



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • February 2008

*Happy Birthday to
all Seniors in the
month of February!*



February '08 Dates to Celebrate & Remember

- February 1st –
Wear Red Day –
American Heart Association
- February 2nd –
Groundhog Day
- February 5th –
Mardi Gras
- February 6th –
Ash Wednesday
- February 7th –
Chinese/Vietnamese New
Year (Year of the Rat)
- February 12th –
President Lincoln's Birthday
(USA)
- February 14th –
Valentines Day
- February 19th –
President's Day
- February 22nd –
President Washington's
Birthday

February Trivia:

What state were the
cigars first manufactured
in the United States?

See calendar for answer.

FEBRUARY IS *American Heart Month*

Learn The Warning Signs of a Heart Attack.

Chest discomfort. This can be discomfort in the center of the chest lasting more than a few minutes or it may go away and return. It can feel like pain, pressure, squeezing or fullness.

- Discomfort or pain in the other parts of your upper body, including one or both arms, the back, neck, jaw or stomach.
- Nausea, lightheadedness or indigestion-type symptoms.
- Breaking out in a cold sweat.
- Shortness of breath. This feeling often accompanies chest discomfort, but can occur before the chest discomfort.
- Not all of these signs indicate a heart attack. If you have one or more of them, don't wait longer than 5 minutes before calling for help.

Pump up your progress in strengthening a heart-friendly diet low in saturated fats and trans fats, at least 30 minutes of exercise daily, a normal weight and no smoking! Keep your blood pressure, cholesterol and blood sugar levels in check. Also, know your family history and discuss your risk factors with your doctor.

This was the Year – 1992 Did You Know?

- U.S. President & Vice President – George H.W. Bush & Dan Quayle
- Cost of Living was:
 - New House – \$122,500
 - New Car – \$16,950
 - Gasoline – \$1.05 per gallon
 - Postage Stamp – \$0.29
 - Movie Ticket – \$4.25
 - Average Rent – \$519 per month
- Cost of Food was:
 - Eggs – \$0.85 per dozen
 - Fresh Bread – \$0.72
- Music:
 - I Will Always Love You* (Whitney Houston)
- Movies:
 - Unforgiven* (Clint Eastwood & Gene Hackman)

Thought For The Month

"You are never fully dressed without a smile."



Movie & Popcorn!

Thursdays, 1:30 p.m.

February 7th:

Evan Almighty

starring Steve Carell, Morgan Freeman and Lauren Graham

February 14th:

Mr. Woodcock

starring Billy Bob Thornton, Susan Sarandon and Seann William Scott

February 21st:

Star Dust

starring Charlie Cox, Claire Daines, Robert De Niro, Sienna Miller and Michelle Pfeiffer

February 28th:

The Game Plan

starring Dwayne Johnson, Madison Pettis and Kyra Sedgwick

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, February 25, 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, February 13th • 11 a.m.

RSVP by February 8, 2008 to Jackie at the front desk at the Donal Snyder Community Center.

Speaker will be Magdalena Holland, Retired and Senior Volunteer Program (RSVP) Director, 842 Commerce St, Gulfport, MS.

Health Screening prior to the luncheon at 10:30 a.m. Sponsored by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics and Friends Five-O/Senior Organization.

Entertainment provided by Charles Mikell

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

February Classes & Happenings

- **Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2 p.m. at the Donal Snyder Community Center; Tuesday and Thursday at the Biloxi Community Center from 10 a.m.-11:30 a.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 cancelled Tuesday, February 5th, 2008 for Mardi Gras**
- **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 cancelled Tuesday, February 5th, 2008 for Mardi Gras.
- **Colored Pencil Class:** Every Monday, 10 a.m.-12 noon.
- **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.
- **Pokeno:** Tuesday, February 19th, 1 p.m. at the Donal Snyder Community Center and February 13th, 11:00 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, February 19th, 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, February 26th, 10 a.m. in the craft room and February 20th at the Biloxi Community Center. *Craft project: Candle Making.*
- **Bonco!** Wednesday, February 13th, 1 p.m. & Wednesday February 27 at the Biloxi Community Center at 11:00 a.m.-12:00 noon.
- **NEW! Yoga Class:** Starting Tuesday, February 12th, 2008 we will begin offering Yoga class at the Donal Snyder Community Center from 11 a.m.-12 noon. The class will meet every Tuesday at 11 a.m. The instructor is Patsy Fortenberry, Bayview Yoga, LLC. Items you will need for this class are a Yoga exercise mat and a sturdy belt or strap. The fee for this class is \$8.00. Contact Gwen Johnson at (228) 435-6148 to sign up for this class

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
- 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.)



