



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • January 2007

## Happy New Year!

The celebration of the New Year is the oldest of all holidays, but January 1 has not always been New Year's Day. In the years around 2000 B.C., the Babylonian New Year began with the first new moon (first visible crescent) after the Vernal Equinox (first day of spring). In order to set the calendar right, in 153 B.C. the Roman senate declared January 1 to be the beginning of the New Year. But tampering continued until 46 B.C. when Julius Caesar established what has come to be known as the Julian calendar.

In most countries in Europe and North and South America, people celebrate New Year's on January 1. In other places such as China, Thailand, and Cambodia, the New Year comes at a different time each year.



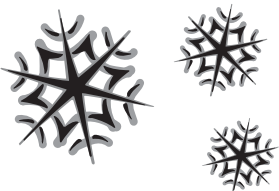
**Happy Birthday to all Senior's in the month of January.**

**January is Happy Birthday Elvis month.**

**Elvis Trivia Challenge**  
True / False: Elvis would have been 72 years old this year. (Elvis was born Jan. 8, 1935.)

What is Elvis Presley's middle name? Is it Aaron, Alvin, Albert or Aron.

Aron is the correct name.



See inside for more!

### JANUARY IS NATIONAL BLOOD DONOR MONTH - Facts about blood

#### Did you know?

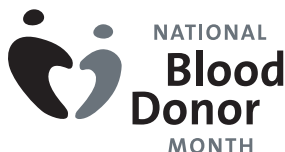
- Every day in the United States, blood is needed in hospitals and emergency treatment facilities to care for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident and trauma victims.
- Every two seconds someone in the U.S. needs blood.
- More than 38,000 blood donations are needed each day.
- Blood can be separated into at least three components: Red Blood Cells, Plasma, Platelets.
- Just one blood donation can help save up to three lives.
- Sixty percent of the U.S. population is eligible to give, but only 5 percent of those eligible actually do.
- In an emergency, anyone can receive type O negative red blood cells, and type AB individuals can receive red blood cells of any ABO group. Therefore, people with type O negative blood are known as "universal donors."

#### Donating blood is easy!

- To donate blood, one must be healthy, and meet age, weight and other donor requirements.
- Donating blood is a safe process. A sterile needle is used only once for each donor and is then discarded.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time one arrives to the time the donor leaves, takes about an hour.
- A healthy donor may donate blood every 56 days.
- The average adult has about 10 to 12 pints of blood in his/her body. Approximately one pint is given during a donation.

#### Our blood supply...

- Blood and blood products are perishable. Donated red blood cells must be used within 42 days of collection.
- During an emergency, blood must be on the shelf ready for transfusion in order to save lives.



MAKE LIFESAVING A HABIT



To learn more about blood donation, visit [www.aabb.org](http://www.aabb.org)

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## Movie & Popcorn!

Thursdays, 1:30 p.m.

January 4th:

**Pirates of the Caribbean**

starring Johnny Depp, Keira Knightley, Orlando Bloom, Bill Nighy

January 11th:

**Superman Returns**

starring Brandon Routh, Kate Bosworth, Kevin Spacey, Frank Langella

January 18th:

**Invincible**

starring Mark Wahlberg, Greg Kinnear, Elizabeth Banks

January 25:

**Poseidon** starring Josh Lucas,

Kurt Russell, Richard Dreyfuss, Emmy Rossum

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

### Newsletter Volunteers Needed:

Monday, January 29th, 10 a.m. 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, January 16 • 11 a.m. - 1 p.m.

Our January guest speaker will be Sara Cunningham, Occupational Therapist and Assistant Director of Rehab Services at Biloxi Regional Medical Center.

*Entertainment provided by Davis & Sax.*

*Special thanks to Jeanelle Clark Grand Biloxi, for donations of door prizes.*

### Health Screening prior to the luncheon at 10:30 a.m.

Sponsored by Biloxi Regional Medical Center - Barbara Butiro, Volunteer & Community Service Director and Kare-In Homes - Darlene Brennan, RN and Patient Care Coordinator.

