



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • February 2007

Happy Birthday to all Seniors with birthdays in the month of February.

February '07 Dates to Celebrate & Remember

- President Lincoln's Birthday
February 12th
- Valentines Day
February 14th
- Chinese New Year
February 19th, 2007
- Presidents' Day
February 19th
- Mardi Gras
February 20th
- Ash Wednesday
February 21st
- President Washington's Birthday
February 22nd
- Black History Month
February 28, 2007
Program at Snyder Center

See inside for more!

FEBRUARY IS AMERICAN HEARTH MONTH

Learn the Warning Signs of a Heart Attack

- **Chest discomfort** – This can be discomfort in the center of the chest lasting more than a few minutes or it may go away and return. It can feel like pain, pressure, squeezing or fullness.
- **Discomfort or pain in the other parts** of your upper body, including one or both arms, the back, neck, jaw or stomach.
- **Nausea, lightheadedness or indigestion-type symptoms**
- **Breaking out in a cold sweat**
- **Shortness of breath** – This feeling often accompanies chest discomfort but can occur before the chest discomfort.

Not all of these signs indicate a **heart attack**. If you have one or more of them, don't wait longer than 5 minutes before calling for help.

Pump up your progress in strengthening a heart-healthy diet low in saturated fats and trans fats, at least 30 minutes of exercise daily, a normal weight, and no smoking! Keep you blood pressure, cholesterol, and blood sugar levels in check. Also, know your family history and discuss your risk factors with your doctor.

This was the Year – 1957

Did You Know?

- U.S. President & Vice President: *Dwight Eisenhower & Richard Nixon*
- Cost of living was:
 - New Home: \$12,225.00
 - New Car: \$2, 157.00
 - Gasoline: 24¢ per gallon
 - Movie Ticket: \$1.00
 - Average Rent: \$90.00 per month
- Cost of food was:
 - U.S. Postage Stamp: 3¢
 - Fresh Baked Bread: 19¢ per loaf
 - Eggs: 28¢ per dozen
- Music: *April Love (Pat Boone)*
- Movie: *Funny Face (Audrey Hepburn & Fred Astaire)*

- **February Trivia:** *Who is the only heavyweight boxer to retire undefeated? What Academy Award-Winning film (Best Picture) has no women with speaking roles? See the bottom right corner of the calendar for the answers.*



Movie & Popcorn!

Thursdays, 1:30 p.m.

February 1st:

You, Me & Dupree

starring Owen Wilson, Kate Hudson, Matt Dillon, Michael Douglas

February 8th:

My Super Ex-Girlfriend

starring Uma Thurman, Luke Wilson

February 15th:

The Illusionist

starring Paul Giamatti, Edward Norton, Jessica Bell

February 22nd:

Broken Bridges

starring starring Toby Keith, Kelly Preston

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

Newsletter Volunteers Needed:

Monday, February 26th, 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, February 6th • 11 a.m. - 1 p.m. • Pot Luck

Our February guest speaker will be Jean Smallman, Education & Outreach Specialist of Gulf Coast Fair Housing Center – 15105 Lemoyne Blvd., Suite A-1 Biloxi

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

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

THOUGHT FOR THE DAY

“When we work at our highest level, the results can be breathtaking.”

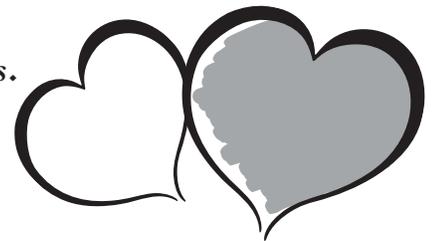


February Classes & Happenings

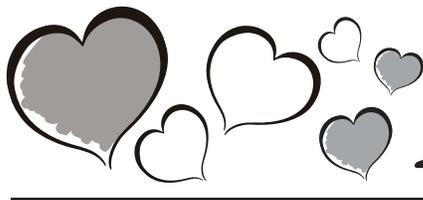
- **Stretch & Strengthen Class:** Class is each Monday, Wednesday & Friday at 2 p.m. This class promotes joint flexibility, endurance, muscle strength, coordination and increased range of motion. *Class is sponsored by the Arthritis Foundation - Take Control. We Can Help.*
- **Tai Chi Class:** Every 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. **There will be no class February 20th due to the Mardi Gras Holiday!**
- **Bonco!** Tuesday, February 13th, 1 p.m. *It's an easy game to learn as you play!*
- **Pokeno!** Tuesday, February 20th, 1 p.m.
- **Craft Class:** Tuesday, February 27th, 10 a.m.
- **Walking Program for 55+** has started and is in full swing! Walking can help enhance the energy supply, decrease risk of injury, increase burn of calories, increase muscle conditioning and body shaping.