February 2008

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All programs will take place at the Donal Snyder, Sr. Community Center & the Biloxi Community Center</p> <p>Trivia answer: Connecticut</p>					<p>1</p> <p>Stretch & Strengthen Class 2 p.m.</p> <p><i>Wear Red Day- American Heart Association</i></p>	<p>2</p> <p><i>Groundhog Day</i></p>
<p>3</p> <p>Colored Pencil Class 10 a.m. Stretch & Strengthen Class 2 p.m.</p>	<p>4</p>	<p>5</p> <p>★Closed★</p>  <p>MARDI GRAS</p>	<p>6</p> <p>Rubber Stamp Class 10 a.m. Stretch & Strengthen Class 2 p.m.</p> <p><i>Ash Wednesday</i></p>	<p>7</p> <p>Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.</p> <p><i>Chinese/Vietnamese New Year</i></p>	<p>8</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>9</p>
<p>10</p> <p>Colored Pencil Class 10 a.m. Stretch & Strengthen Class 2 p.m.</p>	<p>11</p>	<p>12</p> <p>Tai Chi Class 10 a.m. Yoga Class 11 a.m.</p> <p><i>President Lincoln's Birthday</i></p>	<p>13</p> <p>Rubber Stamp Class 10 a.m. Stretch & Strengthen Class 2 p.m. Bonco! 1 p.m. At The Biloxi Community Center</p>	<p>14</p> <p>Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.</p> <p><i>Valentines Day</i></p>	<p>15</p> <p>Stretch & Strengthen Class 2 p.m.</p>	<p>16</p>
<p>17</p> <p>Colored Pencil Class 10 a.m. Stretch & Strengthen Class 2 p.m.</p>	<p>18</p>	<p>19</p> <p>Tai Chi Class 10 a.m. Yoga Class 11 a.m. Pokeno 1 p.m.</p> <p><i>President's Day</i></p>	<p>20</p> <p>Rubber Stamp Class 10 a.m. Stretch & Strengthen Class 2 p.m. Craft Class 10 a.m. At The Biloxi Community Center</p>	<p>21</p> <p>Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.</p>	<p>22</p> <p>Stretch & Strengthen Class 2 p.m.</p> <p><i>President Washington's Birthday</i></p>	<p>23</p>
<p>24</p> <p>Colored Pencil Class 10 a.m. Stretch & Strengthen Class 2 p.m. ♣ Newsletter Volunteers Needed: 10 a.m.</p>	<p>25</p>	<p>26</p> <p>Tai Chi Class 10 a.m. Craft Class 10 a.m.</p>	<p>27</p> <p>Rubber Stamp Class 10 a.m. Stretch & Strengthen Class 2 p.m.</p>	<p>28</p> <p>Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.</p>	<p>29</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

Punch Bowl Cake

- 1 box White Cake Mix
- 2 lg. boxes Instant Vanilla Pudding
- 6 Bananas
- 2 lg. cans crushed Pineapple
- 2 cans Cherry Pie Filling
- 2 small Cool Whips
- Cherries
- Pecans

Make a two layer cake by directions on box. Using a punch bowl, put one layer on bottom of bowl. Mix one box of pudding according to instructions and spread it on top of cake layer. Slice three bananas on top of pudding and spread one can of pineapple over bananas. Pour one can of cherry pie filling over pineapples and spread one container cool whip over pie filling. Sprinkle chopped cherries and pecans over cool whip. Repeat.

— Sandy Gulesich, Gulfport, MS

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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