### THOUGHT FOR THE DAY

*"Nobody will believe in you unless you believe in yourself."*

-Liberace (1919 - 1987), Pianist



## January Classes & Happenings

- **Stretch & Strengthen Class:** Class is each Monday, Wednesday & Friday at 2 p.m. This class promotes joint flexibility, endurance, muscle strength, coordination and increased range of motion. **There will be no Stretch & Strengthen Class on January 1st & 15th.** Class is sponsored by the Arthritis Foundation - Take Control. We Can Help.
- **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. (Special thanks to Judith Zimmer who conducted our T'ai Chi Class.)
- **Bonco!** Tuesday, January 9th, 1 p.m. *It's an easy game to learn as you play!*
- **BINGO!** Tuesday, January 16th after the luncheon
- **Pokeno!** Tuesday, January 23rd, 1 p.m.
- **Craft Class:** Thursday, January 25th. *We will be making gift bags.*
- **Walking Program for 55+ begins January 8th!** Contact Gwen Johnson at 435-6148. Walking can help enhance the energy supply, decrease risk of injury, increase burn of calories, increase muscle conditioning and body shaping. **(Walking shoes are your most important item for this program.)** We will have an awards ceremony at the end of each month.

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

If anyone is interested in a **Quilting or Scrap Book Class** contact Gwen Johnson at (228) 435-6148.

We will be offering **Ceramic Classes** - if you are interested contact Gwen Johnson at (228) 435-6148 or James Payton at (228) 436-5191. Classes will be on Wednesdays, 9:30 a.m.-12 noon.





# January 2007

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Stretch & Strengthen Class CANCELLED  <i>New Year's Day Kwanzaa Ends</i>	<b>2</b> Tai Chi Class 10 a.m.	<b>3</b> Stretch & Strengthen Class 2 p.m.	<b>4</b> Movie & Popcorn 1:30 p.m.	<b>5</b> Stretch & Strengthen Class 2 p.m.	<b>6</b>
<b>7</b>	<b>8</b> Stretch & Strengthen Class 2 p.m.	<b>9</b> Tai Chi Class 10 a.m. Bonco 1 p.m.	<b>10</b> Stretch & Strengthen Class 2 p.m.	<b>11</b> Movie & Popcorn 1:30 p.m.	<b>12</b> Stretch & Strengthen Class 2 p.m.	<b>13</b>
<b>14</b>	<b>15</b> Stretch & Strengthen Class CANCELLED  <i>Martin Luther King, Jr. Day</i>	<b>16</b> Tai Chi Class 10 a.m. Health Screening 10:30 a.m. Senior Luncheon 11 a.m. BINGO 1 p.m.	<b>17</b> Stretch & Strengthen Class 2 p.m.	<b>18</b> Movie & Popcorn 1:30 p.m.	<b>19</b> Stretch & Strengthen Class 2 p.m.	<b>20</b>
<b>21</b>	<b>22</b> Stretch & Strengthen Class 2 p.m.	<b>23</b> Tai Chi Class 10 a.m. Pokeno 1 p.m.	<b>24</b> Stretch & Strengthen Class 2 p.m.	<b>25</b> Movie & Popcorn 1:30 p.m. Craft Class 10 a.m.	<b>26</b> Stretch & Strengthen Class 2 p.m.	<b>27</b>
<b>28</b>	<b>29</b> Stretch & Strengthen Class 2 p.m.  ♣ Newsletter Volunteers Needed: 10 a.m.	<b>30</b> Tai Chi Class 10 a.m.	<b>31</b> Stretch & Strengthen Class 2 p.m.	<b>Special Thanks To...</b> Barbara Butiro, Kathy Springer, and Dr. Vanessa Duncombe, of Biloxi Regional Medical Center. ..... <b>All programs will take place at the Donal Snyder,            Sr. Community Center - 2520 Pass Rd.</b> All classes and programs are subject to change and changes will be posted. Prior notice will be given if possible.		

**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**

## **Ham & Scalloped Potatoes**

- 1/2-2 cups Smoked Ham (chopped)
- 6-8 medium size Potatoes (peeled & boiled till medium soft)
- 1 or 2 Onions (more or less, to taste)
- 1 or 2 Green Bell Peppers (more or less, to taste)
- 1 stick Butter or Margarine
- 1/4 cup Flour
- 1/2 cup Milk
- 8 oz. grated Cheddar Cheese
- 2 T. Mustard
- Salt & Pepper
- Garlic Salt

Sauté chopped onions and peppers in butter. add flour and milk to make a slight gravy. Add grated cheese, ham, mustard, salt, pepper and garlic (to taste). Pour over "chunked" potatoes in casserole dish, sprinkle with paprika and bake 325 degrees for 30 minutes. (*Very Good.*)

- Karen Ayres, Ocean Springs

***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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