



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department

biloxi.ms.us/pr

March 2012

Happy Birthday to all Seniors in the month of March!

We know we're getting old when the only thing we want for our birthday is not to be reminded of it.
-Author Unknown



March Dates to Celebrate and Remember!

- March 4thEmployee's Appreciation Day
- March 11thDaylight Saving Time Begins
- March 17thSt. Patrick's Day
- March 20thSpring Begins
- March 30thDoctor Day
- March 30thTake a Walk in the Park Day

March is National Nutrition Month

Let the USDA'S Food Pyramid be your guide for healthy food choices each day. Recommendations include taking half your grains and whole grains; having a variety of fruits and vegetables; eating low-fat or fat-free milk products; choosing more lean meats, fish legumes, nuts and seeds for protein; and getting most of your fats from vegetables oils, fish and nuts. The pyramid also includes an exercise component to remind everyone to stay active and fit. You can visit www.mypyramid.gov for the latest advice on smart eating and exercise. This web site offers you an individualized daily eating plan with lots of nutrition tips and recipes.

Senior Luncheon (*Wear Green*)

Bring your favorite dessert

Senior Luncheon will be sponsored and served by Grand Biloxi Casino, Hotel, Spa

Wednesday, March 21st, 11a.m. – 1 p.m.

Dr. Frank G. Gruich Community Center 591 Howard Ave, Biloxi, Ms.



GRAND BILOXI

CASINO • HOTEL • SPA

grandbiloxi.com

RSVP by Friday, March 16th, 2012 to Amanda Canaan (228) 436-5191.

Health Screening: prior to the luncheon at 10:30a.m. Sponsored by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics, Friends Five-O/ Senior Organization.

THOUGHT FOR THE MONTH:

“LIFE IS NOT MEASURED BY THE NUMBER OF BREATHS WE TAKE, BUT BY THE MOMENTS THAT TAKE OUR BREATH AWAY.” - GEORGE CARLIN (MAY 12, 1937 – JUNE 22, 2008)



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.)

March 1st

STAY COOL starring Winona Ryder, Mark Polish and Chevy Chase (PG-13)

March 8th

MIDNIGHT IN PARIS starring Owen Wilson, Marion Cotillard and Rachel McAdams (PG-13)

March 15th

MAMA, I WANT TO SING

starring Patti LaBelle and Billie Zane (PG)

March 22th

TOWER HEIST starring Ben Stiller, Eddie Murphy and Casey Affleck (PG-13)

March 29th

WAR HORSE starring Jeremy Irvine, Peter Mullan and Emily Watson (PG-13)

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

March Classes and Happenings

Stretch & Strengthen Class: Every Monday, Wednesday and Friday at 2p.m. at the Donal Snyder Community Center; every Tuesday at the Dr. Frank G. Gruich Community Center from 10a.m. - 11a.m. The class promotes joints flexibility, endurance, muscle strength, coordination and increase range of motion. The class is cosponsored by the Arthritis Foundation (Take Control. We can Help.)

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 55+ Program: Walking can help enhance the energy supply, decrease risk of injury, burn calories, increase muscle conditioning and body shaping, reduce stress, and improve sleep 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. Always stretch and wear a good walking shoe.

Bingo: Mon: March 5th at 10am / 11:30am at Dr. Frank G. Gruich Community Center.

Bunco: Monday, March 26th, 10a.m. at Dr. Frank G. Gruich Community Center.

Craft Class: Monday, March 19th, 9:30 - 12noon at Dr. Frank G. Gruich Community Center. Craft project will Easter Egg Tissue Topiary. This class is limited to first 20 participants. Call (228) 435-6148 to sign up.

Field Trips

Biloxi Tour March 7, 2012 at 9a.m. - Tour will began at Biloxi Civic Center and proceed to the Biloxi Library, Kroc Center and Biloxi Visitor Center. After the tour we will have lunch at Boomtown Casino which individuals will be responsible for the purchase of their lunch. Sign-up will be held Monday, March 5th at Donald Snyder Center at 9am-12pm. Due to limited bus seating this field trip will be open to the first 16 seniors to sign up.

Institute for Marine Mammal Studies Center (IMMS)

March 14, 2012 - 1:30p.m. - 3:30p.m. - Fee: \$6.00 per person - Pick up will be a Donal Snyder Community Center 2520 Pass Rd. Biloxi, MS. 12:50p.m. Due to limited bus seating this field trip will open to the first 16 seniors to sign up. For more information contact Gwen Johnson at (228) 435-6148. All field trips are subject to cancel or change.

Upcoming Activities & Events:

Get ready for the Senior Games, to be held in April, 10 - 14, 2012 for information about the Senior Games please go to the following website: www.gulfcoastseniorgames.org or contact Lucy Bickham at (228) 896-5683 or email: msgcs@aol.com

3rd Annual R.I.P.E. Conference (Resources, Information and Planning for the Elderly)

Free to the Public, for Seniors Citizen, their Adult Children & Family Caregivers.
Thursday, May 3, 2012 • 9:00a.m. - 2p.m. - Donal Snyder Community Center, 2520 Pass Road - Information, Booths, Prizes, Lunch - For more info, please call (228) 239-1867 - Info on housing, & health care options for an aging loved one? Want to know items are tax-deductible? Want to learn more about Long -Term Care? For information, please call (228) 239-1867 or email: prnstaf@Aol.com

AARP Driving Safety Class - Wednesday, March 14, 2012 12:30p.m. - 5p.m.

