



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department

biloxi.ms.us/pr

May 2012

Happy Birthday to all Seniors in the month of May!

Growing old is mandatory; growing up is optional.

- Chili Davis



May Dates to Celebrate and Remember!

- May 1stMay Day
 - May 5thCinco De Mayo
 - May 13thMother's Day
 - May 19thU.S. Armed Forces Day
 - May 28thMemorial Day
-
- May 3rdNational Prayer Day
 - May 4thInternational Firefighter Day
 - May 8thTeacher's Appreciation Day
 - May 6th - 12thNational Nurse's Week
 - May 13th - 19thNational Police Week

May is National Seniors Health Month & Fitness and National High Blood Pressure Education

National Senior Health & Fitness Day

(Wednesday, May 30, 2012)

2012 Theme: "Get Moving....Start Improving"

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on Wednesday, May 30, 2012 as we celebrate the 19th annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Always set for the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults.

Senior Potluck Luncheon

(Bring a Salad or Dessert)

Wednesday, May 16th 11a.m - 1p.m. Donal Snyder Community Center
 To reserve a seat, please RSVP before Friday May 11th.
 Please RSVP to Amanda at (228) 436-5191.

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

Mothers Day Poem

MOTHER

"M" is for the million things she gave me,
 "O" means only that she's growing old.
 "T" is for the tears she shed to save me,
 "H" is for her heart of purest gold,
 "E" is for her eyes, with love-light shining,
 "R" means right, and she'll always be,
 Put them all together, they spell "Mother."

THOUGHT FOR THE MONTH:

"THE GREATEST GOOD YOU CAN DO FOR ANOTHER IS NOT JUST TO SHARE YOUR RICHES BUT TO REVEAL TO HIM HIS OWN."

- BENJAMIN DISRAELI (1804-1881) BRITISH POLITICIAN



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.)

May 3rd

No Movie on this date due to the R.I.P.E. Conference

May 10th

IRON LADY starring Meryl Streep, Jim Broadbent and Harry Lloyd

May 17th

WE BOUGHT A ZOO starring Matt Damon, Scarlett Johansson, and Thomas Haden Church

May 24th

REDEMPTION ROAD starring Michael Clarke Duncan and Morgan Simpson

May 31st

THE ADVENTURES OF TINTIN starring Jamie Bell, Andy Serkis

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

May Classes and Happenings

Stretch & Strengthen Class: Every Monday, Wednesday and Friday at 2p.m. at the Donal Snyder Community Center; Tuesday, at 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.) Class will cancel on Monday, May 28th. (Holiday)

Tai Chi Class: Tuesday and Thursday, 10a.m. at the Snyder 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 and body shaping, reduce stress improve sleep and eating habits, helps you to lose weight and maintain current weight. Walking is the one exercise that almost anyone can do, regardless of age or level of physical fitness. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe. The time has changed let's get moving outdoors and enjoy the warm sunshine.

Bingo: Monday, May 7th, 10a.m. at the Donal Snyder Community Center.

Bonco: Monday, May 21st, 10a.m. at the Donal Snyder Community Center.

Craft Class: Monday, May 21st, Spring Wreath 9:30 a.m. at Dr. Frank G. Gruich CC

Field Trips

History Museum of Mobile • Wednesday, May 9, 2012 • Admission: \$3.00. Bus will depart at 8:30 a.m. at Dr. Frank G. Gruich Community Center (We will stop for Lunch on this date).

Beauvoir – The Jefferson Davis Home and President Library • Wednesday, May 23, 2012 10 am • Admission: \$7.00. The Bus will pick up at Donal Snyder Community Center at 9:30 a.m. (Lunch will be at Boomtown Casino individuals will be responsible for the purchase of their lunch.)

Upcoming Activities & Events:

Third Annual R.I.P.E. Conference for Seniors Citizens their Adult Children and Family Caregivers • Thursday, May 3, 2012 - 8a.m. - 2p.m. - Donal Snyder Community Center 2520 Pass Rd. - Biloxi - Free to the Public - Sponsored by the City of Biloxi, LLC, Loyaltion of Biloxi and PRN

2012 Senior Health and Wellness Expo • Donal Snyder Community Center - 2520 Pass Rd. Biloxi, MS. - Wednesday, May 30, 2012 - 9:00a.m. - 1:00p.m. - The City of Biloxi celebrate Older American Month - Health screening & wellness information will be available for seniors ages 50 and up. For more information call Cheryl Bell at (228) 388-7170

AARP Driving Safety Class: May 15, 2012 • Donal Snyder Community Center - Time: 12:30 - 5p.m. - For more information please call (228) 392-6326

Thank You • A special thank you to the Staff at Donal Snyder for their help with decoration for the Senior Prom held Wednesday, April 18, 2012 - Congratulation to our Senior Prom King & Queen for 2012 - King: Ben Hernandez - Queen: Mrs. Carolyn Gaines

The City of Biloxi would like to congratulate all the seniors who placed first, second and third place in the Senior Games held April 10 - 14, 2012 - A Special Thank You to the following sponsors: Butch Oustalet, Palace Casino, IP Casino, Isle Casino, Grand Casino, SMPDD, Wal-Mart # 1088, Humana, Woolmarket Senior Center, Domino's, Pizza Hut, Ms. Gulf coast Retiree Partnership, AMR, Acadian, City of Gulfport, City of Biloxi, Island View Casino, Kroc Center, Biloxi Regional Medical Center, Harrison County Tourism, Duo Dance and All Event Coordinators.

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

Calendar of Events - May 2012



Happy Cinco de Mayo & Memorial Day



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2	3	4	5
		Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC May Day	Stretch & Strengthen Class - 2 p.m. DSCC National Start Walking Day	Tai Chi - 10 a.m. DSCC Movie & Snack - CANCELLED 3rd Annual R.I.P.E. Conference	International Firefighter Day	Cinco de Mayo
6	7	8	9	10	11	12
	Stretch & Strengthen Class - 2 p.m. DSCC Bingo - 10 a.m. DSCC	Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC Teacher Appreciation Day	Stretch & Strengthen Class - 2 p.m. DSCC History Museum Field Trip - Mobile	Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	Stretch & Strengthen Class - 2 p.m. DSCC	
National Nurse's Week						
13	14	15	16	17	18	19
Mother's Day	Stretch & Strengthen Class - 2 p.m. DSCC	Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC AAA Driving Class	Stretch & Strengthen Class - 2 p.m. DSCC Senior Luncheon - DSCC - 11 a.m.	Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	Stretch & Strengthen Class - 2 p.m. DSCC	Armed Forces Day
National Police Week						
20	21	22	23	24	25	26
Earth Day	Stretch & Strengthen Class - 2 p.m. DSCC Craft Class - 9:30 a.m. FGCC Bonco - 10 a.m. DSCC	Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC	Stretch & Strengthen Class - 2 p.m. DSCC Beauvoir Field Trip - Biloxi	Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	Stretch & Strengthen Class - 2 p.m. DSCC	
27	28	29	30	31		
	Stretch & Strengthen Class - CANCELLED Memorial Day	Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC	Stretch & Strengthen Class - 2 p.m. DSCC 2012 Senior Health & Fitness Expo National Senior Health & Fitness Day	Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	<i>(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.</i>	

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

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
P.O. Box 775
Biloxi, MS 39533

