



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • December 2007

Happy
 Birthday to
 all Seniors
 in the
 month of
 December!



December '07 Dates to Celebrate & Remember

- December 2nd –
 Christian Advent Begins
- December 5th - 12th –
 Jewish Hanukkah
- December 9th –
 Christmas Card Day
- December 12th –
 Poinsettia Day
- December 22nd –
 Winter Begins
- December 24th –
 Christmas Eve
- December 25th –
 Christmas Day
- December 26th - January 1st –
 Kwanzaa
- December 31st –
 New Year's Eve

December Trivia:

- Where was Billy the Kid born?
- Of the 14 states bordering the Atlantic Ocean, which has the least oceanfront?

See the bottom of the calendar for the answers.

DECEMBER IS *Yuletide* Month

Christmas is a Christian celebration and the word is taken from the Old English words “Cristes Maesse” meaning Mass of Christ.” Catholics and Protestants both celebrate Christmas and the birth of Jesus. Christians around the world celebrate the birth of Jesus on December 25, and many celebrate the memory of St. Nicholas, who gave to those in need, on December 6th.

To learn more about St. Nicholas, log onto:
www.stnicholascenter.com

Relax this Holiday Season!!!

Bring high spirits and good health with you wherever you go this holiday season. Keep up with exercise, make smart food choices, and plan a few fun events with loved ones. If you feel overbooked, loosen up your schedule so you can enjoy old-fashioned pleasures: go for a walk to view holiday decorations, or just curl up by a fire and listen to soothing music.

This was the Year – 1979 Did You Know?

- Cost of Living was: New House – \$24,600
 New Car – \$2,425
 Average Income – \$7,143
 Gasoline – \$0.33 per gallon
- Cost of Food was: Granulated Sugar – \$0.32 per pound
 Eggs – \$1.10 per dozen
 Fresh Bread – \$0.22 per loaf
 Vitamin D Milk – \$1.15 per gallon
- Music: *Strangers in the Night* (Frank Sinatra)
Daydream Believer (The Monkees)
Respect (Aretha Franklin)
Penny Lane (The Beatles)
Ruby Tuesday (The Rolling Stones)
- Movies: *The Graduate* (Dustin Hoffman, Anne Bancroft)
Cool Hand Luke (Paul Newman, Dennis Hopper)
Bonnie & Clyde (Warren Beatty, Faye Dunaway)
- Sports: Super Bowl - Green Bay Packers defeat the Kansas City Chiefs 35-10
 World Series - St. Louis Cardinals defeat the Boston Red Sox 4-3
 NBA Finals - Philadelphia 76ers defeat the San Francisco Warriors 4-2
 Stanley Cup - Toronto Maple Leafs defeat the Montreal Canadiens 4-2



Movie & Popcorn!

Thursdays, 1:30 p.m.

December 6th:

The Bishop's Wife

starring Carey Grant and Loretta Young

December 13th:

Christmas Carol

starring Glyn Dearman, Kathleen Harrison, Alistair Sims and Mervyn Johns

December 20th:

It's a Wonderful Life

starring James Stewart and Donna Reed

December 28th:

White Christmas

starring Bing Crosby, Danny Kaye, Vera Ellen and Rosemary Clooney

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.:

Thursday, December 20, 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

Holiday Senior Luncheon & Speaker

Wednesday, December 19th • 11 a.m. - 12 noon

Sponsored by the Grand Biloxi Casino, Hotel & Spa, Karen Randall, Human Resources & Community Relations Manager.

To reserve a seat, please RSVP before December 11, 2007. Please RSVP to Jackie Sanders, Nancy Domenico or James Payton at (228) 436-5191. (RSVP will be limited up to 225 only.)

Health Screening prior to the luncheon at 10:30 a.m. Sponsored by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics and Kathy Springer.

Entertainment provided by Davis & Sax

Special thanks to Wanda Shaw and Kathy Springer, Biloxi Regional Medical Center for sponsoring the November Senior Luncheon.

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



December 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).*
- **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 Tuesday, December 25, 2007.**
- **Colored Pencil Class:** Every Monday from 10 a.m. - 12 noon. **Class will be cancelled Monday, December 24, 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. On cold days, dress in layers so you can shed one or more layers as you warm up while walking. Walk at whatever time is best for you, but keep up your walking now that the time has changed. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe.
- **Pokeno:** Tuesday, December 4th at 1 p.m.
- **Bonco!** Wednesday, December 12th at 1 p.m.
- **Bridge:** Tuesday, December 18, 12:30 p.m. in the craft room. Contact Mary Ann Hubmann with the Gulf Coast Bridge Club at (228) 539-3153.

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
- **Field Trip to Bellingrath Gardens, Theodore, AL.** Contact Wanda Shaw for more details.



December 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>						1
2	Stretch & Strengthen Class 2 p.m. Colored Pencil Class 10 a.m.	3	4	5	6	7
		Tai Chi Class 10 a.m. Pokeno 1 p.m.	Stretch & Strengthen Class 2 p.m.	Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	Stretch & Strengthen Class 2 p.m.	8
9	10	11	12	13	14	15
Stretch & Strengthen Class 2 p.m. Colored Pencil Class 10 a.m. <i>Christmas Card Day</i>	Tai Chi Class 10 a.m. Senior Luncheon & Speaker 11 a.m.	Bonco 1 p.m. Stretch & Strengthen Class 2 p.m.	Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	Stretch & Strengthen Class 2 p.m.		
16	17	18	19	20	21	22
Stretch & Strengthen Class 2 p.m. Colored Pencil Class 10 a.m.	Tai Chi Class 10 a.m. Bridge 12:30 p.m.	Stretch & Strengthen Class 2 p.m.	Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m. ♦ Newsletter Volunteers Needed: 10 a.m.	Stretch & Strengthen Class 2 p.m.		<i>Winter Begins</i>
23	24	25	26	27	28	29
	★Closed★ <i>Christmas Eve</i>		Stretch & Strengthen Class 2 p.m.	Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	Stretch & Strengthen Class 2 p.m.	
30	31					
Stretch & Strengthen Class 2 p.m. Colored Pencil Class 10 a.m. <i>New Year's Eve</i>		<p>Answer 1: New York City (Born to Henry McCarty in 1859, he later changed his name to Henry Atrim, then to William Bonney.)</p> <p>Answer 2: New Hampshire (13 miles)</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

Ten Pound Fruit Cake

- 2 boxes Vanilla Wafers, crushed
- 1 box Honey Graham Crackers, crushed
- 1 (1 lb.) bag of Pecan Pieces
- 1 (1 lb.) bag of Walnuts
- 1 big tub of Red Candied Cherries
- 1 large box of Seedless Raisins (optional)
- 1 bag of Mini Marshmallows (optional)

In a large container, mix all ingredients together.

Add 4 to 5 cans of Eagles Brand Condensed Sweetened Milk and mix until everything is moistened well. Press into ten - 1 pound - loaf pans (ungreased), cover and chill overnight. Makes great holiday gifts.

— Jamie K. Hargett - Biloxi, 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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