



# 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)

April 2012

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

As you get older it is harder to have heroes, but it is sort of necessary.

- Ernest Hemingway



## April Dates to Celebrate and Remember!

April 1st .....April Fool's Day  
April 4th .....National Start Walking Day  
April 6th .....Good Friday  
April 8th .....Easter Sunday  
April 15th-21st .....National Volunteer Week  
April 16th .....Tax Day  
April 22nd .....Earth Day  
April 27nd .....Arbor Day  
  
National Occupational Therapy Month

## April is Volunteer Month

National Volunteer Week is the official time to recognize and celebrate the efforts of volunteers at the local, state and national levels. It is celebrated in the U.S. and Canada.

Volunteers (Make a Difference)

Eager to help in every way,

Valuable for the role you play.

Exceptional in responding to needs,

Ready with all the right words and deeds,

You're dependable as you do your part,

Day in and day out with a giving heart,

Always there to show you care,

You've won our praise as a great Volunteer!

As a caring Volunteer you always do your part to share your time with a generous heart. Because you make a difference in so many ways, we're grateful we can count on you to brighten everyone's days.

## Senior Luncheon & Prom

Senior Prom

April 18, 2012 • Donal Snyder Community Center • Time: 11a.m. - 1p.m.

Entertainment: DJ • Attire; Semi Formal • A King and Queen will be crowned

To reserve a seat RSVP by Friday, April 13th, to the Donal Snyder Community Center to Amanda Canaan at (228) 436-5191.

Health Screening begins at 10:30a.m. Screening provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostic and Friends Five-O Senior Organization.

## THOUGHT FOR THE MONTH:

"DON'T CRY BECAUSE IT'S OVER. SMILE BECAUSE IT HAPPENED."

- DR. SEUSS



## 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.)

April 5<sup>th</sup>

**MR. POPPER'S PENGUINS** starring Jim Carrey, Carla Gugino and Angela Lansbury

April 12<sup>th</sup>

**THE ADVENTURES OF TINTIN** starring Jamie Bell, Andy Serkis

April 19<sup>th</sup>

**EXTREMELY LOUD & INCREDIBLY LOUD**

starring Tom Hanks, Thomas Horn and Sandra Bullock

April 26<sup>th</sup>

**FOOTLOOSE** starring Kenny Wormald, Julianne Hough and Dennis Quaid

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

# April Classes and Happenings

**Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2p.m. at the Donal Snyder Community Center: Tuesday 10a.m. at the Dr. Frank G. Gruich Sr. Community Center. Classes promote joint flexibility, endurance, muscle strength, coordination and increased range of motion. Class is co-sponsored by the Arthritis Foundation (Take Control. We can Help.) There will be no class on Friday, April 6th, (Holiday-Good Friday).

**Tai Chi Class:** Every Tuesday and Thursday 10a.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. The time has changed and let's get outdoors and enjoy the warm sunshine. Always choose a safe, pleasant place to walk. Remember to wear a good walking shoe and stretch. Bring a water bottle and drink frequently when walking outdoors. When outdoors wear a wide-brimmed hat, long sleeves and pants, sunglasses and sunscreen with an SPF of 15 or higher - even on cloudy days. Be sure to reapply sunscreen every two hours and after perspiring or swimming.

**Bingo:** Monday, April 2nd at 10a.m. at the Donal Snyder Community Center.

**Craft Class:** Monday, April 16, 2012, 9:30a.m. at Dr. Frank G. Gruich Community Center. **Craft project will be a Sunflower Pot.** (If you sign up for a craft class, make sure you attend, there may be other who would like to participate, so make sure you call in advance to cancel so we can fill that spot.

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

## Field Trips

**Grand Theatre** • Wednesday, April 25, 2012 • Fee: \$6.00. Pick up will be at Dr. Frank G. Gruich Community Center at 12:15 (16 participants only)

## Upcoming Activities & Events:

**2012 Senior Games** • Come join us at the Mississippi Gulf Coast Senior Games will be held April 10th - 14th. The games are open to anyone that is 50 years old and older. Participants' skills range from beginner to nationally ranked players. The games will be held at different venues in Gulfport, Biloxi and Pascagoula, Ms. Last year we had over 300 participants from different states come and compete in our games. Please visit [MSGCSG@aol.com](mailto:MSGCSG@aol.com) or contact Lucy Bickham at (228) 896-5683 for more information.

- Special thanks to Grand Biloxi Casino Resort & Spa for sponsoring the Senior Luncheon held in March
- Special thanks all the Senior Volunteers who help make our Senior Games and Senior Programs a great success.
- AARP Driving Safety Class Tuesday, May 15, 2012 at Donal Snyder Community Center 12:30 - 5p.m. for information call (228) 392-6326.

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](http://biloxi.ms.us) click on Parks & Recreation, senior programs.

**For more information about senior programming please contact Gwen Johnson at (228) 435-6148.**

# Calendar of Events - April 2012



## Happy Easter



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 April Fool's Day	2 Stretch & Strengthen Class - 2 p.m. DSCC  Bingo - 10 a.m. DSCC	3 Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	4 Stretch & Strengthen Class - 2 p.m. DSCC  National Start Walking Day	5 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m. - DSCC	6 Good Friday - Closed	7
8 Easter Sunday	9 Stretch & Strengthen Class - 2 p.m. DSCC	10 Tai Chi - CANCELLED  Stretch & Strengthen Class - 10 a.m. FGCC	11 Stretch & Strengthen Class - CANCELLED	12 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m. - DSCC	13 Stretch & Strengthen Class - 2 p.m. DSCC  RSVP for Senior Luncheon & Prom	14
<b>2012 Senior Games</b>						
15	16 Stretch & Strengthen Class - 2 p.m. DSCC  Craft Class - 9:30 a.m. FGCC  Tax Day	17 Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	18 Stretch & Strengthen Class - 2 p.m. DSCC  Senior Luncheon & Prom - DSCC - 11 a.m.	19 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m. - DSCC	20 Stretch & Strengthen Class - 2 p.m. DSCC	21
<b>National Volunteer Week</b>						
22 Earth Day	23 Stretch & Strengthen Class - 2 p.m. DSCC	24 Tai Chi - 10 a.m. DSCC  Stretch & Strengthen Class - 10 a.m. FGCC	25 Stretch & Strengthen Class - 2 p.m. DSCC  Grand Theatre Field Trip - 12:15 p.m. at FGCC	26 Tai Chi - 10 a.m. DSCC  Movie & Snack - 1:30 p.m. - DSCC	27 Stretch & Strengthen Class - 2 p.m. DSCC  National Arbor Day	28
29	30 Stretch & Strengthen Class - 2 p.m. DSCC  Pokeno - 10 a.m. DSCC	<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.) 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>				

# Recipe of the Month

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

## Honey Bee Brownies

### Spring Recipe

#### Ingredients:

- 10oz. unsweetened chocolate • 6 eggs • 3 cups (2lbs, 4oz.) honey • 1/4 cup vanilla extract • 3 cups (14oz) biscuit mix • 2-3/4 cups (12oz) pecans, chopped

<http://www.crandallfarms.com/recipe.html>

#### Directions:

Melt chocolate, cool slightly. Beat eggs; beat in chocolate, honey, and vanilla. Thoroughly beat in biscuit mix. Stir in pecans. Pour into greased 12" x 20" x 2" baking pan; bake at 350 degrees until toothpick inserted in center comes out clean, about 20 minutes. Cool completely. Spread with chocolate frosting, if desired.

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Parks and Recreation Department  
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