



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department

biloxi.ms.us/pr

February 2012

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

As I grow to understand life less and less, I learn to love it more and more.

- Jules Renard



## February Dates to Celebrate and Remember!

- Feb 2nd ..... Groundhog Day
- Feb 5th ..... Super Bowl XLVI
- Feb 12th ..... Abraham Lincoln Birthday
- Feb 14th ..... Valentine's Day
- Feb 20th ..... U.S. President's Day
- Feb 21th ..... Mardi Gras (Holiday)
- Feb 22nd ..... Ash Wednesday
- Feb 24th ..... Flag Day
- Feb 29th ..... Leap Day

## February Trivia ???

- The "King of the Cowboys" was happily married to the "Queen of the West." Who are they?
- He is the son of Barney and Betty Rubble, and she is the daughter of Fred and Wilma.
- Name the 1968 film starring Lucille Ball, a widow with eight children, and Henry Fonda, a widower with 10 children.
- Name the character played by Bill Cosby and Phylicia Rashad in ABC's The Cosby Show.

Answers are on the Calendar.

## This month is African American History Month

African American History is observed every February in the United States. Since 1976, it is annually in the United States and Canada in February, while in the United Kingdom it is observed in October. In the United States, Black History Month is also referred to as African American History Month. Carter G. Woodson has been cited as the "Father of Black History." He was an African -American Historian, Author, Journalist and the founder of the Association for the Study of African American Life and History.

## February is American Heart Month Learn the Warning Signs of a Heart Attack

Chest discomfort: This can be discomfort in the center of the chest lasting more than a few minutes or it may go away and return. It can feel like pain, pressure, squeezing or fullness.

- Discomfort or pain in other parts of your upper body, including one or both arms, the back, neck, jaw or stomach.
- Nausea, lightheadedness or indigestion-type symptoms.
- Breaking out in a cold sweat.
- Shortness of breath. This feeling often accompanies chest discomfort, but can occur before the chest discomfort.
- Not all of these signs indicate a Heart Attack. If you have one or more of them, don't wait longer than 5 minutes before calling for help.

Pump up your progress in strengthening a heart-healthy diet low in saturated fats and trans fats, at least 30 minutes of exercise daily, a normal weight, and no smoking! Keep your blood pressure, cholesterol, and blood sugar levels in check. Also, know your family history and discuss your risk factors with your doctor.

You are cordially invited to the

## Senior Mardi Gras Ball/Dance

Dr. Frank G. Gruich Community Center | 595 Howard Ave. Biloxi, Ms.  
February 15, 2012 • 11:00a.m. - 1:00p.m. • Lunch serves at 11:30a.m.

Please RSVP to Amanda Canaan at Donal Snyder Community Center (228) 436-5191. Wear your Mardi Gras attire; we will crown a King and Queen. Sponsored by the City of Biloxi

Health Screening will be provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/ Neuro Diagnostics, Friends Five-O/Senior Organization.

Entertainment provided by Empire Entertainment

## THOUGHT FOR THE MONTH:

"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED. THEY MUST BE FELT WITH THE HEART." - HELEN KELLER



## 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.)

February 2<sup>nd</sup>

**I DON'T KNOW HOW SHE DOES IT** starring Sarah Jessica Parker, Pierce Brosans & Kelsey Grammer (PG-13)

February 9<sup>th</sup>

**DOLPHIN TALE** starring Harry Connick Jr., Ashley Judd & Morgan Freeman (PG)

February 16<sup>th</sup>

**CRAZY, STUPID, LOVE**

starring Steve Carell, Ryan Gosling, Julianne Moore & Emma Stone (PG-13)

February 23<sup>th</sup>

**THE GREENING OF WHITNEY BROWN** starring Sammi Hannathy, Brooke Shields, Kris Kristofferson & Aidan Quinn (PG)

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  
gjohnson@biloxi.ms.us

# February Classes and Happenings

**Stretch & Strengthen Class:** is every Monday, Wednesday and Friday at 2p.m. at Donal Snyder Community Center; every Tuesday at the Dr. Frank G. Gruich Community Center 10a.m. The class promotes joints flexibility, endurance muscle strength, coordination and increase range of motion. The class is co-sponsored by the Arthritis Foundation (Take Control. We can Help.) **There will be no class at the Dr. Frank G. Gruich Community Center on Tuesday, February 21st. (holiday - Mardi Gras)**

**Tai Chi Class:** Every Tuesday and Thursday at 10:00a.m. at Donal Snyder Community Center. Tai Chi is a form of exercise for health and relaxation which originates from ancient China. Gentle flowing movements are combined with deep breathing exercise in order to cultivate the inner energy of the body. Daily practice of T'ai Chi promotes mental clarity and a healthy body, assists with balance and helps the circulation of the blood. **There will be no class at the Donal Snyder Community Center on Tuesday, February 21st. (Holiday - Mardi Gras)**

**Walking 55+ Program:** Walking can help enhance the energy supply, decrease risk of injury, increase burn calories, increase muscle conditioning and body shaping, reduce stress, improve sleeping and eating habits, and helps you to lose weight and maintain current weight. Walking is the one exercise that 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. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe. The Donal Snyder Community Center walking track is open to the public between the hours of 6a.m. -9p.m. Monday - Friday and Saturday 8a.m. - 12noon.

