



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



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

- October 5th-11th – Fire Prevention Week
- October 13th – Columbus Day
- October 16th – National Boss Day
- October 24th – United Nations Day
- October 31st – Halloween
- Healthy Lung Month
- Liver Awareness Month
- National Breast Cancer Awareness Month
- National Depression Education and Awareness Month
- National Physical Therapy Month

**October Trivia:**

- Frank Sinatra sang the Oscar-winning song "High Hopes" in what 1959 movie?
  - Name the movie that marked the end of Spencer Tracy's film career?
- See the calendar for the answers.

**OCTOBER IS National Breast Cancer Awareness Month (NBCAM)**

Since the program began in 1985, mammography rates have more than doubled for women age 50 and older who do not get screening mammograms and clinical breast exams at regular intervals.

- Woman age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.
- Hispanic women have fewer mammograms than Caucasian and African-American women.
- Women below poverty level are less likely than women at higher incomes to have a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

For more information about NBCAM, please visit [www.nbcam.org](http://www.nbcam.org).

For additional information, please call one of the following toll-free numbers:

- American Cancer Society** (800)227-2345
- National Cancer Institute** (NCI), (800) 4-Cancer
- Y-ME National Breast Cancer Organization** (800) 221-2141

The National Breast Cancer Awareness Month Program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.

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**The Mental Health Association of Mississippi Center for Community Resilience, presents a four week Senior Presentation at the Donal Snyder Community Center presented by Tania Bayne.**

- **October 13, 2008** – Coping skills and self-care (using the BASIC Ph resilience model of coping) – educational session, one group activity to recognize one's coping style, and a discussion.
- **October 20, 2008** – Stress Management 101 – Psycho-educational session (Power Point Presentation) with handouts and other materials.
- **October 27, 2008** – Stress Management 102 – Relaxation training – experiential session using breathing exercises, gentle body stretching, and guided relaxation techniques for stress relief.
- **November 3, 2008** – Depression in Elderly – Educational session about depression, distribute brochures, depression screenings, and Q & A session.

For more information contact Tania G. Bayne, M.S. Resilience Coach & Senior Program Coordinator, Mental Health Association of Mississippi, Center for Community Resilience 2436 Pass Road, Suite C, Biloxi, MS 39531.

**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, Sculptor)



## Movie & Popcorn!

Thursdays, 1:30 p.m.

October 2nd:

### **In the Name of the King: A Dungeon Siege Tale**

*starring Jason Statham, John Rhys-Davies & Burt Reynolds*

October 9th:

### **A River Runs Through It**

*starring Robert Redford & Brad Pitt*

October 16th:

### **Hot Rod**

*starring Andy Samberg, Isla Fisher & Sissy Spacek*

October 23rd:

### **I Now Pronounce You Chuck & Larry**

*starring Adam Sandler, Kevin James & Jessica Biel*

October 30th:

### **Bonneville**

*starring Jessica Lane & Kathy Bates*

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, October 27th, 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 Luncheon at the Biloxi Town Green

Wednesday, October 15th • 11 a.m.

Biloxi Town Green, 710 Beach Blvd, Biloxi, MS.

**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.

## October 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.)*  
**Stretch & Strengthen Class will be canceled on the day of the Senior Luncheon also there will be no class on October 22nd due to the center being rented.**
- **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, October 31st, 10 a.m. at the Donal Snyder Community Center in the craft room.
- **Pokeno!** Friday, October 3rd, 10 a.m. at the Donal Snyder Community Center and Monday, October 6th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, October 21st, 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!** Wednesday, October 22nd, 10 a.m. at the Biloxi Community Center and Friday, October 24th, 10 a.m. at the Donal Snyder 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.
- **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.
- **Medicaid Planning Seminar at Wilson Elder Law Center Attorney** Dennie Mayhone. Donal Snyder Community Center 2520 Pass Road, Biloxi Thursday, October 9, 2008 from 10:00 a.m.-12:00 noon. To make reservations, call (228) 872-3123 or toll free (877) 385-7393

• **Special thank you to Wanda Shaw, Biloxi Regional Medical Center, Rachel Price, HealthSprings, Magdalena Holland, RSVP, Jamie Rasberry, Healthways Silver Sneakers, Jane French, senior volunteer who helped decorate and set up and the Donal Snyder Staff for a job well done with our Senior Rock and Roll Bash which was held on September 26th at the Donal Snyder Community Center.**



# October 2008

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>• DSCC - Donal Snyder Sr. Community Center</li> <li>• BCC - Biloxi Community Center</li> </ul> <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: Hole in the Head Answer 2: Peanut One</p>			<p><b>1</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.-DSCC</p>	<p><b>2</b></p> <p>Stretch &amp; Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>3</b></p> <p>Pokeno 10 a.m.-DSCC Stretch &amp; Strengthen Class 2 p.m.-DSCC</p>	<p><b>4</b></p>
<p><b>5</b></p> <p>Pokeno 10 a.m.-BCC Stretch &amp; Strengthen Class 2 p.m.-DSCC</p>	<p><b>6</b></p>	<p><b>7</b></p> <p>Stretch &amp; Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC</p>	<p><b>8</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.-DSCC</p>	<p><b>9</b></p> <p>Stretch &amp; Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>10</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.-DSCC</p>	<p><b>11</b></p>
<p><b>12</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.-DSCC Senior Presentation DSCC</p>	<p><b>13</b></p>	<p><b>14</b></p> <p>Stretch &amp; Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC</p>	<p><b>15</b></p> <p>Senior Luncheon 11 a.m. BINGO! 1 p.m. Stretch &amp; Strengthen Class NO CLASSES TODAY</p>	<p><b>16</b></p> <p>Stretch &amp; Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>17</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.-DSCC</p>	<p><b>18</b></p>
<p><b>19</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.-DSCC Senior Presentation DSCC</p>	<p><b>20</b></p>	<p><b>21</b></p> <p>Stretch &amp; Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC Bridge 12:30 p.m.-DSCC</p>	<p><b>22</b></p> <p>DSCC ★Closed★ Bonco! 10 a.m.-BCC</p>	<p><b>23</b></p> <p>Stretch &amp; Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>24</b></p> <p>Bonco! 10 a.m.-DSCC Stretch &amp; Strengthen Class 2 p.m.-DSCC</p>	<p><b>25</b></p>
<p><b>26</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.-DSCC Senior Presentation DSCC ► Newsletter Volunteers Needed: 10 a.m.</p>	<p><b>27</b></p>	<p><b>28</b></p> <p>Stretch &amp; Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC</p>	<p><b>29</b></p> <p>Stretch &amp; Strengthen Class 2 p.m.-DSCC</p>	<p><b>30</b></p> <p>Stretch &amp; Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>31</b></p> <p>Craft Class 10 a.m.-DSCC Stretch &amp; Strengthen Class 2 p.m.-DSCC  HALLOWEEN</p>	

# 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

## Coconut Custard (makes own crust)

- 1 3/4 C. Sugar
- 1/2 C. Self-Rising Flour
- 1/2 stick Margarine
- 4 Eggs
- 1 1/2 C. Coconut
- 1 tsp. Vanilla
- 2 C. Milk

Mix flour and sugar, blending well, then add remaining ingredients. Bake in buttered pie plates (can half recipe if you only want one pie). Bake about 45 minutes in 325 degree oven.

-June Casey, Lucedale, 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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