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Community Center:  
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Dr. Frank G. Gruich  
Community Center:  
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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

### Stir-Fried Shrimp with Garlic and Chile Sauce

#### Ingredients:

- 1/2 cup fat-free, lower-sodium chicken broth • 2 teaspoons cornstarch • 1 teaspoon sugar • 2 teaspoons Shaoxing (Chinese rice wine) or dry sherry • 2 teaspoons lower-sodium soy sauce • 1/4 teaspoon white pepper • 1 tablespoon canola oil • 1 1/2 pounds large shrimp, peeled and deveined • 2 tablespoons minced garlic • 1 1/2 teaspoons minced peeled fresh ginger • 1 jalapeño pepper, seeded and finely chopped • 1/2 cup (1-inch) slices green onions • 1/2 teaspoon dark sesame oil • Cilantro sprigs (optional)

<http://www.myrecipes.com/recipe/stir-fried-shrimp-with-garlic-chile-sauce-10000001867580/>

#### Preparation:

1. Combine first 6 ingredients in a small bowl, stirring with a whisk.
2. Heat a wok or large skillet over high heat. Add canola oil to pan. Add shrimp to pan; stir-fry 1 minute or until shrimp begin to turn pink. Add garlic, ginger, and jalapeño; stir-fry 1 minute. Stir in broth mixture; cook 1 minute or until shrimp are done and sauce is thickened, stirring constantly. Remove from heat; stir in onions and sesame oil. Garnish with cilantro sprigs, if desired.

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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)

January 2012

### Happy Birthday to all Seniors in the month of January!



### January Dates to Celebrate and Remember!

January 1st .....New Year Day  
January 20th.....Hat Day  
January 16th...Great American's Day  
(Martin Luther King Jr. Birthday)  
(Observed)  
January 23rd.....National Pie Day  
January 23rd.....Chinese New Year

### January Trivia

- Name the country with the largest pet bird population in the world?
- Which country has the largest areas of forest?
- Which country has the largest Roman Catholic population?
- Which leads the world in generating hydroelectric power?

Answers are on the Calendar.

### Quote for the City of Biloxi Recreation Department

"We hope that each and everyone had a Merry Christmas and a Happy New Year. As the New Year is welcomed in it will also mark the beginning of our Recreation programs. We are always in need of volunteer helpers and our first program will be the Special Seating for Mardi Gras in February. For all volunteer opportunities please contact Sherry Bell at 288-435-6294, or [cbell@biloxi.ms.us](mailto:cbell@biloxi.ms.us)."

### Happy New Year!!

From ancient times, people have welcomed the New Year with rituals to attract good fortune. While each culture's New Year celebration has its own flavor, there are certain common themes. The period leading up to New Year's Day is a time for setting things straight: a thorough housecleaning, paying off debts, returning borrowed objects, reflection on one's shortcomings, mending quarrels, giving alms. In many cultures, people jump into the sea or a local body of water-literally washing the slate clean. Whatever preparations are made, most traditions teach that they should be completed before midnight, on New Year's Eve. Let's start Fresh for 2012.

- |                   |                       |                             |
|-------------------|-----------------------|-----------------------------|
| *Get a Better Job | *Get in Shape         | *Lose Weight                |
| *Travel           | *Quit Smoking         | *Reduce Debt and Save Money |
| *Get Organized    | *Find Someone Special | *Go Back to School          |

### "Happy Birthday" to all Senior in the Month of January

### Chinese New Year | Year of the Dragon

Chinese New Year is an old tradition that began many centuries ago. The celebration, as it is known today, was formalized during the Han Dynasty (206 B.C. to A.D.25). However, it is known that the celebration, in some form, occurred long before then. The Chinese New Year is based on a lunar cycle, beginning with a new moon and lasts for 15 days, ending with the Lantern Festival. Chinese New Year begins January 23, 2012.

### January is National Volunteer Donor Month

Donating blood is easy! To donate blood, one must be healthy, and meet age, weight, and other donor requirements. Donating blood is a safe process. A sterile needle is used only once for each donor and is then discarded. The actual blood donation typically takes less than

10-12 minutes. The entire process, from the time one arrives to the time the donor leaves takes, about an hour. A healthy donor may donate blood every 56 days. The average adult has about 10 to 12 pints of blood in his/her body. Approximately one pint is given during a donation.

Our blood supply... Blood and blood products are perishable. Donate red blood cells must be used within 42 days of collection. During an emergency, blood must be on the shelf ready for transfusion in order to save lives.

### THOUGHT FOR THE MONTH:

"ANOTHER FRESH NEW YEAR IS HERE... ANOTHER YEAR TO LIVE!

TO BANISH WORRY, DOUBT, AND FEAR,  
TO LOVE AND LAUGH AND GIVE!"

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



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## Movie & Snack!

All movies will start at 1:30 p.m. (All movies are rated PG or PG-13; however there maybe some obscenities. (All movies are subject to change.)

