

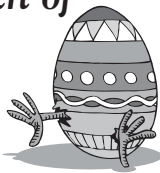


Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • March 2008

Happy Birthday
to all Seniors in
the month of
March!



March '08 Dates to Celebrate & Remember

- March 9th –
Daylight Savings Time Begins
- March 14th –
Employee's Appreciation Day
- March 16th-22nd –
Christian Holy Week
- March 17th –
St. Patrick's Day
- March 20th –
Spring Begins
- March 21st –
Good Friday
- March 23rd –
Easter Sunday
- March 30th –
Doctor Day
- March 30th –
Take a Walk in the Park Day

March Trivia:

In 1937, Walt Disney studio released the world's first full-length animated film. What was the title?

See calendar for answer.

MARCH IS *National Nutrition Month*

Let the USDA's Food Pyramid be your guide for healthy food choices each day. Recommendations include taking half your grains as whole grains, having a variety of fruits and vegetables, eating low-fat or fat-free milk products, choosing more lean meats, fish legumes, nuts and seeds for protein and getting most of fats from vegetable oils, fish and nuts. The pyramid also includes an exercise component to remind everyone to stay active and fit. You can visit www.mypyramid.gov for the latest advice on smart eating and exercise. This web site offers you an individualized daily eating plan with lots of nutrition tips and recipes.

Nutrition

From time to time, there are reports about the good and bad news on certain foods. The information changes occasionally. For example, coffee and tea with caffeine went from being bad foods to good foods as did chocolate.

Old News vs. Latest News

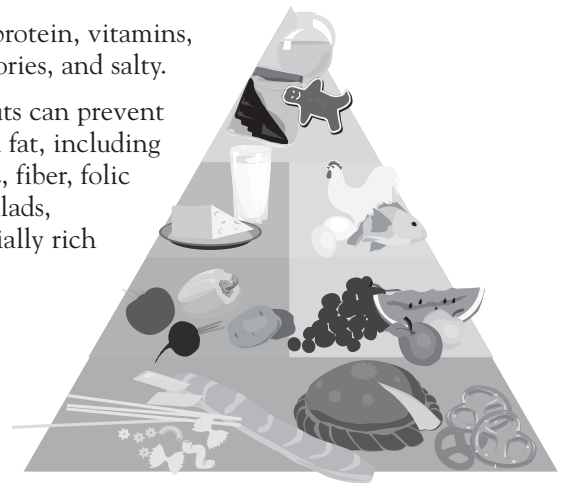
Source: University of California, Berkley / Wellness Letter

Old News: Tea is a pleasant beverage.

Latest News: Green, Black, and Red teas (but not herbal teas) contain a range of beneficial chemicals that may reduce the risk of many cancers and act as antioxidants. Drinking tea regularly may protect arteries from plaque buildup. Tea does not, as was once believed, promote bone loss.

Old News: Although nuts are valued for protein, vitamins, and minerals, they are too fatty, full of calories, and salty.

Latest News: Recent studies show that nuts can prevent heart disease. They are rich in unsaturated fat, including monounsaturated fats, as well as vitamin E, fiber, folic acid, and other B vitamins. Add nuts to salads, cereals, and rice dishes. Walnuts are especially rich in heart-healthy oil.



Thought For The Month

Don't judge each day by the harvest you reap, but by the seeds you plant.

-Robert Louis Stevenson, British Writer



Movie & Popcorn!

Thursdays, 1:30 p.m.

March 6th:

Evan Almighty

starring Steve Carell, Morgan Freeman and Lauren Graham

March 13th:

Jane Austen Book Club

starring Kathy Baker, Maria Bello and Emily Blunt

March 20th:

Daddy Day Camp

starring Cuba Gooding Jr., Lochlyn Monroe and Richard Grant

March 27th:

King of California

starring Michael Douglas, Evan Rachel Wood and Willis Burks II

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, March 24, 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, March 19th • 11 a.m.

Biloxi Community Center, 591 Howard Ave.

RSVP by March 13, 2008 to Jackie, Nancy or James at (228) 436-5191.

