



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • March 2005 • Volume 5, Issue 3

Preschool Easter Egg Hunt

Tullis-Toledano Manor
Thursday, March 17th, 10 a.m.

We have been asked to help again this year. Volunteers are needed to hide eggs, help two-year-olds hunt and crowd control (keep Mommies from hunting eggs). We will meet at Tullis Manor at 9 a.m. Please call Tammy if you would like to help.

March 10th at 10 a.m. at Snyder Center, we will decorate Easter Hats to wear at Tullis Manor for the Easter Egg Hunt. Please bring a hat to decorate. Decorations for hats will be provided.

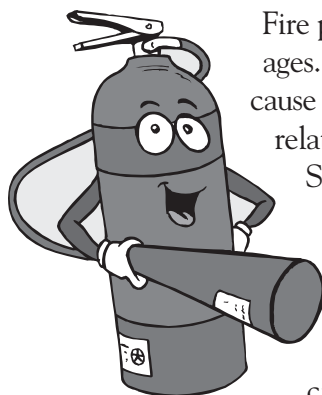
AARP Meeting is March 15th, 10 a.m. at BCC. There will be no AARP Meeting in April.

I am looking for someone to teach chess. Please call Tammy at 436-5191.

What's Inside...

- Movies & Popcorn
- Potluck Luncheons
- March Classes & Special Happenings
- March Calendar
- More!

Senior Fire Safety



Fire prevention is the best method for fire safety for people of all ages. However, smoking and heating-related fires are the leading cause of death for persons 75 & older. The overall risk of fire-related fatalities for this age group is 3 times higher than average.

Since some seniors may have difficulty & suffer more when injures and smoke inhalation occur, it is essential to prevent fires from happening at all. Persons age 65-74 have a risk of dying in a home fire that, is 49% higher than the average.

Your Biloxi Fire Department would like to help our citizens, so they will not become a statistic. We will be having a Senior Safety Class on March 22, 2005 after the Senior Luncheon at BCC. There will also be a sign-up sheet for our seniors to sign-up for the Biloxi Fire Department's FREE smoke detector program. Your fire department will provide the smoke detectors and the labor to our well-deserving citizens at no cost.

March is "RED CROSS" Month

We'd like to recognize the American Red Cross for 124 years of service.

Since its founding in 1881 by visionary leader Clara Barton, the American Red Cross has been the nation's premier emergency response organization. As part of a worldwide movement that offers neutral humanitarian care to the victims of war, the American Red Cross distinguished itself by also aiding victims of devastating natural disasters. Over the years, the organization has expanded its services, always with the aim of preventing and relieving suffering.

Today, in addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs.



Together, we can save a life



Movie & Popcorn!

Snyder Center,
Thursdays, 2 p.m.

March 3rd:
Shall We Dance
with Richard Gere

March 10th:
Notebook
with Sam Shepard

March 17th:
Lord of the Dance
AND THEN
Circle of Friends

...this is a sweet Irish love
story with Chris O'Donnell &
Minnie Driver

Don't forget to wear your green!

March 24th:
Casablanca
with Humphrey Bogart &
Ingrid Bergman

March 31st:
Gentleman's Agreement
with Gregory Peck &
Dorothy McGuire

All movies are rated PG-13
or PG. However, there may be
some obscenities.

Newsletter Volunteers Needed:

Monday, March 21st,
10 a.m. at Snyder Center.
Volunteers are needed to
help fold, label & tape
the **Top of the Hill**
Newsletter.

Tammy Howell
City of Biloxi Senior Programs
2520 Pass Road
Biloxi, MS 39531
(228) 436-5197
thowell@biloxi.ms.us

T'ai Chi Classes start Tuesday, March 1st, 3 p.m. at Snyder Center

Classes will be held every Tuesday & Thursday at 3 p.m. T'ai Chi is a gentle form of exercise for health and relaxation which originates from ancient China. Gentle flowing movements are combined with deep breathing exercises 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.

Potluck Luncheons

• **Tuesday, March 8th, 10:30 a.m. - Snyder Center**

Our guest speaker will be Oscar Barnes, Director of American Red Cross, Gulf Coast Chapter. We will have Bingo after the luncheon on March 8th.

• **Tuesday, March 22nd, 11 a.m. - Biloxi Community Center**

Fire Prevention class follows luncheon, 11:45 a.m.-1 p.m. No Bingo after the Fire Prevention class... however, we will have a Fire Safety game to win prizes!

Each person (including guest) is asked to bring either a side dish or a dessert to the luncheons.

