

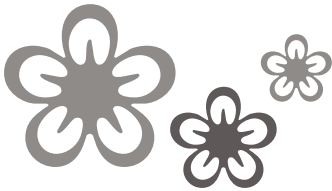
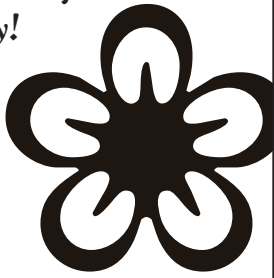


Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • May 2007

Happy Birthday to all Seniors in the month of May!



May '07 Dates to Celebrate & Remember

- May 3, 2007 – National Day of Prayer
- May 4, 2007 – International Fire Fighter's Day
- May 5, 2007 Mexico – Cinco de Mayo Day
- May 13, 2007 – Mother's Day
- May 19, 2007 – Armed Forces Day
- May 28, 2007 – Memorial Day
- May 6-12, 2007 – National Pet Week

See inside for more!

MAY IS National High Blood Pressure Education and National Physical Fitness and Sport Month

Get a Move on Fitness

Being physically active can add years and vitality to your life, so step up your pace! Exercise each day to lower your risk for heart disease, stroke, bone and muscle mass loss, and certain cancers. Regular exercise will also keep you energized, and help you control your weight, reduce depression, and increase alertness. Aim for 30-60 minutes daily, or even more to lose weight.

This was the Year – 1984 Did You Know?

- Cost of Living was: New House – \$86,730
New Car – \$8,749
Average Income – \$21,599 per year
Average Rent – \$350 per month
Harvard Tuition – \$9,035 per year
Postage Stamp – 20¢
- Cost of Food was: Granulated Sugar – 95¢ per 10 pounds
Ground Coffee – \$2.40 per pound
Eggs – 58¢ per dozen
Fresh Bread – 95¢ per loaf
- Music: *Against all Odds (Take a Look at Me Now)* -Phil Collins
Hello (Lionel Richie)
Let's Here It For the Boy (Deniece Williams)
- Movies: *All of Me (Steve Martin, Lily Tomlin)*
The Natural (Robert Redford)
Places in the Heart (Sally Fields & Ed Harris)
The Pope of Greenwich Village – (Mickey Rourke, Eric Roberts)
- Sports:
 - Heisman Trophy Winner (football) is Doug Flutie from Boston College
 - Chicago White Sox beat the Milwaukee Brewers, 7-6, after 25 innings, making this 8-hour-6-minute game the longest in baseball history.
 - Associated Press Athletes of the Year are Carl Lewis (Track) and Mary Lou Retton (Gymnastics).

May Trivia:

- Who was the first U.S. President born west of the Mississippi River?
- What game show host is famous for kissing female contestants?
- What does the Japanese word "judo" mean?

See the bottom of the calendar for the answers.



Movie & Popcorn!

Thursdays, 1:30 p.m.

May 3rd:

Night at the Museum

starring Ben Stiller, Dick Van Dyke, and Robin Williams.

Rated PG.

May 10th:

Happy Feet

Voice talents of Elijah Wood, Hugh Jackman, Brittany Murphy, Nicole Kidman, and Robin Williams. Rated PG.

May 17th:

A Good Year

starring Russell Crowe, Freddie Highmore and Albert Finney.

Rated PG-13.

May 24th:

The Queen

starring Helen Mirren and Michael Sheen.

Rated PG-13.

May 31st:

Charlotte's Web

starring Dakota Fanning, voice talents of Julia Roberts, Robert Redford, Steve Buscemi, Kathy Bates, Cedric the Entertainer, John Cleese. Rated G.

All movies subject to change.

Newsletter Volunteers Needed to help fold, label & tape the **Top of the Hill** Newsletter.:

Monday, May 21, 10 a.m.

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

Senior Luncheon & Monthly Speaker

Tuesday, May 15th • 11 a.m. - 1 p.m.

The Speaker will be Honorable Sam Buchanan, Executive Director of Ms. Legal Services.

Health Screening provided by Biloxi Regional Medical Center, Barbara Butiro, Volunteer & Community Service Director, Kay Pisarich Kraft, RN Kare-In-Home & Darlene Brennan, RN Amedisys Home Health Care.

Special Thanks to Emily Burke, Senior Marketing and Volunteer Coordinator, Gulf Coast Medical Center, who sponsored and catered April's senior luncheon.

Please RSVP to Gwen Johnson by May 11, 2007 at (228) 435-6148.