Speaker will be Kearn Cherry, PRN Home Care.

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.

March 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 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).*
- **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 March 11th at the Donal Snyder Community Center due to voting.**
- **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.
- **Rubber Stamp Class:** Every Wednesday, 10 a.m.-11:30 a.m. at the Donald Snyder Community Center. Thursdays, 10 a.m.-11:30 a.m. at the Biloxi Community Center. **There will be no class on the day of the Senior Luncheon.**
- **Pokeno:** Monday, March 10th, 10 a.m. at the Donal Snyder Community Center and March 31st, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, March 18th, 12:30 p.m. in the craft room. Contact Mary Ann Hubmann with the Gulf Coast Bridge Club at (228) 539-3153.
- **Craft Class:** Friday, March 14th, 10 a.m. at the Biloxi Community Center and Monday, March 17th, 10 a.m. at the Donal Snyder Community Center.
- **Bonco!** Monday, March 3rd, 10 a.m. at the Biloxi Community Center and Friday, March 7th, 10 a.m. at the Donal Snyder Community Center.
- **Yoga Class:** Every Tuesday at 11 a.m. at the Donal Snyder Community Center. 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. There is a minimal cost 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 offer Programming at the Donal Snyder Community Center and the Biloxi Community Center.**
- **All Senior Luncheons will be RSVP in 2008. You must call to reserve a seat. (RSVP will be limited.)**



March 2008

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(Classes that are not labeled either DSCC or BCC will be held at the regular Donal Snyder location.)</p> <ul style="list-style-type: none"> • DSCC - Donal Snyder Sr. Community Center • BCC - Biloxi Community Center <p>All classes and programs are subject to change and changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.</p>						
						1
2	3	4	5	6	7	8
	Bonco! 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m.	Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	Tai Chi Class 10 a.m. Rubber Stamp Class 10 a.m.-BCC Stretch & Strengthen Class 10 a.m.-BCC Movie & Popcorn 1:30 p.m.	Bonco! 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	
9	10	11	12	13	14	15
Daylight-Savings Time Begins Pokeno 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m.	Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	Tai Chi Class 10 a.m. Rubber Stamp Class 10 a.m.-BCC Stretch & Strengthen Class 10 a.m.-BCC Movie & Popcorn 1:30 p.m.	Craft Class 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC		
16	17	18	19	20	21	22
Christian Holy Week Begins Craft Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	St. Patrick's Day Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m. Bridge 12:30 p.m.	Rubber Stamp Class 10 a.m.-DSCC Senior Luncheon 11 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	Tai Chi Class 10 a.m. Rubber Stamp Class 10 a.m.-BCC Stretch & Strengthen Class 10 a.m.-BCC Movie & Popcorn 1:30 p.m.	★Closed★		
23	24	25	26	27	28	29
 Easter Stretch & Strengthen Class 2 p.m.-DSCC Newsletter Volunteers Needed: 10 a.m.	Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m.	Rubber Stamp Class 10 a.m. Stretch & Strengthen Class 2 p.m.-DSCC	Tai Chi Class 10 a.m. Rubber Stamp Class 10 a.m.-BCC Stretch & Strengthen Class 10 a.m.-BCC Movie & Popcorn 1:30 p.m.	Stretch & Strengthen Class 2 p.m.-DSCC		
30	31					
Pokeno 10 a.m.-BCC	Stretch & Strengthen Class 2 p.m.-DSCC					Answer: Snow White and the Seven Dwarves

Recipe of the Month

Recreation Office:

435-6148

Donal Snyder Sr.
Community Center:

436-5191

Biloxi Community
Center:

374-2853

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

Spam & Cabbage

- 1 can Spam
- 1 small Head Cabbage
- 1 small can Tomato Sauce
- 1 medium Onion
- 3 teaspoons Soy Sauce

Cube Spam and saute in 1 tablespoon of oil. Chop cabbage and onion and add with remaining ingredients and 1/2 cup of water, Simmer until cabbage is tender (approx. 30 minutes). Serve over rice.

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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