



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • biloxi.ms.us/pr • September 2008

Happy Birthday to all Seniors in the month of September!



September '08 Dates to Celebrate & Remember

- September 1st – Labor Day (Holiday)
- September 9th – Grandparent Day
- September 11th – Patriot Day
- September 15th – Hispanic Heritage Month
- September 22nd – Autumn Begins
- September 28th – National Police & Peace Officer Day

September Trivia:

- Which State has the most hiking trails?
- What is the official beverage of Massachusetts?
- What state claims the widest variety of flowers and reptiles?

See the calendar for the answers.

SEPTEMBER IS National Cholesterol Education Month and Healthy Aging Month

Keep Your Mind in Gear

Great advances are being made in odds for Alzheimer's. Strive for a healthy heart because good circulation helps brain health; Mental "gymnastics" also count, so challenge yourself by solving puzzles, learning new subjects, exploring hobbies, and playing cards. Staying socially active can also stimulate your mind.

Heart Association Fundraiser • Spaghetti Luncheon

Friday, September 19, 2008 • 11 a.m.-1:30 p.m.

Donal Snyder Community Center

\$5.00 a plate, Dine In or Take Out. No Delivery. Spaghetti, Garlic Bread, Vegetables & Sweet Tea

All proceeds will be donated to the Heart Walk.

Lynn Meadows Discovery Center

"A Circle of Friends" at Lynn Meadows Discovery Center in Gulfport.

Highlights the abilities of individuals with disabilities. For more details call (228) 897-6039.

September 23-27, 2008

Bob the Builder– Popular PBS Character visits the Lynn Meadows Discovery Center in Gulfport. For more details call (228) 897-6039.

- Cost of Living was: New House – \$92,000
New Car – \$10,355
Average Income – \$26,061 per year
Average Rent – \$395 per month
Gasoline – \$0.89 per gallon
- Cost of Food was: Eggs – \$0.65 per dozen
Fresh Bread – \$0.79 per loaf
Milk – \$0.85 per gallon
- Music: Addicted To Love (Robert Palmer)
- Movies: 3 Men and a Baby (Tom Selleck, Steve Guttenburg, Ted Danson)

This was the Year – 1987

Did You Know?



THOUGHT FOR THE MONTH

"Action is the foundational key to success."

– Pablo Picasso



Movie & Popcorn!

Thursdays, 1:30 p.m.

September 4th:

Nim's Island

starring Jody Foster, Jerard Butler and Maddison Joyce

September 11th:

21

starring Kevin Spacey, Jim Sturgess and Laurence Fishburn

September 18th:

Vantage Point

starring Dennis Quaid, Matthew Fox, Forest Whitaker and Sigourney Weaver

September 25th:

Fool's Gold

starring Kate Hudson, Matthew McConaughey and Donald Sutherland

All movies are rated PG or PG-13; however there may be some obscenities. (All movies are subject to change.)

Newsletter Volunteers are needed Monday, September 29th, 10 a.m. at the Donal Snyder Community Center to help with folding, labeling, and taping of the "Top of the Hill" Senior Newsletter. **Prior to arriving at the Snyder Center, please call Gwen Johnson to make sure that the newsletters are available to address and fold. (228)435-6148.**

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

Senior Potluck Luncheon & Speaker

Wednesday, September 17th • 11 a.m.

Biloxi Community Center, 591 Howard Ave. Please RSVP by August 16th to Amanda, Nancy, or James at the Donal Snyder Community Center, (228) 436-5191.

Speaker will be Daniel Occhi, Developing Enterprises Analyst, Erickson Retirement Communities

Health Screening – will begin at 10:30 a.m. Screening is provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostic, and Friends Five-O Senior Organization.

Entertainment provided by Chaz Mikell, Studio One Productions / Bingo! 1 p.m.-2 p.m.