**Bunco:** Monday, February 27th, at Dr. Frank G. Gruich Community Center at 10:00 a.m.

**Super Bingo:** Monday February 6th, at 10a.m. at the Dr. Frank G. Gruich 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, house items or holiday ect... Don't miss the fun and games.

**Pokeno:** Cooking for One or Two: Wednesday, February 8th at 11a.m. Donal Snyder Community Center.

# Upcoming Activities & Events:

- Learning to Cook for One or Two - Planning Heart Health Meals & Tips  
This program is for seniors who would like to learn to prepare healthy meals for one or two on a budget. Meals and Recipes are designed to serve one or two people. (Bring a salad, bread or dessert.) Please let me know what you will bring when you call to sign up for the class. • February 8, 2012 • 11a.m. at Donal Snyder Community Center, We will take only 25 for this class please contact Gwen Johnson at (228) 435-6148.
- If you still would like to receive the "Top of the Hill Newsletter, please make sure your mailing information is updated you may fill out an information sheet at the Donal Snyder Community Center or mail your information to Gwen Johnson at P.O. box 775, Biloxi, MS, 39533 or email to gjohnson@biloxi.ms.us We mail to Biloxi residents only.
- The City of Biloxi, Park & Recreation Department offers Special Seating at the Town Green for the frail and elderly at the Mardi Gras Parade on Tuesday, February 21, 2012. Please contact Cheryl Bell at (228) 435-6296 or cbell@biloxi.ms.us for registration form or to obtain more information.
- For rental information on the Biloxi Visitor Center and Biloxi Civic Center contact Amanda Williams at (228) 374-3105.
- 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.
- If you have any questions about senior programs, contact Gwen Johnson at 435-6148.

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

# Calendar of Events - February 2012



## Happy Valentine's Day & Happy Mardi Gras



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<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><i>(Classes that are not labeled either DSCC or FGCC will be held at the regular Donal Snyder location.)</i>  <i>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.</i></p>			1 Stretch & Strengthen Class - 2 p.m. DSCC	2 Groundhog Day  Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m. - DSCC	3 Stretch & Strengthen Class - 2 p.m. DSCC	4
5 Super Bowl XLVI	6 Stretch & Strengthen Class - 2 p.m. DSCC  Super Bingo - 10 a.m. FGCC	7 Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	8 Stretch & Strengthen Class - 2 p.m. DSCC  Cooking for One or Two - 11 a.m. DSCC	9 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m. - DSCC	10 Stretch & Strengthen Class - 2 p.m. DSCC	11
12 Abraham Lincoln's Birthday	13 Stretch & Strengthen Class - 2 p.m. DSCC	14 Valentine's Day  Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	15 Stretch & Strengthen Class - 2 p.m. DSCC  Senior Luncheon Ball/ Dance February - 11 a.m. to 1p.m. FGCC	16 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m. - DSCC	17 Stretch & Strengthen Class - 2 p.m. DSCC	18
19	20 U.S. President's Day  Stretch & Strengthen Class - 2 p.m. DSCC	21 Mardi Gras  Closed / Holiday	22 Ash Wednesday  Stretch & Strengthen Class - 2 p.m. DSCC	23 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m. - DSCC	24 Flag Day  Stretch & Strengthen Class - 2 p.m. DSCC	25
26	27 Stretch & Strengthen Class - 2 p.m. DSCC  Bunco - 10 a.m. FGCC	28 Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	29 Leap Day  Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. DSCC	<b>Answers to Trivia:</b> <ul style="list-style-type: none"> <li>• Roy Rogers and Dale Evans</li> <li>• Bamm-Bamm and Pebbles</li> <li>• Yours, Mine and Ours</li> <li>• Dr. Heathcliff "Cliff" Huxtable and Clair Olivia Hanks-Huxtable</li> </ul>		

Recreation Office:  
388-7170

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

## Double Chocolate Fudge Brownie

### Ingredients:

- 1 pound butter • 21 ounces Hershey's Extra Dark Chocolate or Scharffen Berger 62% Dark Semi Sweet Chocolate • 6 eggs • 1 teaspoon vanilla extract • 21 ounces sugar • 5 1/2 ounces all purpose flour • 1/2 teaspoon salt • 15 ounces HERSHEY'S Chocolate Chips • 6 1/2 ounces toasted walnuts • 1/2 ounce baking powder

[http://www.hersheysweetrecipes.com/recipes/recipe\\_print.php?id=48&print\\_id=2](http://www.hersheysweetrecipes.com/recipes/recipe_print.php?id=48&print_id=2)

### Directions:

Melt butter and chocolate in the microwave, mix until incorporated and set aside. In a mixing bowl with a whisk attachment, whip the eggs, sugar, vanilla, and salt until light and fluffy.

On low speed, slowly add the chocolate mixture to the egg mixture. Add the dry ingredients and mix well. Add the chips and nuts. Place batter on a greased baking pan and bake at 350 degrees for 35-45 minutes. Let cool at room temperature.

**Turn your email into Bmail.**

Sign up at [biloxi.ms.us](http://biloxi.ms.us) for the most current news about your city.

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



PRESORTED  
STANDARD  
U.S. POSTAGE  
PAID  
PERMIT #57  
BILOXI, MS 39530

ADDRESS SERVICE REQUESTED