

Recreation Office:
435-6148
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

Swan's Summer Soup

Ingredients (2 Servings) :

- 4 large tomatoes • 1 avocado - peeled, pitted and diced • 1/2 cup fresh corn kernels
- 2 tomatoes, diced • 1/4 cup chopped fresh cilantro • 1 tablespoon fresh lemon juice
- salt and pepper to taste

On the Web: <http://allrecipes.com/Recipe/Swans-Summer-Soup/Detail.aspx>

Preparation:

Using a juicer, extract the juice of the 4 large tomatoes.

In a medium bowl combine the tomato juice, avocado, corn, 2 diced tomatoes, cilantro, and lemon juice. Season to taste with salt and pepper. Transfer to serving bowls.

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

August 2011

Happy Birthday to all Seniors
in the month of August!



August Dates to Celebrate & Remember!

August 1st - Friendship Day
August 2nd - Annual Night
Out Against Crime
August 3rd - National
Watermelon Day
August 14th - Family Day

August Trivia



- The 1968 Summer Olympics were held here.
 - This country is famous for its democracy despite the fact that less than half of its citizens vote.
 - This country is home to the world's second largest economy and most of the world's pandas.
- See Calendar for answers.

August is Summer Month

Making time for physical activity may seem like a challenge at times, but its abundance of rewards are priceless. Apart from reducing the risk for heart disease and obesity, fitness helps control blood pressure, cholesterol, and diabetes.

The Importance of Staying Hydrated

Water makes up more than half of your body weight, and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body, those tiny cells would die and your body would stop working.

Top 10 Signs of Dehydration

- Thirst
- Sunken eyes
- Dry mouth
- Irritability
- Confusion
- Dizziness
- Decreased urine output
- Increased heart rate
- Fever

Don't wait for the warning signs...

Drink a glass of water or other fluids every couple of hours during the day to prevent confusion, impaired physical performance and loss of appetite.

THOUGHT FOR THE MONTH:

"CHARACTER CANNOT BE DEVELOPED IN EASE AND QUIET. ONLY THROUGH EXPERIENCE OF TRIAL AND SUFFERING CAN THE SOUL BE STRENGTHENED, VISION CLEARED, AMBITION INSPIRED AND SUCCESS ACHIEVED."

- HELEN KELLER

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



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

August 4th
SEA BISCUIT
Starring Toby Maguire
and Jeff Bridges

August 11th
UNKNOWN
Starring Liam Neeson and
Diane Kruger

August 18th
COUNTRY REMEDY
Starring Cameron
Bancroft and Bellamy
Young

August 25th
LOVE'S KITCHEN
Starring Claire Forlani and
Dougray Scott

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
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gjohnson@biloxi.ms.us

Senior Potluck Luncheon

Bring your favorite covered dish.

Wednesday, August 17th, 11a.m. at the Dr. Frank G. Gruich Community Center. The speaker will be Leslie Hensarling, Patient Care Representative with St. Joseph Hospice. To reserve a seat, please RSVP by Friday, August 12th to Amanda Canaan or Wayne Aronson at (228) 436-5191. (Everyone must RSVP.) Lunch will be served after the speaker. *Thank you!*

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.

August 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 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.)
- **Tai' Chi Class:** Every Tuesday and Thursday at 10 a.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. Tips for Walking: Have a goal in mind. Make a Plan. Be Safe. Wear proper Clothing & Shoes. Drink Water. Motivate Yourself. Find a buddy to walk with or use music to entertain you while walking.
- **Bingo:** Monday, August 1st, 10 a.m. at the Dr. Frank G. Gruich Community Center.
- **Pokeno:** Monday, August 29th, 10 a.m. at the Dr. Frank G. Gruich Community Center.

Upcoming Activities

- **New! "Learn to Cook for One or Two" - August 10th, 2011.** Donal Snyder Community Center from 11 a.m. to 1 p.m. We will take the first 25 only. Free to all seniors. RSVP by August 5th, 2011. Sponsored by the City of Biloxi, Parks & Recreation Department and MS State Education Extension Program.
- **1st day of School - August 4th.** Adopt a school this year and help with school supplies. Bring all donations to Gwen Johnson at Donal Snyder Community Center (Mon. - Fri.) or at the Dr. Frank G. Gruich Community Center (Tuesday only.) Donations: Pack of pencils, Pack of Markers, Glue Sticks, Scissors (Fiskar), Kleenex, Sandwich Bags w/zipper. *Thank you for your support!*
- **Pee Wee Football Registration - August 6th & 13th.** Donal Snyder Community Center, 9 a.m. to 12 noon. For more information: Greg Eleuterius, (228) 388-7170 ext#13.

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 - August 2011

Summer Fun!



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 Bingo - 10 a.m. DSCC Stretch & Strengthen Class - 2 p.m. DSCC Friendship Day	2 Stretch & Strengthen Class - 10 a.m. FGCC Tai Chi - 10 a.m. DSCC Annual Night Out Against Crime	3 Stretch & Strengthen Class - 2 p.m. DSCC National Watermelon Day	4 First Day of School Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m.	5 Stretch & Strengthen Class - 2 p.m. DSCC	6 Pee Wee Football Registration - 9 a.m. DSCC
AUGUST is Summer Fun Month!!						
7	8 Stretch & Strengthen Class - 2 p.m. DSCC	9 Stretch & Strengthen Class - 10 a.m. FGCC Tai Chi - 10 a.m. DSCC	10 Learn to Cook for One or Two - 11 a.m. DSCC Stretch & Strengthen Class - 2 p.m. DSCC	11 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m.	12 Stretch & Strengthen Class - 2 p.m. DSCC	13 Pee Wee Football Registration - 9 a.m. DSCC
14 Family Day	15 Stretch & Strengthen Class - 2 p.m. DSCC	16 Stretch & Strengthen Class - 10 a.m. FGCC Tai Chi - 10 a.m. DSCC	17 Senior Potluck Luncheon - 11 a.m. FGCC Stretch & Strengthen Class - 2 p.m. DSCC	18 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m.	19 Stretch & Strengthen Class - 2 p.m. DSCC	20
21	22 Stretch & Strengthen Class - 2 p.m. DSCC	23 Stretch & Strengthen Class - 10 a.m. FGCC Tai Chi - 10 a.m. DSCC	24 Stretch & Strengthen Class - 2 p.m. DSCC	25 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m.	26 Stretch & Strengthen Class - 2 p.m. DSCC	27
28	29 Pokeno - 10 a.m. FGCC Stretch & Strengthen Class - 2 p.m. DSCC	30 Stretch & Strengthen Class - 10 a.m. FGCC Tai Chi - 10 a.m. DSCC	31 Stretch & Strengthen Class - 2 p.m. DSCC	<ul style="list-style-type: none"> • DSCC - Donal Snyder Sr. Community Center • FGCC - Dr. Frank G. Gruich Community Center (Classes that are not labeled either DSCC or FGCC will be held at the regular Donal Snyder location.) 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.		

Answers to Trivia:
• Mexico, Mexico City
• United States
• China