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388-2494

Donal Snyder Sr.
Community Center:
388-1340

Dr. Frank G. Gruich
Community Center:
374-2853

Director
of Parks & Recreation:
Sherry Bell

Recreation Specialist:
Gwen Johnson

Mayor A.J. Holloway
and the Biloxi City Council

George W. Lawrence
Felix O. Gines
Dixie Newman
Robert L. Deming, III
Dr. Paul Tisdale
Kenny Glavin
David Fayard

Recipe of the Month

Roast Sticky Chicken-Rotisserie Style

Website <http://allrecipes.com/Recipe/Roast-Sticky-Chicken-Rotisserie-Style/Detail.aspx>

Ingredients:

4 teaspoons salt	1/2 teaspoon black pepper
2 teaspoons paprika	1/2 teaspoon garlic powder
1 teaspoon onion powder	2 onions, quartered
1 teaspoon dried thyme	2 (4 pound) whole chickens
1 teaspoon white pepper	
1/2 teaspoon cayenne pepper	

Directions:

1. In a small bowl, mix together salt, paprika, onion powder, thyme, white pepper, black pepper, cayenne pepper, and garlic powder. Remove and discard giblets from chicken. Rinse chicken cavity, and pat dry with paper towel. Rub each chicken inside and out with spice mixture. Place 1 onion into the cavity of each chicken. Place chickens in a resealable bag or double wrap with plastic wrap. Refrigerate overnight, or at least 4 to 6 hours.
2. Preheat oven to 250 degrees F (120 degrees C).
3. Place chickens in a roasting pan. Bake uncovered for 5 hours, to a minimum internal temperature of 180 degrees F (85 degrees C). Let the chickens stand for 10 minutes before carving.

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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

November 2013

Thanksgiving Senior Luncheon
Wednesday, November 20, 2013

Donal Snyder Community Center

City of Biloxi – Thanksgiving Luncheon

“A Time to Fellowship”

Must bring a Dessert

Luncheon program will start at 11:00a.m.

Lunch will be served at 11:45a.m.

RSVP to the Donal Snyder Community Center to Amanda Canaan or Angie McBride please call (228)388-1340.

November is National Alzheimer's Disease and American Diabetes Month.

National Alzheimer's Disease

Overall well-being includes good mental and emotional health. Keep your mind active and agile with puzzles, reading, and lifelong learning. These mental exercises help reduce the risk of Alzheimer's disease in your later years. Maintaining social connections is key as well. Schedule regular get-togethers with old friends or make new friends by joining a community group, enrolling in a class, or volunteering for a worthy cause.

American Diabetes Month

When you take steps to prevent diabetes, you will also lower your risk for possible complications of diabetes such as heart disease, stroke, kidney disease, blindness, nerve damage, and other health problems. That's a big reward for you and your family and friends.

Take small steps to Prevent Diabetes

Plan and Set a weight loss goal: The key to preventing diabetes is to lose weight by eating healthy foods that are lower in fat and calories and being physically active. Set goals that you can achieve. A good goal is to lose at least 5 to 10 percent (10 to 20 pounds if you weigh 200 pounds) of your current weight.

Move, move and move: When you move more every day, you will burn more calories. This will help you reach your weight loss goal. Try to get at least 30 minutes of moderate – intensity physical activity five days a week. If you have not been active, start off slowly, building up to your goal. Try brisk walking, dancing, swimming, biking, jogging, or any physical activity that helps get your heart up. You don't have to get all your physical activity at one time. Try getting some physical activity throughout the day in 10 minute sessions.

Make Healthy Food Choices: Make healthy food choices to help reach your weight loss goal. There are many weight loss plans from which to choose. But the DPP (Diabetes Prevention Program) showed that you can prevent or delay the onset of diabetes by losing weight through a low-fat, reduced calorie eating plan, and by increasing physical activity.

