donal Snyder Sr.
Community Center:**

436-5191

**Dr. Frank Gruich
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

Lucy Denton

Clark Griffith

Tom Wall

Edward "Ed" Gemmill

David Fayard

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

Turn your email into Bmail.

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



Parks and Recreation Department

P.O. Box 775

Biloxi, MS 39533