



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • October 2006

## October is National Breast Cancer Awareness Month (NBCAM)

Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.

- Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.
- Hispanic women have fewer mammograms than Caucasian women and African American women.
- Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

For more information about NBCAM, please visit [www.nbcam.org](http://www.nbcam.org). For additional information, please call one of the following toll-free numbers: American Cancer Society, (800) 227-2345, National Cancer Institute (NCI), (800) 4-CANCER, Y-ME National Breast Cancer Organization, (800) 221-2141.

*The National Breast Cancer Awareness Month program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.*

**AARP meets every third Tuesday at the Donal Snyder Community Center. 9 a.m. – 1 p.m.**

Unless otherwise posted.

### What's Inside...

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

### Thought For The Day

The miracle is this - the more we share, the more have. *-Leonard Nimo (American Actor)*



## Movie & Popcorn!

Snyder Center,  
Thursdays, 1:30 p.m.

October 5th:  
**The Lake House**  
with Sandra Bullock &  
Keanu Reeves

October 12th:  
**Take the Lead**  
with Antonio Banderas,  
Alfre Woodard & Rob Brown

October 19th:  
**Akeelah and the Bee**  
with Keke Palmer, Angela  
Basset & Laurence Fishburne

October 26th:  
**Stick It**  
with Jeff Bridges &  
Missy Peregrym

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

### Newsletter Volunteers Needed:

Tuesday, October 24th,  
10 a.m. at Snyder Center.  
Volunteers are needed to  
help fold, label & tape  
the **Top of the Hill**  
Newsletter.

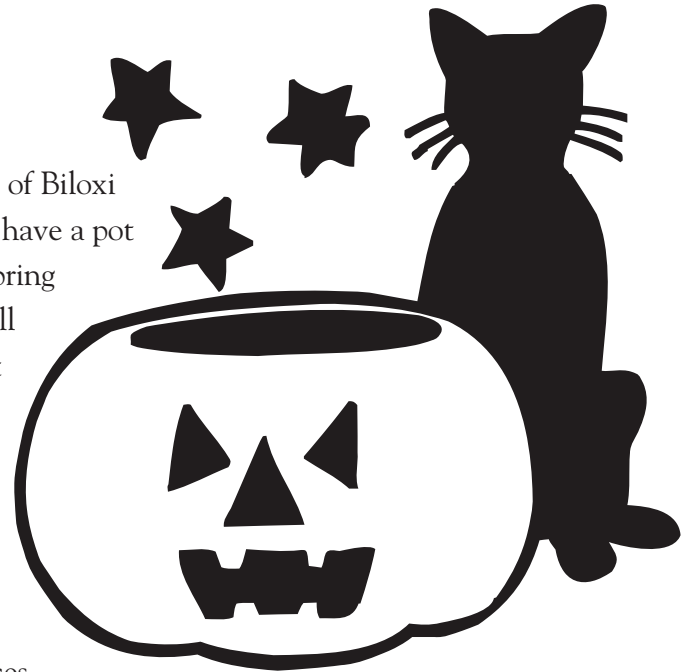
Gwen Johnson  
City of Biloxi Senior Programs  
2520 Pass Road  
Biloxi, MS 39531  
(228) 435-6148  
gjohnson@biloxi.ms.us

## Senior Luncheon & Halloween Party

Tuesday, October 17th,  
11 a.m. - 12:30 p.m.  
Donal Snyder, Sr.  
Community Center

The speaker will be Linda Thomas of Biloxi  
Regional Medical Center. We will have a pot  
luck luncheon. Each person must bring  
either a side dish or dessert. We will  
have a Halloween costume contest  
after the luncheon.

There will also be a health  
screening prior to the luncheon  
at 10:30 a.m., sponsored by Biloxi  
Regional Medical Center, Barbara  
Butiro, Patient & Volunteer Services  
and Kare-In-Home.



## October Classes

- **T'ai Chi Classes:** Classes are every Tuesday at 10 a.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.
- **Stretch & Strengthen Class:** Classes are every Monday, Wednesday & Friday at 2 p.m. at Snyder Center. This class promotes joint flexibility, endurance, muscle strengthening, coordination and increased range of motion. Class is free to adults.
- **Crafts Class:** This months project is Picture Frames  
Snyder Center - Tuesday, October 31 at 10 a.m.
- **Bonco:** Snyder Center - October 10th, 1 p.m.  
*It's an easy game to learn as you play!*

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

# October 2006

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Stretch & Strengthen 2 p.m.	3 T'ai Chi Class 10 a.m. Pokeno 1 p.m.	4 Stretch & Strengthen 2 p.m.	5 Movie & Popcorn 1:30 p.m.	6 Stretch & Strengthen 2 p.m.	7
8 Stretch & Strengthen 2 p.m.	9	10 T'ai Chi Class 10 a.m. Bonco 1 p.m.	11 Stretch & Strengthen 2 p.m.	12 Movie & Popcorn 1:30 p.m.	13 Stretch & Strengthen 2 p.m.	14
15 Stretch & Strengthen 2 p.m.  <i>Bosses' Day</i>	16	17 T'ai Chi Class 10 a.m. Health Screening 10:30 a.m. Senior Luncheon 11 a.m.	18 Stretch & Strengthen 2 p.m.	19 Movie & Popcorn 1:30 p.m.	20 Stretch & Strengthen 2 p.m.	21
22 Stretch & Strengthen 2 p.m.	23	24 Newsletter Mailout 10 a.m. T'ai Chi Class 10 a.m.	25 Stretch & Strengthen 2 p.m.	26 Movie & Popcorn 1:30 p.m.	27 Stretch & Strengthen 2 p.m.	28
29  <i>Daylight Saving Time Ends</i>	30 Stretch & Strengthen 2 p.m.	31 T'ai Chi Class 10 a.m. Craft Class 10 a.m.  <i>Halloween</i>	<p>All programs will take place at the Donal Snyder, Sr. Community Center located at 2520 Pass Road.</p> <p>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.</p>			

# Recipe of the Month

Recreation Office:  
435-6148

Donal Snyder Sr.  
Community Center:  
436-5191

Biloxi  
Community Center:  
435-6221

Director of Parks & Recreation:  
Nathan Sullivan  
Recreation Superintendent:  
Sherry Bell  
Recreation Specialist:  
Gwen Johnson

— ● —

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

George Lawrence  
William "Bill" Stallworth  
Charles T. Harrison Jr.  
Mike Fitzpatrick  
Tom Wall  
Edward "Ed" Gemmill  
David Fayard

## Stuffed Squash

- 9 medium yellow squash
- 20 butter crackers, crushed
- 1/4 c. shredded cheddar cheese
- 1/4 c. melted butter or margarine
- salt, pepper & paprika, to taste

Cut squash in halves, length-wise. Parboil in water until tender. Remove from water and cool to room temperature. Remove from water and cool to room temperature. Remove center pulp (reserving the shells). Combine pulp with cracker crumbs, cheese and melted butter. Add salt and pepper to taste. Mix well. Spoon into reserved shells—sprinkle with paprika. Place in baking dish, bake at 350 degrees for 20-25 minutes. (Other varieties of squash such as zucchini and patty pans are good for this recipe, also.)

- Jane Ann Courtney

*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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