Donal Snyder Community Center - For more information call (228) 392-6326

Congratulations to the King and Queen for the 2012 Senior Mardi Gras Dance / Ball

King: Bill Wixon • Queen: Henrietta Kenworthy • Duke: Richard Miller • Duchess: Iris Estep
Special thank you to the Volunteers at the CBC Gulfport Navy Unit: Bucn Ammos D. Pugh - Cs1 Travis L. Brown - Sh2 Rory Godfrey - Sh2 John Inman - Ls2 Di H. So

A special thank you to the following staff that helped with the Senior Mardi Gras Ball/Dance:
Randy Jenkins, Joe Freeman, Wayne Meaut, Greg Eleuterius, Jennifer Woullard, Rhonda Balius, Debie Danilson

For more information about senior programming please contact Gwen Johnson at (228) 435-6281.

Calendar of Events - March 2012



Happy St. Patrick's Day



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><i>(Classes that are not labeled either DSCC or FGCC will be held at the regular Donal Snyder location.)</i> <i>All classes & programs are subject to change & changes will be posted at the City of Biloxi's Community Centers.</i> <i>Prior notice will be given if possible.</i></p>				<p>1</p> <p>Tai Chi - 10 a.m. DSCC</p> <p>Movie & Snack - 1:30 p.m. - DSCC</p>	<p>2</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p>	<p>3</p>
<p>4</p> <p>Employee's Appreciation Day</p>	<p>5</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p> <p>Bingo - 10 a.m. FGCC</p> <p>RSVP for Biloxi Tour Field Trip</p>	<p>6</p> <p>Tai Chi - 10 a.m. DSCC</p> <p>Stretch & Strengthen Class - 10 a.m. FGCC</p>	<p>7</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p> <p>Biloxi Tour Field Trip - 9 a.m. Biloxi Civic Center</p>	<p>8</p> <p>Tai Chi - 10 a.m. DSCC</p> <p>Movie & Snack - 1:30 p.m. - DSCC</p>	<p>9</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p>	<p>10</p>
<p>11</p> <p>Daylight Savings Time Begins</p>	<p>12</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p>	<p>13</p> <p>Tai Chi - 10 a.m. DSCC</p> <p>Stretch & Strengthen Class - 10 a.m. FGCC</p>	<p>14</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p> <p>IMMS Field Trip - 1:30 p.m. to 3:30 p.m. DSCC</p> <p>AARP Driving Class</p>	<p>15</p> <p>Tai Chi - 10 a.m. DSCC</p> <p>Movie & Snack - 1:30 p.m. - DSCC</p>	<p>16</p> <p>RSVP for Senior Luncheon</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p>	<p>17</p> <p>St. Patrick's Day</p>
<p>18</p>	<p>19</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p> <p>Craft Class - 9:30 a.m. to Noon FGCC</p>	<p>20</p> <p>First Day of Spring</p> <p>Tai Chi - 10 a.m. DSCC</p> <p>Stretch & Strengthen Class - 10 a.m. FGCC</p>	<p>21</p> <p>Senior Luncheon (Wear Green) - 11 a.m. to 1 p.m. FGCC</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p>	<p>22</p> <p>Tai Chi - 10 a.m. DSCC</p> <p>Movie & Snack - 1:30 p.m. - DSCC</p>	<p>23</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p>	<p>24</p>
<p>25</p>	<p>26</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p> <p>Bunco - 10 a.m. FGCC</p>	<p>27</p> <p>Tai Chi - 10 a.m. DSCC</p> <p>Stretch & Strengthen Class - 10 a.m. FGCC</p>	<p>28</p> <p>Tai Chi - 10 a.m. DSCC</p> <p>Stretch & Strengthen Class - 10 a.m. DSCC</p>	<p>29</p> <p>Tai Chi - 10 a.m. DSCC</p> <p>Movie & Snack - 1:30 p.m. - DSCC</p>	<p>30</p> <p>Doctor Day</p> <p>Take a Walk in the Park Day</p> <p>Stretch & Strengthen Class - 2 p.m. DSCC</p>	<p>31</p>

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

Homemade Shamrock Shakes

Yield: 2 shakes • Prep Time: 5 minutes

Ingredients:

- 3 cups of your favorite vanilla ice cream • 1½ cups whole milk
- ½ teaspoon mint extract • Green food coloring (enough to get the shade of green you want)

<http://www.browneyedbaker.com/2011/03/17/homemade-shamrock-shake/>

Directions:

Combine all ingredients in a blender until smooth and blended. Divide between two glasses, top with whipped cream and enjoy!

Turn your email into Bmail.

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Parks and Recreation Department
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