



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • October 2007

Happy
Birthday to
all Seniors
in the
month of
October!



October '07 Dates to Celebrate & Remember

- October 8th – Columbus Day
- October 7th-13th – Fire Prevention Week
- October 7th-13th – Mental Illness Awareness Week
- October 31st – Halloween

October Trivia:

- What was Babe Ruth's won- lost record as a big league pitcher?
- Who was the first African American to have his portrait engraved on a U.S. coin?

See the bottom of the calendar for the answers.



OCTOBER IS

National Breast Cancer Awareness Month (NBCAM)

Since the program began in 1985, mammography rates have more than doubled for women age 50 and older who do not get screening mammograms and clinical breast exams at regular intervals.

- Woman age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.
- Hispanic women have fewer mammograms than Caucasian and African American women.
- Women below poverty level are less likely than women at higher incomes to have a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

The National Breast Cancer Awareness Month Program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families. For details about NBCAM, please visit www.nbcam.org. More information is also available at: American Cancer Society, (800)227-2345, National Cancer Institute (NCI), (800) 4-Cancer, Y-ME National Breast Cancer Organization, (800) 221-2141.

1st Annual Harrison County

Senior Prom

Thursday, November 8th

IP Casino Resort & Spa

6 p.m. to 10 p.m. in the IP Royal Ballroom

All Harrison County residents who have celebrated 50 or more birthdays are invited to enjoy this special event, compliments of our sponsors. Put on your Sunday best and dance with your date to the sounds of the William Sackett Swing Orchestra. Or come alone, visit with old friends and make some new ones. Great music, food and friends... it promises to be an unforgettable evening. Join us as we celebrate life, because after all, "We've Only Just Begun."

RSVP BY NOVEMBER 2nd

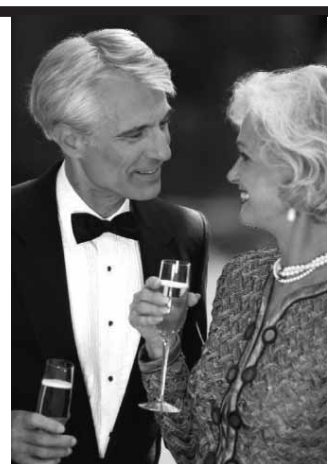
Seating is Limited, so please call or email today.

228-896-5683 or 228-861-2917

SeniorProm2007@aol.com

When you RSVP, you will be registered to win a Great Giveaway!

Hosted by: IP Casino Resort & Spa. Sponsored by: HCDL, Biloxi Regional, United States Marines Inc., Grand Biloxi, Memorial Hospital, Mississippi Gulf Coast Retiree Partnership.





Movie & Popcorn!

Thursdays, 1:30 p.m.

October 4th:

Million Dollar Baby

starring Clint Eastwood,
Hillary Swank & Morgan
Freeman

October 11th:

Fire House Dog

starring Josh Hutcherson,
Bruce Greenwood

October 18th:

Family Man

starring Nicholas Cage, Tea
Leoni & Don Cheadle

October 26th:

First Wives Club

starring Bette Midler, Goldie
Hawn, Diane Keaton & Sarah
Jessica Parker

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, October 29,
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

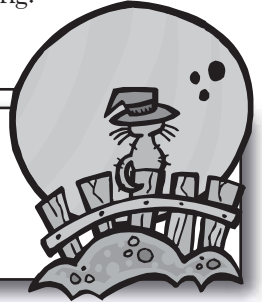
Senior Potluck Luncheon & Speaker

Wednesday, October 17th • 11 a.m.

Senior Luncheon will be sponsored by Tammy Howell, Health Spring,
851 East I-65 Service Rd. South, Suite 408, Mobile, Alabama 36606

Beat the Flu Bug – A Flu Clinic for Senior Citizens during the luncheon, 9 a.m.-1 p.m.
Free shots – Flu Shot Clinic is sponsored by Tammy Howell, Health Spring.

Bingo! 1 p.m. 2 p.m.



THOUGHT FOR THE MONTH

"Make the most of yourself, for that is all there is of you."

–Ralph Waldo Emerson (1803-1882) Philosopher and Writer

October 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, October 2, 1 p.m.
- **Bridge:** Tuesday, October 16, 12:30 p.m. in the craft room. Contact Mary Ann Hubmann with the Gulf Coast Bridge Club at (228) 539-3153.
- **Craft Class:** Tuesday, October 9, 10 a.m. in the craft room. *Craft project: Christmas Ornaments.*
- **Bonco!** Tuesday, October 23, 1 p.m.
- **AARP Driving Safety Class:** October 23 & 24, 2007 at the Donal Snyder Community Center, 9 a.m.-1 p.m. in meeting room #2. For more information contact Bill Williams at (228) 432-7816.

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

Upcoming Activities, Classes & Events!

- **NEW, Colored Pencil Class** every Monday, 10 a.m.-12 noon starting October 8th in the craft room at the Snyder Center. The instructor will be Mr. Proctor Taylor. Each participant will have to purchase their supplies. We will take the first 8 participants for the class. Contact Gwen Johnson to join at (228) 435-6148.
- **Friends Five-O:** Details, Wanda Shaw at Biloxi Regional Medical Center, 150 Reynoir Street, Biloxi, (228) 436-1228, email shaw@brmc.hma-corp.com



October 2007

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stretch & Strengthen Class 2 p.m.	2 Tai Chi Class 10 a.m. Pokeno 1 p.m.	3 Stretch & Strengthen Class 2 p.m.	4 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	5 Stretch & Strengthen Class 2 p.m.	6
7	8 Colored Pencil Class Begins TODAY 10 a.m. Stretch & Strengthen Class 2 p.m.	9 Tai Chi Class 10 a.m. Craft Class 10 a.m.	10 Stretch & Strengthen Class 2 p.m.	11 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	12 Stretch & Strengthen Class 2 p.m.	13
14	15 Colored Pencil Class 10 a.m. Stretch & Strengthen Class 2 p.m.	16 Tai Chi Class 10 a.m. Bridge - 1 p.m.	17 Flu Clinic 9 a.m. Senior Luncheon & Speaker 11 a.m. Stretch & Strengthen Class NO CLASS TODAY	18 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	19 Stretch & Strengthen Class 2 p.m.	20
21	22 Colored Pencil Class 10 a.m. Stretch & Strengthen Class 2 p.m.	23 AARP Safe Driving Class 9 a.m. Tai Chi Class 10 a.m. Bonco! - 1 p.m.	24 AARP Safe Driving Class 9 a.m. Stretch & Strengthen Class 2 p.m.	25 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	26 Stretch & Strengthen Class 2 p.m.	27
28	29 Colored Pencil Class 10 a.m. Stretch & Strengthen Class - 2 p.m. ✦ Newsletter Volunteers Needed: 10 a.m.	30 Tai Chi Class 10 a.m.	31 Stretch & Strengthen Class 2 p.m. Halloween	All programs will take place at the Donal Snyder, Sr. Community Center, 2520 Pass Rd. Answer 1: 94-wins - 46 losses / Answer 2: Booker T. Washington (commemorative silver half-dollar issued from 1946-1951)		

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

Casey's Corn Bread

Serves 10

- 2 cups Corn Meal
- 1 cup Flour
- 1 tsp. Salt
- 3 1/2 tsp. Baking Powder
- Milk
- 1 tbsp. Sugar
- 1 Egg
- 1 tbsp. oil

Mix enough milk with dry ingredients to make a soupy mixture. Bake in greased iron skillet on 450 degrees.

— June Casey

Are you in the loop?

Sign up at 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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