



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • April 2008

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



## April '08 Dates to Celebrate & Remember

- April 4th – National Walk to Work Day
- April 15th – US Income Tax Pay Day
- April 20th – Passover Begins
- April 22nd – Earth Day
- April 24th – Take Our Sons and Daughters to Work Day
- April 27th – National Volunteer Week

## April Trivia:

George W. Bush was the second person to follow in his father's footsteps as President of the United States. Who was the first son of a President to become a President?  
*See calendar for answer.*

## APRIL IS Volunteer Month

As a caring volunteer, you always do your part to share your time with a generous heart. Because you make a difference in so many ways, we're grateful we can count on you to brighten everyone's days.

### Upcoming Events for Lynn Meadows Discovery Center

- Fifth Annual Bear Creek Blue Grass Festival with Grammy Award Winner BeauSoleil and Michael Doucet – April 12th
  - Annual Fundraiser Boogie Night – April 15th
  - Dreams-Celebrating Coming Up Taller – April 23rd
- For more details call (228) 897-6039.

## This was the Year – 1986 Did You Know?

- U.S. President & Vice President – Ronald W. Reagan & George H.W. Bush
- Cost of Living was:
  - New House – \$89,430
  - New Car – \$9,255
  - Gasoline – \$0.89 per gallon
  - Postage Stamp – \$0.22
  - Movie Ticket – \$3.71
- Cost of Food was:
  - Eggs – \$0.89 per dozen
  - Fresh Bread – \$0.56
- Music: *Greatest Love of All (Whitney Houston)*
- Movies: *Top Gun (Tom Cruise & Anthony Edwards)*

### Thought For The Month

*It's amazing what can happen if you just put your arm around somebody.  
It's the truest thing and the simplest thing that we can just reach out to each other.*  
-Julia Roberts (1967-)(American Actress)

### Special Thanks

I would like to thank Ms. Jamie Swan for of all the materials and sewing items that she donated to the Donal Snyder Community Center for the seniors who like to quilt. If you know of anyone who needs material for making quilts please contact Gwen Johnson at (228) 453-6148.

A special thanks to Rachel Price, Community Outreach Representative, HealthSpring, Inc. for the breakfast on March 17th.

A special thanks to all the Senior Volunteers who help make our senior programming a great success.



## Movie & Popcorn!

Thursdays, 1:30 p.m.

April 3rd:

### **The Kite Runner**

starring Khalid Abdalla, Zekeria Ebrahimi and Ahmad Khan Mahmudzada

April 10th:

### **Elizabeth:**

### **The Golden Age**

starring Cate Blanchett, Geoffrey Rush and Clive Owen

April 17th:

### **August Rush**

starring Keri Russell and Jonathan Rhys Myers

April 24th:

### **No Reservations**

starring Catherine Zeta-Jones, Aaron Eckhart and Abigail Breslin

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, April 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, April 16th • 11 a.m.

Donal Snyder Community Center, 2520 Pass Road

RSVP by April 10, 2008 to Jackie, Nancy or James at the front desk of the Donal Snyder Community Center.

Speaker will be Kearn Cherry, Gulf Coast Care Planners, PRN Home Care. This is a healthcare group that provides resource information to the community groups

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, Studio One Productions

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

## April 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).* **There will be no class on Wednesday, April 16th due to 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.
- **Walking 55+ Program:** Walking can help enhance the energy supply, decrease risk of injury, burn calories, increase muscle conditioning & body shaping, 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. The time has changed and let's get outdoors and enjoy the warm sunshine. Always choose a safe, pleasant place to walk. Remember to wear a good walking shoe and stretch.
- **Rubber Stamp Class:** Every Wednesday, 10 a.m. at the Donald Snyder Community Center. Thursdays, 10 a.m. at the Biloxi Community Center. **There will be no class on Wednesday, April 16th due to the Senior Luncheon.**
- **Pokeno:** Friday, April 25th, 10 a.m. at the Donal Snyder Community Center and Monday, April 28th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, April 15th, 12:30 p.m. at the Donal Snyder Community Center. Contact MaryAnn Hubmann with the Gulf Coast Bridge Club at (228) 539-3153. There is minimal cost of \$3.00 for prizes and snacks.
- **Craft Class:** Friday, April 18th, 10 a.m. at the Donal Snyder Community Center and Monday, April 21st, 10 a.m. at the Biloxi Community Center.
- **Bonco!** Friday, April 4th, 10 a.m. at the Donal Snyder Community Center and Monday, April 7th, 10 a.m. at the Biloxi Community Center.
- **Yoga Class:** Every Tuesday, 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.**
- **Please RSVP for the Senior Luncheon, all seats are limited.**



# April 2008

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m.	<b>2</b> Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	<b>3</b> 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.	<b>4</b> Bonco! 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	
<b>6</b> Bonco! 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	<b>7</b> Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m.	<b>8</b> Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m.	<b>9</b> Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	<b>10</b> 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.	<b>11</b> Stretch & Strengthen Class 2 p.m.-DSCC	<b>12</b>
<b>13</b> Stretch & Strengthen Class 2 p.m.-DSCC	<b>14</b> Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m. Bridge 12:30 p.m.-DSCC US Income Tax Pay Day	<b>15</b> Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m. Bridge 12:30 p.m.-DSCC US Income Tax Pay Day	<b>16</b> Senior Luncheon 11 a.m.-DSCC Bingo! 1 p.m.-DSCC	<b>17</b> 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.	<b>18</b> Craft Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	<b>19</b>
<b>20</b> Craft Class 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC  <i>Passover Begins</i>	<b>21</b> Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m.  <i>Earth Day</i>	<b>22</b> Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m.	<b>23</b> Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	<b>24</b> 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.	<b>25</b> Pokeno 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	<b>26</b>
<b>27</b> Stretch & Strengthen Class 2 p.m.-DSCC Pokeno 10 a.m.-BCC  <i>National Volunteer Week</i>	<b>28</b> Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m.  Newsletter Volunteers Needed: 10 a.m.	<b>29</b> Tai Chi Class 10 a.m. Stretch & Strengthen Class 10 a.m.-BCC Yoga Class 11 a.m.	<b>30</b> Rubber Stamp Class 10 a.m. Stretch & Strengthen Class 2 p.m.-DSCC	<ul style="list-style-type: none"> <li>• DSCC - Donal Snyder Sr. Community Center</li> <li>• BCC - Biloxi Community Center</li> </ul> (Classes that are not labeled either DSCC or BCC will be held at the regular Donal Snyder location.)  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.		
				Answer: John Quincy Adams		

# 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

## Dirty Rice

- 1 large can (Franco American) Beef Gravy
- 1 can French Onion Soup
- 1 lb. of Ground Beef

- 1 Bell Pepper - chopped fine
- 3 ribs of Celery - chopped fine
- 1 lb. of Rice

Mix all ingredients in a bowl. Place in casserole dish and bake at 350 degrees for 50 minutes to an hour.

-Verne Lamas, Biloxi, MS

*Are you in the loop?*

*Sign up at [biloxi.ms.us](http://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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