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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

## Recipe of the Month

### Grilled Sirloin Kebobs

#### MARINADE

- 5 garlic cloves, crushed
- 2 tablespoons finely chopped fresh ginger
- 1/2 cup low-salt soy sauce
- 1/4 cup olive oil
- 1 tablespoon sugar
- 1 cup pineapple juice
- 1 teaspoon black pepper

1. First, prepare the marinade. In a medium-size bowl, whisk together the garlic, ginger, soy sauce, olive oil, sugar, pineapple juice, and black pepper.
2. To make kebobs, score the beef cubes by piercing each side several times with a sharp knife (this allows the marinade to penetrate). Add the beef to the bowl of marinade and stir to coat well. Marinate in the refrigerator overnight (or at least 8 hours), turning occasionally.
3. When you are ready to grill, skewer the meat, then barbecue the kebobs over medium heat for 4 to 7 minutes per side (medium rare). Remove the skewers and serve. Serves 6.

#### KEBOBS

- 2 pounds sirloin steak, cut into cubes

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Parks and Recreation Department  
P.O. Box 775  
Biloxi, MS 39533



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# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department

[biloxi.ms.us/pr](http://biloxi.ms.us/pr)

June 2011

Happy Birthday to all Seniors  
in the month of June!  
Happy Father's Day to  
all the Fathers!



June Dates to  
Celebrate & Remember!

June 1st – November 31st:  
Atlantic, Caribbean, Gulf  
Hurricane Season

June 14th: Flag Day

June 19th: Juneteenth

June 19th: Father's Day

June 21st: Summer Begins

June 24th: Take Your Dog  
to Work Day

June 27th: Take My Child/  
Children to Work Day

#### June Trivia

- How many children did George and Martha Washington have together?
- Where did Peyton and Eli Manning's father begin his pro football career?
- What were the names of Ben Cartwright's sons in TV's Bonanza?

See Calendar for answers.

## JUNE IS National Safety Month

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

### JUNETEENTH

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 called Jun-Jun.

### 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:

"SMALL THINGS, DONE WITH GREAT LOVE, BRINGS JOY AND PEACE."

– MOTHER TERESA, NOBEL PEACE PRIZE WINNER



## Movie & Snack!

Thursdays, 1:30 p.m.

June 2nd

HOW DO YOU KNOW  
starring Reese  
Witherspoon, Paul Rudd  
and Owen Wilson

June 9th

THE SWITCH  
starring Jennifer Aniston,  
Jason Bateman and  
Patrick Wilson

June 16th

LIFE AS WE KNOW IT  
starring Katherine Heigl  
and Josh Duhamel

June 23rd

THE SORCERER'S  
APPRENTICE  
starring Nicolas Cage,  
Jay Baruchel and Alfred  
Molien

June 30th

no movie due to the  
Patriotic Dance  
All movies are rated PG-13 or  
PG. However, there may be  
some obscenities. All movies  
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  
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gjohnson@biloxi.ms.us

## Senior Potluck Luncheon & Speaker

Wednesday, June 15th, 11:00 a.m. at the Donal Snyder Community Center.  
Special Guest: Lana Welsh, Executive Assistant Humane Society of South Ms.  
Everyone must bring a covered dish.

To reserve a seat RSVP by June 10th, to 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 Diagnostic and Friends  
Five-O Senior Organization.

## June Classes & Happenings

- **Stretch & Strengthen Class:** Every Monday, Wednesday and Friday, 2 p.m. at the Donal Snyder Community Center; Tuesday, 10 a.m. at the Dr. Frank G. Gruich Community Center. The class promotes joint flexibility, endurance, muscle strength, coordination and increased range of motion. This class is co-sponsored by the Arthritis Foundation. (Take Control. We can Help.)

- **Tai' Chi Class:** Every Tuesday and Thursday, 10 a.m. at the Donal Snyder Community 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 Program 55+:** 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.

- **Bingo:** Monday, June 6th, at 10 a.m. at the Snyder Community Center.

- **City of Biloxi Juneteenth Celebration:** June 18, 4:30 p.m. – 7:30 p.m. John Henry Beck Park, 671 Division St. For more information contact Cheryl Bell, cbell@biloxi.ms.us.

