



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



## August Dates to Celebrate & Remember

- August 1st – Friendship Day
- August 3rd – National Watermelon Day
- August 3rd – Annual Night Out Against Crime
- August 8th – Family Day

## August Trivia

- What is the fastest dog breed?
  - What type of dog did President Barack Obama and his wife get for their daughters shortly after moving into the White House?
  - What is the mascot for the United States Marine Corps?
- See the calendar for the answers.

## AUGUST IS Summer Fun Month

### STRESS RELIEF TIPS

Stress is a part of everyone's life. It can be a good thing; a little stress can heighten your senses and productivity. However, too much stress can create or worsen physical and emotional problems. Manage your stress levels through a healthy lifestyle and simple tension-reducing activities.

- Talk things out. Don't hold in feelings of anger, joy, hurt, sadness, frustration or excitement.
- Exercise regularly, and eat right. Eat foods high in protein, and vitamin C & B.
- Do not use drugs, alcohol or tobacco to cure stress. Tranquilizers & sleeping pills should be used only under a doctor's care.
- Develop a positive attitude.
- Work at managing time efficiently.
- Learn to unwind with music, meditation or visual imagery.
- Develop a support network of people you can count on for help.
- Get enough sleep each night.

## This was the Year – 1961

### Did You Know?

- Cost of Living was:
  - New House – \$12,550
  - Average Income – \$3,315 per year
  - New Car – \$2,849
  - Average Rent – \$110 per month
  - Movie Ticket – \$1
  - Postage Stamp – \$0.04
- Cost of Food:
  - Granulated Sugar – \$0.89 per 10 lbs.
  - Ground Coffee – \$0.85 per lb.
  - Eggs – \$0.30 per dozen
  - Vitamin D Milk – \$1.05 per gallon
  - Fresh Bread – \$0.21 per loaf

### THOUGHT FOR THE MONTH

*“You never know when one kind act, or one word of encouragement, can change a life forever”*

– Zig Ziglar



## Movie & Snack!

Thursdays, 1:30 p.m.

August 5th:

### **Remember Me**

starring Robert Pattinson & Emile de Ravin

August 12th:

### **Old Dogs**

starring John Travolta, Robin Williams & Kelly Preston

August 19th:

### **Invincible**

starring Morgan Freeman & Matt Damon

August 26th:

### **Northern Lights**

starring Leann Rimes & Eddie Cibrian

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, August 18th • 11 a.m. Dr. Frank Gruich Community Center

Speaker will be Mr. Bill Atchison, Bradford O'Keefe

To reserve a seat, please RSVP before Friday, August 13th. (Everyone must RSVP.)

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.

All seniors, it is mandatory to RSVP for the luncheon & other special events.

## 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 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, August 18th 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.
- **Bonco:** Monday, August 9th, 10 a.m. at the Snyder Center.
- **Pokeno!** Monday, August 23rd, 10 a.m. at the Dr. Frank Gruich Community 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!

- **New!** City of Biloxi Parks & Recreation Department will be offering Jewelry Classes in September. For information contact Gwen Johnson at (228) 435-6281.
- **Thank You!** Biloxi Regional Medical Center, Wanda Shaw, RSVP Retired Volunteer Program, Magdalena Holland, and City of Biloxi for a job well done in helping plan the Senior's Patriotic Dance which was held Friday, July 2nd at the Dr. Frank Gruich Community Center.
- For more information about senior programming please contact Gwen Johnson at (228) 435-6281.

# Recipe of the Month

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

## Chocolate Cream Pie

- 2 Eggs
- 1 quart Milk
- 2 Tbs. Cocoa
- 3/4 cup Sugar
- 1/2 cup Flour
- 1 tsp. Vanilla

Combine all ingredients except vanilla. Blend well, cook until thick (Stir while cooking or it will lump). Cool and add vanilla. Put in a graham cracker pie crust and top with Cool Whip or pour into a baked pie pastry and top with meringue.

This can also be used to make banana pudding by omitting cocoa. Use one 12 oz. can of evaporated milk and add water (to make quart).

— June Casey, Lucedale, MS

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