



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • December 2006



Happy, Healthy Holidays!

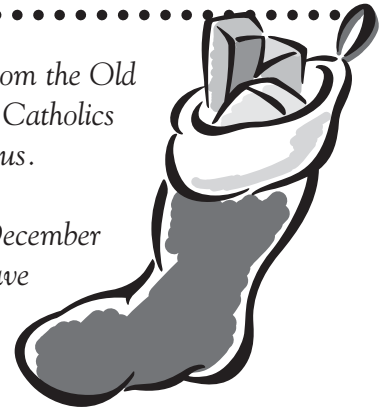
Make the most of the season by keeping up with your good health habits. Try to limit rich foods, such as creamy sauces and sweets. Choose fruits and vegetables from the buffet table whenever possible, fit exercise into your activities, and make time to enjoy friends and family. You should also void overeating. Then look forward to another fantastic year of health.

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Christmas is a Christian celebration and the word is taken from the Old English words "Cristes Maesse" meaning "Mass of Christ." Catholics and Protestants both celebrate Christmas and the birth of Jesus.

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Christians around the world celebrate the birth of Jesus on December 25, and many celebrate the memory of St. Nicholas, who gave to those in need, on December 6. To learn more about St. Nicholas, log on to www.stnicholascenter.org



Christmas Boxes Project

We will donate any and all items to a local charity in the community. If you have items, please bring them to the Donal Snyder Community Center before Dec. 8.

There will be no AARP meeting until further notice.

What's Inside...

- Movies & Popcorn
- Senior Luncheon
- December Classes & Holiday Schedule
- December Calendar
- More!

National Handwashing Awareness

National Handwashing Awareness Week is the first full week of December each year.

You can stay healthier one handwash at a time by practicing the 4 Principles of Hand Awareness!

- 1) Wash your hands when they are dirty and before eating.
- 2) Don't cough into your hands.
- 3) Don't sneeze in to your hands.
- 4) Above all, don't put your fingers in your eyes, nose or mouth.



Henry the Hand Champion Handwasher is asking you to help reduce infectious disease spread by our hands. Make a concerted effort during National Handwashing Awareness Week to promote the importance of handwashing and Hand Awareness and give all of us a head start to prevent illness this winter. Help spread the word not the germs by making handwashing and hand awareness a habit.

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www.henrythehand.com • Henry the Hand Foundation, 11714 US Rte 42, Cincinnati, OH 45241



Movie & Popcorn!

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

December 7th:
Fun with Dick & Jane
starring Jim Carrey, Tea Leoni
& Alec Baldwin

December 14th:
Miracle on 34th Street
starring Richard Attenbrough,
Elizabeth Perkins &
Dylan McDermott

December 21st:
**Christmas with the
Kranks**
starring Tim Allen, Jamie Lee
Curtis & Dan Aykroyd

December 28th:
Elf starring Will Ferrell,
Ed Asner & James Caan

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

Newsletter Volunteers Needed:

Monday, December 18th,
10 a.m. at Snyder Center.
Volunteers are needed to
help fold, label & tape
the **Top of the Hill**
Newsletter.

Gwen Johnson
Recreation Specialist
2520 Pass Road
Biloxi, MS 39531
(228) 435-6148
gjohnson@biloxi.ms.us

Senior Luncheon & Monthly Speaker

Tuesday, December 19th • 11 a.m. - 12:30 p.m. • Snyder Center

Our December guest speaker will be Courtney Davis, Volunteer Coordinator of AseraCare Hospice. The Bingo hostess will be Maria Malley, M.S. MBA Patient Care Representative of Synergy Behavioral Health – Gulf Coast, Inc.

Health Screening - Blood Pressure Check, prior to the luncheon at 10:30 a.m. - Sponsored by Biloxi Regional Medical Center

Southern Care Hospice will set up an information booth and will help with the Blood Pressure Check.

