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Donal Snyder Sr.
Community Center:
436-5191
Dr. Frank G. Gruich
Community Center:
374-2853
Acting 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

Recipe of the Month

4 Minute Spicy Garlic Shrimp

12 shrimp (Jumbo sized, peeled, deveined, & tails intact) • 2 tablespoons olive oil
2 garlic cloves (crushed with the side of a knife) • 1/4 teaspoon red pepper flakes
1 teaspoon steak seasoning (Montreal Seasoning by McCormick is recommended)
1 teaspoon lemon, zest of • 2 teaspoons lemon juice • 1 tablespoon fresh
parsley (chopped)
Read more: <http://www.food.com/recipe/4-minute-spicy-garlic-shrimp-107997#ixzz1Qax68pYN>

- 1 Heat a large skillet over medium high heat.
- 2 Add olive oil, garlic, red pepper flakes, and shrimp.
- 3 Season with grill seasoning or salt & pepper.
- 4 Cook shrimp 3 minutes or until just pink.
- 5 Toss with lemon zest, juice, & chopped parsley.
- 6 Remove shrimp to a serving platter, leaving the garlic cloves in the pan.

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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

July 2011

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



**July Dates to
Celebrate & Remember!**

July 4th –
U.S. Independence Day
July 17th –
National Ice Cream Day
July 28th –
Dental Awareness Day
July 30th –
National Father-in-Law
Day

National Parks &
Recreation Month

July Trivia



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

See Calendar for answers.

JULY IS National Recreation & Parks Month "Rock Your Park"

Independence Day

Independence Day celebrates the Declaration of Independence that was unanimously adopted by the Continental Congress in Philadelphia on July 4, 1776. 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.

July is National Recreation and Parks Month

Since 1985, Americans have celebrated national Parks and Recreation Month during the month of July to recognize the importance of parks and recreation in establishing and maintaining the quality of life for, and contributing to the physical, economic and environmental well-being of communities. Through efforts by the National Recreation and Park Association (NRPA), the U.S. House of Representatives passed an official resolution for Parks & Recreation Month in 2009. The association supports the national park and recreation community and general public in promoting summer programming and celebration in support of the field.

This year's theme is "Rock your Park!"

Cooking for One or Two

August 10, 2011 - Donald Snyder Community Center - 11am - 1pm
This workshop is for seniors who would like to learn how to prepare a meal for one or two that is on a budget. We will take only 25 participants (only) for this class, you will need to RSVP before August 5th. For more information contact Gwen Johnson at (228) 435-6148 ext #12.

THOUGHT FOR THE MONTH:

"LIBERTY IS THE BREATH OF LIFE TO NATIONS."

– GEORGE BERNARD SHAW

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



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ADDRESS SERVICE REQUESTED



Movie & Snack!
Thursdays, 1:30 p.m.

July 7th
JUST GO WITH IT
starring Adam Sandler,
Jennifer Aniston
and Nicole Kidman
(Comedy)
July 14th
TRUE GRIT
starring Jeff Bridges, Josh
Brolin and Matt Damon
(Western)

July 21st
RABBIT HOLE
starring Nicole Kidman
and Aaron Eckhart
July 28th
HEREAFTER
starring Matt Damon,
Cecile De France and
Frankie McLaren

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
Biloxi, MS 39531
(228) 435-6148
gjohnson@biloxi.ms.us

Senior Luncheon & Speaker

Bring a Dessert.

Wednesday, July 20th, 11a.m. at the Donal Snyder Community Center. Please RSVP by July 15th to the Donal Snyder Community Center to Amanda Canaan or Wayne Aronson at (228) 436-5191.

Health Screening – will begin at 10:30a.m. Screening provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostic, and

Friends - Five / O Senior Organization.

July Classes & Happenings

- **Stretch & Strengthen Class:** Every Monday, Wednesday and Friday, 2p.m. at the Donal Snyder Community Center; Tuesday 10a.m. at the Dr. Frank G. Gruich Sr. 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.) Class will be cancelled on the following date: Monday July 4th (holiday).

- **Tai' Chi Class:** Every Tuesday and Thursday at 10a.m. 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 and pleasant place to walk. Remember to wear a good walking shoe and stretch. Wear sunscreen (SPF of at least 15), a wide-brimmed hat, and sunglasses to protect your skin and eyes. Use sunscreen even on cloudy days.

- **Bingo:** Monday, July 11th, 10 a.m. at Donal Snyder Community Center.

- **Bonco:** Monday, July 25th, 10 a.m. at the Donal Snyder Community Center.

Upcoming Activities

- **The City of Biloxi will celebrate Parks and Recreation Month.** This year's theme is "Rock Your Park" We will celebrate with the following events: "Rock Your Park"

- **Family Movie Night (Yogi Bear)** - July 15, 2011 - 5:30p.m. – until movie is over. Biloxi Town Green. Games and waterslides for the kids. For more information call (228) 435-6339

- **Family Pool Party,** - July 23, 2011 - Biloxi Natatorium, 1384 Father Ryan Ave. Biloxi, MS. - 12:00p.m. – 3p.m. Food, Games and Fun for the kids. For more information call (228) 435-6205

The City of Biloxi offers Senior Citizen programs to all seniors 55 and older at the Donal Snyder Community Center and Dr. Frank G. Gruich Community Center. All activities are free to Biloxi residents. You can view the senior's calendar and activities each month on the city's web site at biloxi.ms.us click on Parks & Recreation, senior programs. For information about Senior Programming contact Gwen Johnson at (228) 435-6148 or Jamie Lee at (228) 435-6185.

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 - July 2011

Sun & Fun!



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
	<ul style="list-style-type: none"> • DSCC - Donal Snyder Sr. Community Center • FGCC - Dr. Frank G. Gruich Community Center <p>(Classes that are not labeled either DSCC or FGCC will be held at the regular Donal Snyder location.)</p> <p>All classes & programs are subject to change & changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.</p>		Answers to Trivia: <ul style="list-style-type: none"> • George Washington • Jackson, MS; Jefferson City, MO; Lincoln, NE; Madison, WI • It represents the tricorner hats worn by American Revolutionary soldiers. 			1	2
	JULY is National Recreation and Parks Month!!						
3	4 Stretch & Strengthen Class – 2 p.m. DSCC Independence Day Holiday for the City	5 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	6 Stretch & Strengthen Class – 2 p.m. DSCC	7 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	8 Stretch & Strengthen Class – 2 p.m. DSCC	9	
10	11 Bingo – 10 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	12 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC Flag Day	13 Stretch & Strengthen Class – 2 p.m. DSCC	14 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	15 Stretch & Strengthen Class – 2 p.m. DSCC	16	
17 National Ice Cream Day	18 Stretch & Strengthen Class – 2 p.m. DSCC	19 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC Summer Begins	20 Stretch & Strengthen Class – 2 p.m. DSCC	21 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	22 Stretch & Strengthen Class – 2 p.m. DSCC Take Your Dog To Work Day	23	
24	25 Bonco – 10 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	26 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	27 Stretch & Strengthen Class – 2 p.m. DSCC	28 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m. Dental Awareness Day	29 Stretch & Strengthen Class – 2 p.m. DSCC	30 National Father-in-Law Day	
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