THOUGHT FOR THE MONTH

"Three things in human life are important: The first is to be kind. The second is to be kind. And the third is to be kind." —Henry James (1843-1916), Writer

May Classes & Happenings

- **Beginner AND Advanced Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2 p.m. The class promotes joint flexibility, endurance, muscle strength, coordination and increased range of motion.
Class is co-sponsored by the Arthritis Foundation (Take Control. We can Help).
Beginners Stretch & Strengthen class will meet at 2 p.m. with the Advance Class the month of May and June.
- **Tai Chi Class:** Every Tuesday and Thursday at 10 a.m. Tai Chi is a form of exercise for health and relaxation which originates from Ancient China. Gentle flowing movements are combined with deep breathing exercise in order to cultivate the inner energy of the body. Daily practice of Tai Chi promotes mental clarity, a healthy body, assistance with balance and helps the circulation of the blood.
- **Walking 55+ Program:** Walking can help enhance the energy supply, decrease risk of injury, burn calories, increase muscle conditioning and body shaping.
- **Craft Class:** Tuesday, May 8, 2007, 10 a.m. in the Craft Room
- **Bonco!** Tuesday, May 1, 1 p.m.
- **BINGO!** Monday, May 14, 10 a.m.
- **Bridge:** Tuesday, May 15, 1 p.m. in the Craft Room. Contact Mary Ann Hubmann with the Gulf Coast Bridge Club at (228) 539-3153.
- **Pokeno!** Tuesday, May 22, 1 p.m.

Please call 436-5191 to sign up for each class. For information about senior programming call Gwen Johnson at (228) 435-6148.



Upcoming Events

>> **Seniors Health Fair** will be May 31, 2007 from 9 a.m.-1 p.m. at the Donal Snyder Community Center. For more information contact Sherry Bell, Assistant Director, Biloxi Parks and Recreation Department at (228) 435-6296.



May 2007

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Thanks to Barbara Butiro, Volunteer & Community Service Director, Biloxi Regional Medical Center, Darlene Brennan, RN, Account Manager, Amedisys Home Health Care. Kay Pisarich Kraft, RN Patient Care Coordinator Kare-In-Home who provided the health screening to our seniors at the luncheon. Pamela Roth, Admissions Specialist, Institutional Relations at Mississippi Gulf Coast Community College.</p>		<p>1</p> <p>Tai Chi Class 10 a.m.</p> <p>Bonco 1 p.m.</p>	<p>2</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p>	<p>3</p> <p>Tai Chi Class 10 a.m.</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>4</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p>	<p>8</p> <p>Tai Chi Class 10 a.m.</p> <p>Craft Class 10 a.m.</p>	<p>9</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p>	<p>10</p> <p>Tai Chi Class 10 a.m.</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>11</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p>	<p>12</p>
<p>13</p> <p> Mother's Day</p>	<p>14</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p> <p>BINGO! 10 a.m.</p>	<p>15</p> <p>Tai Chi Class 10 a.m.</p> <p>Health Screening 10:30 a.m.</p> <p>Senior Luncheon 11 a.m.</p> <p>Bridge - 1 p.m.</p>	<p>16</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p>	<p>17</p> <p>Tai Chi Class 10 a.m.</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>18</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p> <p>◆ Newsletter Volunteers Needed: 10 a.m.</p>	<p>22</p> <p>Tai Chi Class 10 a.m.</p> <p>Pokeno 1 p.m.</p>	<p>23</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p>	<p>24</p> <p>Tai Chi Class 10 a.m.</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>25</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p>	<p>26</p>
<p>27</p>	<p> Closed for Memorial Day</p>	<p>29</p> <p>Tai Chi Class 10 a.m.</p>	<p>30</p> <p>Stretch & Strengthen Class Beginner AND Advanced - 2 p.m.</p>	<p>31</p> <p>Seniors Health Fair</p> <p>Tai Chi Class 10 a.m.</p> <p>Movie & Popcorn 1:30 p.m.</p>	<p>All programs will take place at the Donal Snyder, Sr. Community Center, 2520 Pass Rd. If you have any questions about senior programs, call Gwen Johnson at (228) 435-6148.</p>	
<p>Answer 1: Herbert Hoover (Iowa) / Answer 2: Richard Dawson / Answer 3: Gentle way</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

Key Lime Pie

- 1/3 C. Sugar
- 3 Eggs, separated
- 1 (14 oz.) can of Eagle Brand Sweetened Condensed Milk
- 1/2 C. Real Lime Juice (lime juice from concentrate)
- 1/2 tsp. Cream of Tartar
- 1 unbaked pie shell (9 inch)
- May use a drop or two green food coloring

Using mixer, beat egg yolks in bowl. Add condensed milk and lime juice, continue to beat. Add food coloring now, if desired. Pour into pie crust and bake for 30 minutes at 325 degrees. Remove from oven.

Meringue: With an electric mixer, beat egg whites and cream of tartar. Gradually add sugar, a small amount at a time, and beat until peaks form. Spread over pie and bake for 15 minutes more, in a 350 degree oven. Cool down - chill several hours in refrigerator (or overnight).

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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