March Classes & Special Happenings


- **ADVANCED Stretch & Strengthen Class:** The classes are every Monday, Wednesday & Friday at 2:30 p.m. at Snyder Center. The Instructor is Tammy Howell who is PACE Certified by the American Arthritis Foundation. This class promotes joint flexibility, endurance, muscle strengthening, coordination and increased range of motion. Class is free to adults. **No classes March 23rd, 25th & 28th.**
- **NEW Stretch & Strengthen Class - Beginner's Level:** The classes are every Monday, Wednesday & Friday, 1:30-2 p.m. at Snyder Center. The Instructor is Tammy Howell who is PACE Certified by the American Arthritis Foundation. This class promotes joint flexibility, endurance, muscle strengthening, coordination and increased range of motion at a more gentle and slower pace. Class is free to adults. **No classes March 23rd, 25th & 28th.**
- **Colored Pencil Class:** Snyder Center - the first & third Wednesday, March 2nd & March 16th at 10 a.m. Proctor Taylor, a well-known local artist, is the instructor. The class is for beginners and intermediate level students. Supplies needed are a set of **Prismacolor** brand colored pencils, which you can purchase at Hobby Lobby.
- **Quilling Class:** Snyder Center - Wednesday, March 9th at 10 a.m.
Please bring scissors and your completed snowman project for our Christmas Tree.
- **Scrapbooking:** Snyder Center - the last Wednesday of the month, March 30th at 2 p.m. Please bring pictures, and scissors. Each month, we will complete at least one page. By the end of the year, you will have a complete scrapbook.
- **Crafts Anyone:** Biloxi Community Center - Monday, March 14th at 10 a.m.
Snyder Center - Tuesday, March 29th at 10 a.m.
Please call 436-5191 to sign up for each craft class.
- **Bonco:** Biloxi Community Center - Tuesday, March 7th at 10 a.m.
Snyder Center - Tuesday, March 28th at 10 a.m. **It's an easy game to learn as you play!**
- **Swinging Starlets Dance Group:** Practices on Tuesdays & Thursdays at 4:30 p.m. at the Snyder Center. They perform throughout the community at Nursing Homes, Senior Programs & Community Programs. Thursday, March 3rd, they will be performing at 1 p.m. at Biloxi Industries. Saturday, March 19th, they will be performing at 7:15 p.m. at Biloxi Beech Hotel for Retired Navy Waves at their five-state conference.

Please call 436-5191 to sign up for each class.



March 2005

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Christmas Boxes Project... This month is underclothes (briefs, panties, etc.) for children. Please bring your donations to Snyder Center or to any of our monthly programs.		1 T'ai Chi Classes Begin 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC	2 Colored Pencil Class 10 a.m.-DSCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m. <i>Groundhog Day</i>	3 Movie & Popcorn 2 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> perform, 1 p.m. Biloxi Industries	4 Stretch & Strengthen DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	5
6 Bonco 10 a.m.-BCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	7	8 Potluck Luncheon 10:30 a.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC	9 Quilling Class 10 a.m.-DSCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	10 Decorate Easter Hats 10 a.m.-DSCC Movie & Popcorn 2 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC	11 Stretch & Strengthen DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	12
13 Crafts Anyone 10 a.m.-BCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	14	15 AARP Meeting 10 a.m.-BCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC	16 Colored Pencil Class 10 a.m.-DSCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	17 Preschool Easter Egg Hunt 9 a.m.-Tullis Movie & Popcorn 2 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. <i>St. Patrick's Day</i>	18 Stretch & Strengthen DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	19 <i>Swinging Starlets</i> perform, 7:15 p.m. Biloxi Beach Hotel
20 Stretch & Strengthen DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m. Newsletter Volunteers Needed: 10 a.m.-DSCC <i>Palm Sunday</i>	21	22 Potluck Luncheon & Fire Safety Class 11 a.m.-BCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC	23 Don't forget to come enjoy our new T'ai Chi Classes... T'ai Chi is great for the mind, body & spirit!	24 Movie & Popcorn 2 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC	25 ★Closed★ for Good Friday <i>Good Friday</i>	26
27 Bonco 10 a.m.-DSCC  <i>Easter Sunday</i>	28	29 Crafts Anyone 10 a.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC	30 Scrapbooking 2 p.m.-DSCC Stretch & Strengthen-DSCC Beginner's, 1:30 p.m. Advanced, 2:30 p.m.	31 Movie & Popcorn 2 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC	<ul style="list-style-type: none"> • DSCC - Donal Snyder Sr. Community Center 2520 Pass Road • BCC - Biloxi Community Center Corner of Howard Ave. & Bellman St. All classes and programs are subject to change and changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.	

Recreation Office:

435-6168

**Donal Snyder Sr.
Community Center:**

436-5191

**Biloxi
Community Center:**

435-6221

Director of Parks & Recreation:

Nathan Sullivan

Recreation Superintendent:

Sherry Bell

Therapeutic Recreation Specialist:

Tammy Howell



**Mayor A.J. Holloway
and the
Biloxi City Council**

George Lawrence

Eric Dickey

Arlene Canaan

Charles T. Harrison Jr.

Mike Fitzpatrick

Tom Wall

David Fayard



Recipe of the Month

Sour Cream Muffins

- 4 Cups Bisquick
- 16 oz. Sour Cream
- 1 Cup Butter, melted
- 1 Cup Cheese, grated

Mix all ingredients together and pour into greased muffin tins.
Bake for 15 minutes at 425 degrees.

"These are easy and delicious... I like them hot!"

– Amy R. Davis - Biloxi, MS

Are you in the loop?

Sign up at <http://biloxi.ms.us> for the most current news about your city.



**Donal Snyder Sr.
Community Center**

2520 Pass Road

Biloxi, MS 39531

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