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

Upcoming Classes



- >> **Quilting or Scrap Book Class:** If anyone is interested, contact Gwen Johnson at (228) 435-6148.
- >> **Beginners Stretch & Strengthen Class:** We will be looking at starting this class if anyone is interested. Contact Brian Locke at (228) 436-5191. We will take the first 20 to sign up. A time and date when this class will start will be in the March newsletter.
- >> **Bridge:** If anyone is interested, please contact Mrs. Mary Ann Hubmann with the GCNC Bridge Club at (228) 539-3153 or (228) 435-6148 to RSVP. Bridge Class will be on third Tuesday of each month at 1 p.m. in the Craft Room.
- >> **Ceramic Class:** - We are still looking for an instructor for this class which will be held on Wednesdays, 9:30 a.m.-12 noon. Contact Gwen Johnson at (228) 435-6148.



February 2007

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All programs will take place at the Donal Snyder, Sr. Community Center, 2520 Pass Rd.</p> <p>If you have any questions about senior programs, call Gwen Johnson at (228) 435-6148.</p> 				<p>1</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>2</p> <p>Stretch & Strengthen Class 2 p.m.</p> <p><i>Groundhog Day</i></p>	<p>3</p>
<p>4</p> <p>Stretch & Strengthen Class 2 p.m.</p> <p><i>Lincoln's Birthday</i></p>	<p>5</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>6</p> <p>Tai Chi Class 10 a.m. Health Screening 10:30 a.m. Senior Luncheon 11 a.m.</p>	<p>7</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>8</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>9</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>10</p>
<p>11</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>12</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>13</p> <p>Tai Chi Class 10 a.m. Bonco 1 p.m.</p>	<p>14</p> <p><i>Happy Valentine's Day!</i>  Stretch & Strengthen Class 2 p.m. <i>Valentine's Day</i></p>	<p>15</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>16</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>17</p>
<p>18</p> <p>Stretch & Strengthen Class 2 p.m.</p> <p><i>Presidents' Day</i></p>	<p>19</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>20</p> <p>★Closed★ <i>in Celebration of Mardi Gras</i></p> <p><i>Fat Tuesday</i></p>	<p>21</p> <p>Stretch & Strengthen Class 2 p.m.</p> <p><i>Ash Wednesday</i></p>	<p>22</p> <p>Movie & Popcorn 1:30 p.m.</p> <p><i>Washington's Birthday</i></p>	<p>23</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>24</p>
<p>25</p> <p>Stretch & Strengthen Class 2 p.m.</p> <p>✦ Newsletter Volunteers Needed: 10 a.m.</p>	<p>26</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>27</p> <p>Tai Chi Class 10 a.m. Craft Class 10 a.m.</p>	<p>28</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>Special Thanks To... Barbara Butiro, Kathy Springer, and Dr. Vanessa Duncombe, of Biloxi Regional Medical Center.</p> <p>.....</p> <p>All classes and programs are subject to change and changes will be posted. Prior notice will be given if possible.</p> <p>1. Answer: Rocky Marciano 2. Answer: Lawrence of Arabia</p>		

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

Strawberry Pecan Fudge

- 4 C. Sugar
- 1/8 tsp. Baking Soda
- 2 C. Canned Milk
- 1 (3 oz.) box of Strawberry Jello
- Pinch of Salt
- 2 C. Chopped Pecans
- 2 tsp. Vanilla Extract

Combine all ingredients, except pecans and vanilla. Bring to a boil over a hot flame, stirring constantly, until candy forms a firm ball when dropped in a cup of cold water and candy thermometer reaches 236 degrees. Remove from heat, add pecans and vanilla extract, beat until mixture begins to thicken. Pour into a well-buttered cookie pan and cut into squares when candy is set, but still hot.

- Doris Blackmon, Biloxi

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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