



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • January 2008

Happy Birthday to all Seniors in the month of January!



January '08 Dates to Celebrate & Remember

- January 1st – New Year's Day
- January 18th – Hat Day
- January 21st – Martin Luther King Jr. Birthday (Observed)

Thought For The Month:

“Cheers to a New Year and another chance for us to get it right.”

-Oprah Winfrey

JANUARY IS National Volunteer Blood Donor Month

Donating blood is easy! To donate blood, one must be healthy, and meet age, weight and other donor requirements. Donating blood is a safe process. A sterile needle is used only once for each donor and is then discarded. The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time one arrives to the time the donor leaves, take about an hour. A healthy donor may donate blood every 56 days. The average adult has about 10 to 12 pints of blood in his/her body. Approximately one pint is given during a donation.

Our blood supply...

Blood and blood products are perishable. Donated red blood cells must be used within 42 days of collection. During an emergency, blood must be on the shelf ready for transfusion in order to save lives.



2008 promises to be an exciting year for the city's Parks and Recreation Department, and that's great news for seniors and others who take advantage of the many things we're able to offer. We're pleased to kick off the year with Biloxi Community Center back in operation, and we'll re-introduce seniors activities to the facility in February. And more exciting things are planned as the year progresses.

-Mayor A.J. Holloway

LOOKING FOR PROGRAM IDEAS

As 2008 approaches and the Biloxi Community Center opens, the P & R Dept. is looking for new programming ideas for senior citizens. Your input and ideas are important to us.

If you have any suggestions, please call Gwen Johnson at 435-6148 or email her at seniors@biloxi.ms.us





Movie & Popcorn!

Thursdays, 1:30 p.m.

January 3rd:

Waitress

starring Keri Russell, Adrienne Shelly and Andy Griffith

January 10th:

Hairspray

starring John Travolta, Michelle Pfeiffer, Queen Latifah and Christopher Walken

January 17:

License To Wed

starring Robin Williams, Mandy Moore and John Krasinski

January 24:

The Nanny Diaries

starring Paul Giamatti, Laura Linney and Scarlett Johansson

January 31:

Underdog

starring Jason Lee, Amy Adams, Jim Belushi and Peter Dinklage

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, January 28, 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

Wednesday, January 16th • 11 a.m.

RSVP by January 11, 2008 to Jackie at the front desk at the Donal Snyder Community Center.

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.

Special thanks to Karen Randall, Grand Biloxi, Human Resources & Community Relations Manager for sponsoring the November Senior Luncheon.

January 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 Monday, January 21st, 2008.
- **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, January 1st, 2008.
- **Colored Pencil Class:** Every Monday, 10 a.m.-12 noon.
Colored Pencil class will be cancelled Monday, January 21st, 2008.
- **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.
- **NEW! Rubber Stamp Class:** Every Wednesday, 10 a.m.-11:30 a.m., starting February 6th, 2008 in the craft room at the Donald Snyder Community Center. We will take first 10 participants for this class; we will offer this class on Thursday, February 7th, 2008 at the Biloxi Community Center, 591 Howard Ave., 10 a.m.-11:30 a.m. Contact Gwen Johnson at (228) 435-6148. We will accept 10 more for this class in March 2008.
- **Pokeno:** Tuesday, January 8th, 1 p.m.
- **Bridge:** Tuesday, January 15th, 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, January 29th, 10 a.m. in the craft room. *Craft project: Mardi Gras Wreath*
- **Bonco!** Tuesday, January 22nd, 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, (228) 436-1228, email shaw@brmc.hma-corp.com
- **AARP Driving Safety Class:** January 22 & 23, 2008 at the Donal Snyder Community Center, 8:30 a.m.-12:30 p.m. in meeting room #2. For more information contact Bill Williams at (228) 432-7816.
- We will be offering Programming at the Biloxi Community Center February 2008.
- All Senior Luncheons will be RSVP in 2008. You must call to reserve a seat. (RSVP will be limited.)



January 2008

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ★Closed★ <i>New Year's Day</i>	2 Stretch & Strengthen Class 2 p.m.	3 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	4 Stretch & Strengthen Class 2 p.m.	5
6 Stretch & Strengthen Class 2 p.m. Colored Pencil Class 2 p.m.	7	8 Tai Chi Class 10 a.m. Pokeno 1 p.m.	9 Stretch & Strengthen Class 2 p.m.	10 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	11 Stretch & Strengthen Class 2 p.m.	12
13 Stretch & Strengthen Class 2 p.m. Colored Pencil Class 2 p.m.	14	15 Tai Chi Class 10 a.m. Bridge 12:30 p.m.	16 Senior Luncheon 11 a.m. Bingo 1 p.m. Stretch & Strengthen Class 2 p.m.	17 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	18 Stretch & Strengthen Class 2 p.m. <i>Hat Day</i>	19
20	21 ★Closed★ <i>Martin Luther King Jr. Birthday (Observed)</i>	22 Tai Chi Class 10 a.m. Bonco! 1 p.m. AARP Driving Safety Class 8:30 a.m.-12:30 p.m.	23 Stretch & Strengthen Class 2 p.m. AARP Driving Safety Class 8:30 a.m.-12:30 p.m.	24 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	25 Stretch & Strengthen Class 2 p.m.	26
27 Stretch & Strengthen Class 2 p.m. Colored Pencil Class 2 p.m. ✦ Newsletter Volunteers Needed: 10 a.m.	28	29 Tai Chi Class 10 a.m. Craft Class 10 a.m.	30 Stretch & Strengthen Class 2 p.m.	31 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.		

All programs will take place at the Donal Snyder, Sr. Community Center, 2520 Pass Rd.

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

Microwave Fudge

- 1/2 cup Sugar
- 1 tbsp Butter
- 1/2 cup Evaporated Milk
- 1 tsp Vanilla

- 2 cups Mini Marshmallows
- 1 (12 oz pkg) Semi Sweet
Chocolate Chips
- 1 cup Pecans, chopped

Put first three ingredients in a microwave-safe dish. Microwave on high for 4-6 minutes. Stir halfway through the cooking. Remove from microwave and stir in marshmallows and chocolate chips. Mix well. Microwave 2 minutes more or until smooth. Stir halfway through cooking. Remove from oven and stir in pecans and vanilla, mixing well. Pour mixture into a greased 8x8 inch pan, spreading evenly. Cool and cut into squares. Makes about 16 pieces.

— Bonnie Owen, Biloxi, MS

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