January 5<sup>th</sup>  
LARRY CROWNE  
starring Julia Roberts,  
Tom Hanks and Cedric  
the Entertainer

January 12<sup>th</sup>  
SEVEN DAYS IN  
UTOPIA  
starring Robert Duvall  
and Lucas Black

January 19<sup>th</sup>  
ONE DAY  
starring Toni Mison and  
Anne Hathaway

January 26<sup>th</sup>  
SPY KIDS: ALL THE  
TIME IN THE WORLD  
starring Jessica Alba and  
Joel McHale

Newsletter Volunteers  
Need to help fold, tape and  
label the Top of the Hill  
Newsletter. Please contact  
Gwen Johnson to see when  
the newsletter will be ready  
for folding.

Gwen Johnson  
Recreation Specialist  
2520 Pass Road  
Biloxi, MS 39531  
(228) 435-6148 Ext #12  
gjohnson@biloxi.ms.us

# Senior Potluck Luncheon

Spaghetti & Meatballs - (Bring a covered Dish)

Wednesday, January 18th, 11:00 a.m. at Donal Snyder Community Center. Health Screening - will begin at 10:30 a.m. Screening is provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics, and Friends Five-O/Senior Organization.

As a reminder the senior luncheon is free to all senior and the City of Biloxi will provide the meat only for the Potluck luncheon.

To reserve a seat, please RSVP before January 13th. Please RSVP to the Donal Snyder Community Center to Amanda Canaan at (228) 436-5191.

## January Classes and Happenings

**Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2 p.m. Donal Snyder Community Center; and every Tuesday, 10 a.m. at 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). **Class will be cancelled Monday, January 2nd (Holiday) and Monday, January 16th in observance of Great American Day.**

Start the New Year off right. Resolve to boost your well-being by making wise choices to benefit your body and mind. Plan meals & snacks that have good nutrition as a key ingredient.. Schedule physical activity and relaxation into your routine, and have health tests as recommended. Even small lifestyles changes can add up to a big difference.

**Tai Chi Class:** Every Tuesday and Thursday at 10 a.m. at 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 55+ Program:** Walking can help enhance the energy supply, decrease risk of injury, burn calories, increase muscle conditioning & body shaping, and reduce stress, and improve sleep and eating habits. Walking is the one exercise that almost anyone can do, regardless of age or level of physical fitness. On cold days, dress in layers so you can shed one or more layers as you warm up while walking. Walk at whatever time is best for you, but keep up your walking now that the time has changed. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe.

**Super Bingo:** Monday, January 9th at 10 a.m. at the Donal Snyder Community Center. Join us for fun!!! It's super bingo time for the seniors in the community. Non-cash prizes will be awarded such as laundry aids, health, beauty or holiday ect... Don't miss the fun and games.

**Pokeno:** Monday, January 30th at 10 a.m. at the Donal Snyder Community Center.

**Craft Class:** Friday, January 27th 10 a.m. at the Donal Snyder Community Center. Craft project will be Mardi Gras T-shirt painting with puff paints. (please bring your T-shirt) Please RSVP for the craft class. Contact the Donal Snyder Community Center at (228) 436-5191.

## Upcoming Activities & Events:

\*Special Thank You to the Palace Casino Resort for their donation to the seniors for the Christmas Senior Luncheon.

\*If you still would like to receive the "Top of the Hill Newsletter, please send your information to: Gwen Johnson at P.O. Box 775, Biloxi, Ms. 39533 or email to gjohnson@biloxi.ms.us. Please list your First and Last Name, Mailing Address, Zip Code. (Biloxi residents only)

\*For rental information on the Biloxi Visitor Center and Biloxi Civic Center contact Amanda Williams at (228) 388-7170 ext #19.

\*The City of Biloxi, Parks & Recreation Department 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 calendar on the city's web site at biloxi.ms.us click on Parks & Recreation, senior programs.

**Please call (228) 435-6148 ext#12 to sign up for classes. For information about senior programming contact Gwen Johnson**

# Calendar of Events - January 2012



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 New Year's Day	2 Stretch & Strengthen Class - 2 p.m. DSCC	3 Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	4 Stretch & Strengthen Class - 2 p.m. DSCC	5 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m.	6 Stretch & Strengthen Class - 2 p.m. DSCC	7
8	9 Stretch & Strengthen Class - 2 p.m. DSCC  Super Bingo - 10 a.m. FGCC	10 Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	11 Stretch & Strengthen Class - 2 p.m. DSCC	12 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m.	13 Stretch & Strengthen Class - 2 p.m. DSCC	14
15	16 Stretch & Strengthen Class - 2 p.m. DSCC  MLK Jr Birthday (Observed)	17 Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	18 Stretch & Strengthen Class - 2 p.m. DSCC  Senior Potluck Luncheon - 11 a.m. FGCC	19 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m.	20 Stretch & Strengthen Class - 2 p.m. DSCC  National Hat Day	21
22	23 Stretch & Strengthen Class - 2 p.m. DSCC  Chinese New Year National Pie Day	24 Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	25 Stretch & Strengthen Class - 2 p.m. DSCC	26 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m.	27 Stretch & Strengthen Class - 2 p.m. DSCC  Craft Class - 10 a.m.	28
29	30 Stretch & Strengthen Class - 2 p.m. DSCC  Pokeno - 10 a.m.	31 Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	<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.) 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>			

### Answers to Trivia:

- China, approx. 75,328,200
- Russia, 3, 122,756 sq. miles
- Brazil
- Canada