



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



*July '10 Dates  
to Celebrate &  
Remember*

- July 1st –  
U.S. Independence Day
- July 5th –  
Independence Day Observed
- July 9th –  
Dental Awareness Day
- July 18th –  
National Ice Cream Day
- July 30th –  
National Father-In-Law Day

## July Trivia

- Why is the U.S. flag folded into a triangle when not being flown?
- Who is the only U.S. President who never lived in the White House?
- Name the four state capitals named after U.S. Presidents.  
See the calendar for the answers.

## EMERGENCY PREPAREDNESS TIPS

Disaster can strike without warning, forcing you to go for days without basic necessities or to evacuate your home. Relief workers will be on the scene following a disaster, but may not be able to reach you immediately. You need to be prepared. Knowing the steps to take during a disaster, whether flooding, tornadoes, earthquakes or another crisis, can greatly reduce the danger and distress your family may face. This guide will help you and your family plan for a variety of emergency situations, persevere during them and recover afterwards. Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help your family manage disasters with less worry, fear and uncertainty.

### Hurricane Basic Emergency Plan

- Decide what you and your family would do in each potential emergency situation.
- Draw a floor plan of your home showing escape routes.
- Choose a place away from your neighborhood where family members can meet in case you are separated and cannot return home due to a disaster.
- Identify a friend or relative who lives out of the area for family members to contact if you are separated.
- Post emergency numbers by every phone and teach children how and when to dial 911.
- Know how to shut off the water, gas & electricity at the main switches in your home.
- Plan how to help elderly or disabled neighbors in a disaster.
- Check that your insurance policies are up –to-date and provide good coverage.

### Disaster Supply Kit

- Water & Food - pack at least one gallon per person per day for at least three days. Pack enough food to last each family member at least three days. Include canned and boxed foods because they require little preparation & stay good for long periods of time. Include foods for infants and family members with special diets. (Bring manual can opener or buy self-opening cans.) Paper cups, plates, & utensils.
- Tools & Equipment - Battery-powered radio, flashlights & batteries.
- Change of clothing & extra pair of shoes & socks for each person.
- Bring a blanket or sleeping bag for each person. Toothbrushes, toothpaste, shampoo, deodorant & other toiletries.
- Personal items - Personal identification, copies of birth & marriage certificates, inventory of household goods, bank account numbers & other important documents.
- Extra car & house keys.
- Prescription medications.

## THOUGHT FOR THE MONTH

*Liberty is the breath of life to nations.*

– Nathaniel Hawthorne



## Movie & Popcorn!

Thursdays, 1:30 p.m.

July 1st:

### **Valentine's Day**

starring Julia Roberts, Emma Roberts & Patrick Dempsey

July 8th:

### **When In Rome**

starring Kristen Bell, Josh Duhamel & Anjelica Huston

July 15th:

### **Hurricane Season**

starring Forest Whitaker & Isaiah Washington

July 22nd:

### **Dear John**

starring Channing Tatum & Amanda Seyfried

July 29th:

### **Crazy on the Outside**

starring Tim Allen, Ray Liotta & Julie Bowen

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 Luncheon & Speaker

Wednesday, July 21st • 11 a.m. Donal Snyder Community Center

To reserve a seat, please RSVP before Friday, July 16th.

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.

## 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 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 Friday, July 2nd for the Patriotic Dance at the Gruich Community Center, Monday, July 5th (City of Biloxi - Holiday) and Wednesday July 21st 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, 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.
- **Pokeno!** Monday, July 12th, 10 a.m. at the Dr. Frank Gruich Community Center.
- **Bonco:** Monday, July 26th, 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!

- **"Put Your Dancing Shoes On and Show Your Patriotic Spirit"** Senior Patriotic Dance will be held Friday July 2nd, 2-4 p.m. Dr. Frank Gruich Community Center. Sponsored by: City of Biloxi, Parks & Recreation Department, Biloxi Regional Medical Center & RSVP.
- **American Red Cross Senior Knapsack Project.** Snyder Community Center, Wednesday, July 21, 2010 at 11 a.m. Come fill your new American Red Cross Knapsack! Preparedness specialists will help you get ready for any disaster. Learn how to organize your important documents & take care of yourself in an emergency. Sponsored by the American Red Cross
- **New!** City of Biloxi Parks & Recreation Department will be offering Jewelry Classes in September. For information contact Gwen Johnson at (228) 435-6281.
- For more information about senior programming please contact Gwen Johnson at (228) 435-6281.

Recreation Office:  
435-6148

Donal Snyder Sr.  
Community Center:  
436-5191

Dr. Frank Gruich  
Community Center:  
374-2853

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

# 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. The 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.

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