



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • May 2008

Happy Birthday to all Seniors in the month of May!



**May '08
Dates to Celebrate & Remember**

- May 11th – Mother's Day
- May 15th – National Peace Officer's Day
- May 26th – Memorial Day

May Trivia:

- Who was 1st woman to be issued a US patent?
- Who was the first 1st woman to run for President of the US?

See the calendar for the answers.

MAY IS *National High Blood Pressure Education and National Physical Fitness Month*

Get a move on Fitness. Being physically active can add years and vitality to your life, so step up your pace! Exercise each day to lower your risk for heart disease, stroke, bone loss and muscle mass loss and certain cancers. Regular exercise will also keep you energized, and help you control your weight, reduce depression and increase alertness. Aim for 30-60 minutes daily, or even more to lose weight. For walking and running, use proper footwear with good soles, padding, and support. Warm up gradually to avoid muscle tear, and include five minutes of stretching in your cool down. These extra measures will pay off by helping you to stay healthy.

Mother's Day

It is believed that the earliest tributes to mothers date back to a Greek festival that was celebrated each Spring. The Greeks made offerings to Rhea, the mother of many deities. Later, Christians celebrated a festival in honor of mothers on the fourth Sunday in Lent in honor of Mary, Mother of Christ. It was the English who first embraced all mothers and named the celebration "Mothering Sunday." The first suggestion for a Mother's Day in America was made by the famous writer Julia Ward Howe. However, no one took her suggestion seriously. Other people, such as Mary Towels Sasseen, a teacher in Henderson, Kentucky, suggested that her pupils plan a musical program for their mothers. Anna Jarvis, an Appalachian homemaker, organized "Mother's Word Day," a time dedicated to raising awareness of poor health conditions in her community. In 1905 when Anna Jarvis died, her daughter began a campaign to memorialize the life work of her mother. She lobbied businessmen and politicians including Presidents Taft and Roosevelt to create a special day to honor mothers.

THOUGHT FOR THE MONTH

"One never knows what each day is going to bring. The important thing is to be open and ready for it."

—Henry Moore (1898 -1986)



Movie & Popcorn!

Thursdays, 1:30 p.m.

May 1st:

Nancy Drew

starring Emma Roberts, Josh Flitter, and Craig Gellis

May 8th:

Dan in Real Life

starring Steve Carell and Juliette Binoche

May 15th:

Becoming Jane

starring Anne Hathaway and James McAvoy

May 22nd:

Enchanted

starring Amy Adams, Patrick Dempsey, Susan Sarandon and James Marsden

May 29th:

Martian Child

starring John Cusack, Amanda Peet, Joan Cusack and Bobby Coleman

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.:

Contact Gwen Johnson for information if you are interested in helping.

Gwen Johnson
Recreation Specialist
2520 Pass Road
Biloxi, MS 39531
(228) 435-6148
gjohnson@biloxi.ms.us

Senior Potluck Luncheon & Speaker

Wednesday, May 21st • 11 a.m.

Biloxi Community Center – RSVP (please RSVP, seats are limited) by May 15, 2008 to Jackie, Nancy or James at the front desk of the Donal Snyder Community Center. Speaker will be Sherry Bell, Assistant Director, City of Biloxi Parks & Recreation Department.

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.

May 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, 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, May 21st due to the Senior Luncheon.**
- **Tai Chi Class:** Every Tuesday and Thursday at 10 a.m. at the Donal Snyder Community Center. 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. Always remember to wear a good walking shoe and stretch.

Safety tips for walkers

- Carry a cell phone or whistle at all times when walking alone.
- Walk with I.D.
- Carry a flashlight or use reflective strips on your clothing if your walk starts or finishes in the dusk or dark.
- If possible, walk with a friend or a group. (This is for motivation as well as protection.)
- Let someone know where you are going and about when you'll be back.
- **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, May 21st due to the Senior Luncheon.**
- **Craft Class:** Monday, May 12th, 10 a.m. at the Biloxi Community Center, and Friday, May 23rd, 10 a.m. at the Donal Snyder Community Center.
- **Pokeno!** Friday, May 16th, 10 a.m. at the Donal Snyder Community Center and Monday, May 19th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, May 20th, 12:30 p.m. at the Donal Snyder Community Center. Contact Mary Ann Hubmann with the Gulf Coast Bridge Club at (228) 539-3153. There is minimal cost of \$3.00 for prizes and snacks.
- **Bonco!** May 5th at 10 a.m. at the Biloxi Community Center, and May 9th at 10 a.m. the Donal Snyder 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!

- **2008 Senior Health and Wellness Expo:** Wednesday, May 28th at the Donal Snyder Community Center, 9 a.m.-2 p.m. Details, Brittany Rester at (228) 868-2311; Jamie Lee at (228) 435-6108; or Sherry Bell at (228) 435-6296.
- **Friends Five-O:** Details, Wanda Shaw at Biloxi Regional Medical Center, (228) 436-1228, email shaw@brmc.hma-corp.com



May 2008

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> • DSCC - Donal Snyder Sr. Community Center • BCC - Biloxi Community Center <p>(Classes that are not labeled either DSCC or BCC will be held at the regular Donal Snyder location.)</p> <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> <p>Answer 1: Mary Kies in 1809 was granted a patent for the rights to a technique for weaving straw with silk and thread to make bonnets. / Answer 2: Victoria Woodhall in 1872.</p>				1 Stretch & Strengthen 10 p.m.-BCC Rubber Stamp Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	2 Stretch & Strengthen Class 2 p.m.-DSCC	3
4	5 Bonco! 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	6 Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	7 Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	8 Stretch & Strengthen 10 p.m.-BCC Rubber Stamp Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	9 Bonco! 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	10
11	12 Craft Class 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	13 Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	14 Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	15 Stretch & Strengthen 10 p.m.-BCC Rubber Stamp Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	16 Pokeno 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	17
18	19 Pokeno 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	20 Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC Bridge 12:30 p.m.-DSCC	21 Senior Luncheon & Speaker 11 a.m.-BCC BINGO! 1 p.m. Stretch & Strengthen Class & Rubber Stamp NO CLASSES TODAY	22 Stretch & Strengthen 10 p.m.-BCC Rubber Stamp Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	23 Craft Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	24
25  Closed for Memorial Day	26	27 Stretch & Strengthen Class 10 p.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	28 2008 Senior Health & Wellness Expo Rubber Stamp Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	29 Stretch & Strengthen 10 p.m.-BCC Rubber Stamp Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	30 Stretch & Strengthen Class 2 p.m.-DSCC	31

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

Recipe of the Month

Eggplant & Shrimp Patties

Serves 4

- 1 medium Eggplant
- 1 medium Onion
- 1 large Egg
- 1 cup Shrimp

- 5 tbsp. Flour
- 1 level tsp. Salt
- Oil

Peel eggplant. Cut in slices. Boil until tender. Drain. Mash in mixing bowl. Dice onion. Cut peeled shrimp into small bits. Add onion, egg, shrimp and salt. Stir. Add 5 tbsp. flour or enough to drop mixture into frying pan with a spoon. Put enough oil to come up halfway to patty. Patty can be flattened out on top with spoon. Fry until golden brown on both sides.

— Syrl Fairley

Are you in the loop?

Sign up at biloxi.ms.us for the most current news about your city.



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