



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • November 2007

Happy
 Birthday to
 all Seniors
 in the
 month of
 November!



November '07 Dates to Celebrate & Remember

- November 4th – Daylight-Saving Time Ends
- November 4th-10th – National Diabetic Education Week
- November 6th – Election Day
- November 11th – Veterans' Day
- November 15th – Great American Smoke Out Day
- November 22nd – Thanksgiving

November Trivia:

- In 1939, what famous baseball player starred on UCLA's undefeated football team and was the leading scorer in the Pacific Coast Basketball Conference?
- What color is the caution flag in auto racing?

See the bottom of the calendar for the answers.

NOVEMBER IS *National Alzheimer's Disease and American Diabetes Month*

Overall well-being includes good mental and emotional health. Keep your mind active and agile with puzzles, reading, and lifelong learning. These mental exercises help reduce the risk of Alzheimer's disease in your later years. Maintaining social connections is key as well. Schedule regular get-togethers with old friends or make new friends by joining a community group, enrolling in a class, or volunteering for a worthy cause.

For more information visit:



American Diabetes Association
www.diabetes.org
 1-800-DIABETES
 (1-800-342-2383)

Alzheimers Association
www.alz.org
 1-800-272-3900

This was the Year – 1979 Did You Know?

- Cost of Living was: New House – \$58,100
 New Car – \$7600
 Average Income – \$16,481
 Gasoline – \$0.86 per gallon
- Cost of Food was: Granulated Sugar – \$0.28 per pound
 Eggs – \$0.88 per dozen
 Fresh Bread – \$0.48
 Vitamin D Milk – \$1.60 per gallon
- Music: *Just The Way You Are* (Billy Joel)
Rapper's Delight (Sugar Hill Gang)
My Sharona (The Knack)
I Will Survive (Gloria Gaynor)
Do Ya Think I'm Sexy? (Rod Stewart)
- Movies: *Apocalypse Now* (Marlon Brando, Martin Sheen, Robert Duwall)
Kramer vs. Kramer (Dustin Hoffman, Meryl Streep)
All That Jazz (Roy Scheider, Jessica Lange)
- Sports: Super Bowl - Pittsburgh Steelers defeat the Dallas Cowboys 35-31
 World Series - Pittsburgh Pirates defeat the Baltimore Orioles 4-3
 NBA Finals - Seattle Supersonics defeat the Washington Bullets 4-1
 Stanley Cup - Montreal Canadiens defeat the New York Rangers 4-1



Movie & Popcorn!

Thursdays, 1:30 p.m.

November 1st:

We Are Marshall

starring Matthew McConaughey, Matthew Fox and Anthony Mackie

November 8th:

The Ultimate Gift

starring Drew Fuller, James Garner and Ali Harris

November 15th:

Wild Hogs

starring John Travolta, Tim Allen, Martin Lawrence and William H. Macy

November 29th:

Next

starring Nicholas Cage, Jessica Biel, Julianne Moore and Peter Falk

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

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

Monday, November 26, 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 Luncheon & Speaker

Tuesday, November 13th • 11 a.m.

Sponsored by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics and Kathy Springer, Assistant Administrator, Biloxi Regional Medical Center, 150 Reynoir St., Biloxi, MS.

Health Screening prior to the luncheon at 10:30 a.m. Sponsored by Biloxi Regional Medical Center.

Entertainment provided by Davis & Sax

Bingo! 1 p.m. – 2 p.m. after the luncheon.

THOUGHT FOR THE MONTH

Courage

“Standing firmly for what we believe reflects on who we are”



November 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. **Tai Chi Class will be canceled Thursday, November 22, 2007.**
- **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 and as the weather changes dress in layers so you can shed one or more layers as you warm up.
- **Bridge:** Tuesday, November 20, 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, November 20, 10 a.m. in the craft room. *Craft project: Christmas Wreath.*
- **Bonco!** Tuesday, November 27, 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.


Upcoming Activities, Classes & Events!

- **Friends Five-O:** Details, Wanda Shaw at Biloxi Regional Medical Center, 150 Reynoir Street, Biloxi, (228) 436-1228, email shaw@brmc.hma-corp.com



November 2007

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All programs will take place at the Donal Snyder, Sr. Community Center, 2520 Pass Rd.				1 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	2 Stretch & Strengthen Class 2 p.m.	3
4 <i>Daylight-Saving Time ends</i>	5 Stretch & Strengthen Class 2 p.m.	6 Tai Chi Class 10 a.m. <i>Election Day</i>	7 Stretch & Strengthen Class 2 p.m.	8 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	9 Stretch & Strengthen Class 2 p.m.	10
11 <i>Veterans' Day</i>	12 ★Closed★	13 Senior Luncheon & Speaker 11 a.m. Tai Chi Class 10 a.m. Bingo 1 p.m.	14 Stretch & Strengthen Class 2 p.m.	15 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m. <i>Great American Smoke Out Day</i>	16 Stretch & Strengthen Class 2 p.m.	17
18	19 Stretch & Strengthen Class 2 p.m.	20 Tai Chi Class 10 a.m. Craft Class 10 a.m. Bridge 12:30 p.m.	21 Stretch & Strengthen Class 2 p.m.	22 <i>Happy Thanksgiving!</i> 	23 ★Closed★	24
25	26 Stretch & Strengthen Class 2 p.m. Newsletter Volunteers Needed: 10 a.m.	27 Tai Chi Class 10 a.m. Bonco! 1 p.m.	28 Stretch & Strengthen Class 2 p.m.	29 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	30 Stretch & Strengthen Class 2 p.m.	Answer 1: Jackie Robinson / Answer 2: Yellow

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

Sweet Potato Casserole

Serves 10

- 3 cups cooked, mashed Sweet Potato
 - 1/2 cup Milk
 - 1 cup Sugar
 - 2 Eggs, beaten
 - 1 tsp Vanilla
 - 1/4 cup Butter, melted
- Combine ingredients, mix well and spoon into a greased 2 quart casserole dish.

Topping

- 1 cup Flaked Coconut
- 1 cup Brown Sugar
- 1/3 cup All Purpose Flour
- 1 cup Butter, melted

Combine ingredients, mix well and sprinkle over sweet potato mixture. Bake at 375 degrees for 45 minutes.

— Trina Gulesich, D'Iberville, MS

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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