



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • September 2007

Happy Birthday to
all Seniors in the
month of September!



September '07 Dates to Celebrate & Remember

September 3rd –
Labor Day
September 9th –
Grandparent Day
September 11th –
Patriot Day
September 23rd –
Autumn Begins
September 30th –
National Police &
Peace Officer's Day

See inside for more!

SEPTEMBER IS *National Cholesterol Education Month and Healthy Aging Month*

Keep your mind in gear

Great advances are being made in odds for Alzheimer's. Strive for a healthy heart because good circulation helps brain health; Mental "gymnastics" also count, so challenge yourself by solving puzzles, learning new subjects, exploring hobbies, and playing cards. Staying socially active can also stimulate your mind.

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Friends Five-0

Friends Five-0 is open to citizens who are age 50 or better and who are interested in trips to interesting locations, monthly meeting which feature informative and timely speakers and programs and events tailored to suit the interests of our Friends Five-0!

Friends Five-0 is offered at Biloxi Regional Medical Center in the East Building. Contact Wanda Shaw for information on September's program. Her office is at 150 Reynoir Street in Biloxi and you can call her at 228-436-1228 or reach her by email at shaw@brmc.hma-corp.com.

September Trivia:

- What does IBM stand for?
- What is the nation's tallest monument and where is it located?
- Which state leads the country in citrus production?

See the bottom of the calendar for the answers.



Movie & Popcorn!

Thursdays, 1:30 p.m.

September 6th:

Premonition

starring Sandra Bullock, Julian McMahon and Nia Long

September 13th:

My Brother

starring Vanessa Williams, Nashawn Kears and Rodney Henry

September 20th:

Peaceful Warrior

starring Scott Mechlowicz, Nick Nolte and Amy Smart

September 27th:

Yours, Mine and Ours

starring Dennis Quaid, Rene Russo and Rip Torn

All movies are rated PG or PG-13: however there maybe some obscenities. (All movies are subject to change).

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

Monday, September 24, 10 a.m. Contact Gwen Johnson if you are interested in helping with the newsletters.

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

Senior Potluck Luncheon & Speaker

Wednesday, September 19th • 11 a.m.

RSVP by September 14, 2007 at the front desk at the Donal Snyder Community Center.

Speaker will be Jon Williams, of Williams Financial Group, Reverse Mortgage
204 W. North Street, Poplarville, Ms.

Health Screening will start at 10:30 a.m.

Screening is provided by Biloxi Regional Medical Center, Wanda Shaw, Kare-in-Homes, Kay Pizarich Kraft, RN.

THOUGHT FOR THE MONTH

"Reading is to the Mind what exercise is to the body."

—Joseph Addison



September Classes & Happenings

- **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).*
Stretch & Strengthen Class will be canceled on the day of the Senior Luncheon.
- **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 movement is 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 & body shaping, and reduce stress, and improve sleep and eating habits. Walking is the one exercise that almost anyone can do, regardless of age or level of physical fitness. Plan a walking schedule and stick to it. Choose a safe, pleasant place to walk. Remember to wear a good walking shoe.
- **Pokeno!** Tuesday, September 11, 1 p.m.
- **Bridge:** Tuesday, September 18, 1 p.m. in the craft room. Contact Mary Ann Hubmann with the Gulf Coast Bridge Club at (228) 539-3153.
- **Craft Class:** Tuesday, September 18, 10 a.m. in the craft Room. *Craft project will be decorative gift boxes.*
- **Bonco!** Tuesday, September 25, 1 p.m.

Please call 436-5191 to sign up for each class. For information about senior programming contact Gwen Johnson at (228) 435-6281.

Watch your newsletter for upcoming Activities, Classes & Events!

Get Your Dancing Shoes Ready!

1st Annual Harrison County Senior Prom –
"We've Only Just Begun"

Thursday, November 8th at the IP Casino Resort
Details to follow in the October issue of **Top of the Hill** Newsletter. The prom promises an evening of fun and entertainment for all area residents who have celebrated 50 or more birthdays.



September 2007

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Hurricane Katrina DVD/Book set on sale for \$20.00 at the Donal Snyder Community Center; please see James Payton, Center Manager or Jackie for details.</i></p>						1
<p>All programs will take place at the Donal Snyder, Sr. Community Center, 2520 Pass Rd.</p>						
2	<p>★Closed★</p> <p><i>Labor Day</i></p>	3 Tai Chi Class 10 a.m.	4 Stretch & Strengthen Class 2 p.m.	5 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	6 Stretch & Strengthen Class 2 p.m.	7
8	9 Stretch & Strengthen Class 2 p.m. <i>Grandparents' Day</i>	10 Tai Chi Class 10 a.m. Pokeno 1 p.m. <i>Patriot Day</i>	11 Stretch & Strengthen Class 2 p.m.	12 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	13 Stretch & Strengthen Class 2 p.m.	14
15	16 Stretch & Strengthen Class 2 p.m.	17 Tai Chi Class 10 a.m. Craft Class 10 a.m. Bridge - 1 p.m.	18 Health Screening 10:30 a.m. Senior Luncheon & Speaker 11 a.m. Stretch & Strengthen Class NO CLASS TODAY	19 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	20 Stretch & Strengthen Class 2 p.m.	21
22	23 <i>Autumn Begins</i> Stretch & Strengthen Class 2 p.m.	24 Tai Chi Class 10 a.m. Bonco! - 1 p.m.	25 Stretch & Strengthen Class 2 p.m.	26 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	27 Stretch & Strengthen Class 2 p.m.	28
29	30 <i>National Police & Peace Officer's Day</i> ✦ Newsletter Volunteers Needed: 10 a.m.	<p><i>Answer 1: International Business Machines / Answer 2: Gateway Arch in St. Louis / Answer 3: Florida</i></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 Figs

- 3 cups of Figs
- 3 cups of Sugar
- 6 oz. Box Strawberry Jello
- Water

Put figs and water in pot. Put enough water to cover figs. Boil figs until soft. Don't drain. Add sugar and Jello. Cook for 2 minutes. Put in jars and process for about 5 minutes. Makes about 3 pints.

*To process – put water in a pot, then put filled jars in the pot. Completely cover jars with water about 1/2 inch over top. Keep heat under pot. Let jars stay in water 5 minutes – almost boiling.

– Earl Fairley

Are you in the loop?

Sign up at biloxi.ms.us for the most current news about your city.



Donal Snyder Sr.
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2520 Pass Road
Biloxi, MS 39531

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