September Classes & Happenings

- **Stretch & Strengthen Class:** Mondays, Wednesdays, and Fridays, 2 p.m. at the Donal Snyder Community Center; Tuesdays and Thursdays, 10 a.m. at the Biloxi Community Center. Classes promote 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 September 1st for Labor Day and no class on September 17th for the Senior Luncheon.**
- **Tai Chi Class:** Tuesdays and Thursdays, 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, and reduce stress, improve sleep and eating habits. Walking is the one exercise that almost anyone can do, regardless of age or level of physical fitness. Plan a walking schedule and stick to it. Choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe.
- **Craft Class:** Friday, September 19th, 10 a.m. at the Donal Snyder Community Center in the craft room.
- **Pokeno!** Friday, September 12th, 10 a.m. at the Donal Snyder Community Center and Monday, September 15th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, September 16th, 12:30 p.m. in the craft room and room #2 at the Donal Snyder Community Center. Contact Mary Hubmann with the Gulf Coast Bridge Club at (228) 539-3153. There is a minimal cost of \$3.00 for prizes and snacks.
- **Bonco!** Friday, September 26th, 10 a.m. at the Donal Snyder Community Center and Monday, September 29th, 10 a.m. at the Biloxi Community Center.
- **Yoga Class:** Tuesdays, 11 a.m. at the Donal Snyder Community Center. The instructor is Patsy Fortenberry of 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:** For details contact Wanda Shaw at Biloxi Regional Medical Center, (228) 436-1228, email shaw@brmc.hma-corp.com.
 - **Rubber Stamping Class:** Class will restart in September, date and time TBA. If you would like to sign up for this class, contact Gwen Johnson (228) 435-6281
 - **Senior Games:** Various senior games will be offered by the City of Biloxi beginning in September. Games will include but not be limited to: swimming, basketball, table tennis, pool, dominos, checkers, shuffleboard, and more to come. For more information contact Gwen Johnson, Senior Programmer, (228) 435-6281, email gjohnson@biloxi.ms.us or Jamie Lee, Recreation Superintendent, (228) 435-6205, jlee@biloxi.ms.us.
 - **Attention All Seniors:** City of Biloxi is looking for new recipes for the Farmer's Market and Senior Cookbook. We are asking you to submit your favorite recipe no later than December 2nd. You may pick up a recipe form at the Donal Snyder Community Center or at the Biloxi Community Center.
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September 2008

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>★Closed★</p> <p>LABOR DAY</p>	<p>1</p> <p>2</p> <p>Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC</p>	<p>3</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>4</p> <p>Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.</p>	<p>5</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>6</p>
<p>7</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>8</p> <p>Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC</p>	<p>9</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>10</p> <p>Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.</p>	<p>11</p> <p>Pokeno 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>12</p>	<p>13</p>
<p>14</p> <p>Pokeno 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>15</p> <p>Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC Bridge 12:30 p.m.-DSCC</p>	<p>16</p> <p>Senior Luncheon 11 a.m.-BCC BINGO! 1 p.m. Stretch & Strengthen Class NO CLASSES TODAY</p>	<p>17</p> <p>Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.</p>	<p>18</p> <p>Craft Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>19</p>	<p>20</p>
<p>21</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>22</p> <p>Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC</p>	<p>23</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>24</p> <p>Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.</p>	<p>25</p> <p>Bonco! 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>26</p>	<p>27</p>
<p>28</p> <p>Bonco! 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC Newsletter Volunteers Needed: 10 a.m.</p>	<p>29</p> <p>Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC</p>	<p>30</p>	<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: California Answer 2: Cranberry Juice Answer 3: Texas</p>			

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

Oven Fried Green Tomatoes

- Green Tomatoes (one small or medium tomato per person)
- Bread Crumbs
- 1 Egg
- 2 T. Water
- Salt & Pepper

Preheat oven to 450 degrees. Wash tomatoes and cut into slices, about 1/4 inch thick. Add water to egg and beat with fork. Dip tomato slices in egg mixture – salt and pepper, then coat with bread crumbs. Spray cookie sheet lightly with Pam or use a light cover of foil. Place tomato slices on cookie sheet and bake at 450 degrees for ten minutes, then turn slices over and bake another ten minutes. Serve hot. (You can also cook eggplant using this recipe.)

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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Biloxi, MS 39531

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