THOUGHT FOR THE DAY

“Kindness in words creates confidence; kindness in thinking creates profoundness; kindness in giving creates love.” -Lao-Tzu

December Classes & Happenings

- **Stretch & Strengthen Class:** Class is each Monday, Wednesday & Friday at 2 p.m. This class promotes joint flexibility, endurance, muscle strengthening, coordination and increased range of motion. Class is free to adults. **There will be no Stretch & Strengthen Class on the following dates: Dec. 22-29, 2006. Class resumes January 3, 2007.** Class is sponsored by the Arthritis Foundation - Take Control. We Can Help. The Mission of the Arthritis Foundation is to improve lives through leadership in prevention, control and cure of arthritis and related diseases.
- **Tai Chi Class:** Every Tuesday at 10 a.m. Tai 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 Tai Chi promotes mental clarity and a healthy body, assists with balance and helps the circulation of the blood. **There will be no Tai Chi Class on Dec. 26, 2006.**
- **Crafts Class:** Tuesday, December 12th, 10 a.m.
- **Memorial Rehabilitation Aquatic Class:** H2O Aerobics every Monday, Wednesday & Friday at 8:30 a.m. Class is a shallow-water, low-impact, moderate-to-high intensity workout for adults to improve cardio-respiratory fitness, muscle strength, endurance and flexibility
- **Bonco!** Monday, December 4th, 1 p.m.
It's an easy game to learn as you play!
- **BINGO!** Tuesday, December 19th after the luncheon
- **Walking Program for 55+ - Begins January 2007!**

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

For more information, please contact Gwen Johnson at 228-435-6148.





December 2006

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<p>All programs will take place at the Donal Snyder, Sr. Community Center - 2520 Pass Rd. All classes and programs are subject to change and changes will be posted. Prior notice will be given if possible.</p>						
	3	4	5	6	7	8
Advent	H2O Aerobics 8:30 a.m. Bonco 1 p.m. Stretch & Strengthen Class 2 p.m.	Tai Chi Class 10 a.m.	H2O Aerobics 8:30 a.m. Stretch & Strengthen Class 2 p.m.	Movie & Popcorn 1:30 p.m.	H2O Aerobics 8:30 a.m. Stretch & Strengthen Class 2 p.m. <i>Hanukkah begins at sundown</i>	
	10	11	12	13	14	15
	H2O Aerobics 8:30 a.m. Stretch & Strengthen Class 2 p.m.	Tai Chi Class 10 a.m. Craft Class 10 a.m.	H2O Aerobics 8:30 a.m. Stretch & Strengthen Class 2 p.m.	Movie & Popcorn 1:30 p.m.	H2O Aerobics 8:30 a.m. Stretch & Strengthen Class 2 p.m.	
	17	18	19	20	21	22
	H2O Aerobics 8:30 a.m. Stretch & Strengthen Class 2 p.m. Newsletter Volunteers Needed: 10 a.m.	Tai Chi Class 10 a.m. Health Screening 10:30 a.m. Senior Luncheon 11 a.m.	H2O Aerobics 8:30 a.m. Stretch & Strengthen Class 2 p.m.	Movie & Popcorn 1:30 p.m.	H2O Aerobics 8:30 a.m. Stretch & Strengthen Class CANCELLED	
	24	25	26	27	28	29
	Seasons Greetings!			H2O Aerobics 8:30 a.m. Stretch & Strengthen Class CANCELLED	Movie & Popcorn 1:30 p.m.	H2O Aerobics 8:30 a.m. Stretch & Strengthen Class CANCELLED
New Year's Eve	★Closed★ for Christmas Holiday					30
	31	Christmas Day	Kwanzaa begins			

Recreation Office:
435-6148

Donal Snyder Sr.
Community Center:
436-5191

Director of Parks & Recreation:
Nathan Sullivan
Assistant Director
of Parks & Recreation:
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

Recipe of the Month

Spicy Cranberry Jam (makes 7 half pints)

- 8 cups of fresh or frozen Cranberries (about 2 pounds)
- 1 cup Water
- 1 cup Cider Vinegar
- 3 cups Honey
- 1 1/2 tsp. Ground Cinnamon
- 1/2 tsp. Group Allspice

In a large kettle, combine cranberries, water and vinegar, then bring to a boil. Reduce heat, simmer uncovered for 15 minutes or until cranberries soften, stirring occasionally. Press through a sieve or food mill; discard skins, return to kettle. Stir in honey, cinnamon and allspice, bring to a boil. Reduce heat to medium, cook and stir until thickened, about 8 minutes. Remove from heat, skim off foam. Pour hot mixture into hot jars leaving 1/4 inch head space. Adjust caps. Process for 10 minutes in a boiling water bath.

- Merle Miller

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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