Thought for the month:

“Gratitude is the best attitude”

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



Field Trips

*Camp Shelby
Mississippi Armed
Forces Museum
Hattiesburg, Ms.
November 12, 2013
Admission: \$1.00
Pick up at Donal
Snyder Community
8:45 a.m.
Lunch T.B.A.*

Happy Birthday to all Seniors in the month of November!



Birthstone: Topaz
Flower: Chrysanthemum



November Dates to Celebrate and Remember!

November 3rd Daylight-Saving Time Ends
November 5th U.S. Election Day
November 11th Veterans Day - Holiday
November 23rd Great America Smoke Out Day
November 19th Family Volunteer Day
November 28th Thanksgiving - Holiday
November 29th Holiday (City of Biloxi)

Upcoming Activities & Events

7th Annual Mississippi Gulf coast Senior Prom • “Cherished Memories” • Thursday, November 14, 2013
6 p.m. - 10 p.m.
Tickets are \$10.00
Hosted by IP Casino Resort and Spa

Walking 55+ Program Safety Tips for Outdoor Walker:

- *Carry a cell phone or whistle at all times
- *Walk with some type of ID.
- *Remain alert to your surroundings
- *Carry a flashlight or use reflective strips on your clothing if your walk starts or finishes in the dusk or dark.
- *If possible, walk with a friend or a group.
- *Let someone know where you are going and about when you'll be back.

Craft Class: Monday, November 18, 2013 10:30 a.m. craft room
Craft project will be Christmas wreath
We will limit this class to 12 only, RSVP by November 13, 2013 or class will be canceled. (We will not take any reservations after November 13, 2013.)

Items you will need to bring:

- 1 - Wire wreath
- 1- Roll of Christmas Geo mess 21 inches wide
- 2- 3 packs of pipe cleaners
- Christmas picks, flowers and ribbon
- (Whatever you would like to put on your wreath)

(Please RSVP for this class to Amanda Canaan or Angie McBride at Donal Snyder Community Center (228) 388-1340.

Gwen Johnson
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Biloxi MS 39531
(228) 388-2494
gjohnson@biloxi.ms.us

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, seniors programs. Please contact Gwen Johnson about senior programming at (228) 388-2494/(228) 388-7071 or email: senior@biloxi.ms.us.

Calendar of Events - November 2013

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 Stretch & Strengthen Class - 2 p.m. DSCC	2
3 Stretch & Strengthen Class - 2 p.m. DSCC	4 Stretch & Strengthen Class - 10 a.m. FGCC Bridge - 2 p.m DSCC	5 Tai Chi - 10 a.m. DSCC	6 Stretch & Strengthen Class - 2 p.m. DSCC	7 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	8 Stretch & Strengthen Class - 2 p.m. DSCC	9
10 No Class Holiday Veterans Day	11	12 Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC Bridge - 2 p.m DSCC	13 Bingo: 10am DSCC Stretch & Strengthen Class - 2 p.m. DSCC	14 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	15 Stretch & Strengthen Class - 2 p.m. DSCC	16
17 Stretch & Strengthen Class - 2 p.m. DSCC Bonco - 10 a.m DSCC	18 Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC Field Trip Ms Armed Forces Museum Bridge - 2 p.m DSCC	19	20 Stretch & Strengthen Class - 2 p.m. DSCC	21 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m. - DSCC	22 Stretch & Strengthen Class - 2 p.m. DSCC	23
24 Crafs - 10:30 a.m. DSCC Stretch & Strengthen Class - 2 p.m. DSCC	25 Tai Chi - 10 a.m. DSCC Stretch & Strengthen Class - 10 a.m. FGCC Bridge - 2 p.m DSCC	26 Stretch & Strengthen Class - 2 p.m. DSCC	27 Stretch & Strengthen Class - 2 p.m. DSCC	28 No Class Holiday Thanksgiving	29 No Class Holiday	30

- DSCC - Donal Snyder Sr. Community Center
- FGCC - Dr. Frank G. Gruich Community Center

(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.