## Upcoming Activities

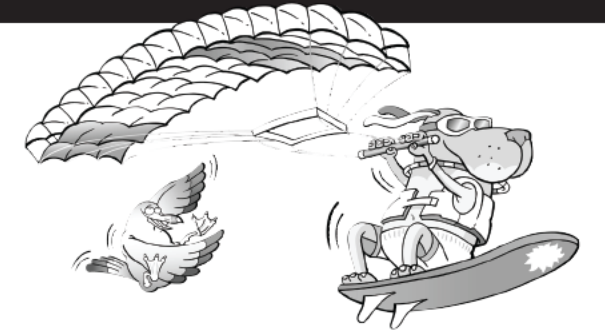
- **Senior Patriotic Dance:** June 30th at the Donal Snyder Community Center from 2 p.m. – 4 p.m. Sponsored by the City of Biloxi, Biloxi Regional Medical Center, and RSVP. There will be limited seats please RSVP to Gwen Johnson at (228) 435-6148, before Friday, June 24th.

A Special thank you to the Staff at Donal Snyder Community Center for their help with the R.I.P.E Conference held May 5th.

Please call 436-5191 to sign up for each class. For information about senior programming contact Gwen Johnson at (228) 435-6281.

## Calendar of Events - June 2011

# Sun & Fun!



| SUN                               | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SAT   |
|-----------------------------------|--|--|--|---|---|---|
|                                   |  |  | 1<br>Stretch & Strengthen Class – 2 p.m. DSCC<br>Hurricane Season Begins                                     | 2<br>Tai Chi – 10 a.m. DSCC<br>Movie & Snack – 1:30 p.m.  | 3<br>Stretch & Strengthen Class – 2 p.m. DSCC                               | 4   |
| JUNE is National Safety Month!!   |  |  |  |   |   |   |
| 5                                 | 6<br>Bingo – 10 a.m. DSCC<br>Stretch & Strengthen Class – 2 p.m. DSCC  | 7<br>Stretch & Strengthen Class – 10 a.m. FGCC<br>Tai Chi – 10 a.m. DSCC                   | 8<br>Stretch & Strengthen Class – 2 p.m. DSCC  | 9<br>Tai Chi – 10 a.m. DSCC<br>Movie & Snack – 1:30 p.m.  | 10<br>Stretch & Strengthen Class – 2 p.m. DSCC                              | 11  |
| 12                                | 13<br>Stretch & Strengthen Class – 2 p.m. DSCC                         | 14<br>Stretch & Strengthen Class – 10 a.m. FGCC<br>Tai Chi – 10 a.m. DSCC<br>Flag Day      | 15<br>Stretch & Strengthen Class – 2 p.m. DSCC<br>Senior Luncheon – 11 a.m. DSCC                             | 16<br>Tai Chi – 10 a.m. DSCC<br>Movie & Snack – 1:30 p.m.   | 17<br>Stretch & Strengthen Class – 2 p.m. DSCC                              | 18<br>City of Biloxi Juneteenth Celebration |
| 19<br>Father's Day<br>June-teenth | 20<br>Bonco – 10 a.m. DSCC<br>Stretch & Strengthen Class – 2 p.m. DSCC | 21<br>Stretch & Strengthen Class – 10 a.m. FGCC<br>Tai Chi – 10 a.m. DSCC<br>Summer Begins | 22<br>Senior Health & Wellness Expo – 9 a.m.-1p.m. DSCC<br>Stretch & Strengthen Class – 2 p.m. DSCC          | 23<br>Tai Chi – 10 a.m. DSCC<br>Movie & Snack – 1:30 p.m.   | 24<br>Stretch & Strengthen Class – 2 p.m. DSCC<br>Take Your Dog To Work Day | 25  |
| 26                                | 27<br>Take Your Child To Work Day                                      | 28<br>Stretch & Strengthen Class – 10 a.m. FGCC<br>Tai Chi – 10 a.m. DSCC                  | 29<br>Stretch & Strengthen Class – 2 p.m. DSCC<br>30<br>Senior Patriotic Dance – 2 p.m. DSCC<br>No Movie Day | <ul style="list-style-type: none"> <li>• DSCC - Donal Snyder Sr. Community Center</li> <li>• FGCC - Dr. Frank G. Gruich Community Center</li> </ul> <p>(Classes that are not labeled either DSCC or FGCC will be held at the regular Donal Snyder location.)</p> <p>All classes &amp; programs are subject to change &amp; changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.</p> <p>Answers to Trivia: • None • New Orleans Saints (Archie)<br/>• Adam, Hoss and Little Joe</p> |   |   |