



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



## November '08 Dates to Celebrate & Remember

- November 2nd – Daylight-Saving time ends
- November 4th – Election Day
- November 11th – Veteran's Day
- November 20th – Great American Smoke Out Day
- November 27th – Thanksgiving
- November 28th – Holiday

## November Trivia:

- What is the name of Smokey Bear's mate?
  - Who is baseball's "Say Hey Kid"?
- See the calendar for the answers.

## NOVEMBER IS *National Alzheimer's Disease and American Diabetes Month*

Overall well-being includes good mental and emotional health. Keep your mind active and agile with puzzles, reading, and lifelong learning. These mental exercises help reduce the risk of Alzheimer's disease in your later years. Maintaining social connections is key as well. Schedule regular get-togethers with old friends or make new friends by joining a community group, enrolling in a class, or volunteering for a worthy cause.

## Area Agency on Aging

### Mississippi Insurance Counseling and Assistance Program (MICAP)

#### MEDICARE ENROLLMENT UPDATE

For senior citizens, caregivers and individuals becoming eligible for Medicare.

Learn about or get a better understanding of:

- Medicare, Medigap, Advantage and Rx Plans
- Medicaid Benefits for the Aged and Disabled
- Extra Help With Rx Drug and Premium Costs
- MICAP Volunteer Opportunities

**When:** Monday, November 17, 2008

**Time:** 1 p.m.-2 p.m.

**Place:** Donal Snyder Community Center

**RSVP:** (228) 314-1491 or (800) 444-8014



Making Choices for a Healthier Future

## 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.
- AARP meeting November 25th and 26th at the Donal Snyder Community Center in meeting room #2 from 8:30 a.m.-12:30 p.m.
- Alzheimer's Memory Walk – Saturday, November 15th at the Biloxi Town Green. Registration starts at 8 a.m., walk begins at 9 a.m.

## THOUGHT FOR THE MONTH

*"Whatever you are, be a good one."*

– Theodore Roosevelt



## Movie & Popcorn!

Thursdays, 1:30 p.m.

November 6th:

### **Made of Honor**

starring Patrick Dempsey & Michelle Monaghan

November 13th:

### **What Happens in Vegas**

starring Cameron Diaz, Ashton Kutcher & Queen Latifah

November 20th:

### **College Road Trip**

starring Martin Lawrence, Raven Symone & Donny Osmond

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, November 24th, 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 & Friends Five-O Meeting

Wednesday, November 19th • 11 a.m.

Donal Snyder Community Center, 2520 Pass Road Biloxi, MS.

Biloxi Regional Medical Center will be sponsoring the Luncheon. Please RSVP to the Donal Snyder Community Center to Amanda Canaan or Julie Kessen, please call (228) 436-5191. **Seats will be limited to the first 150 to RSVP.**

**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.

We will have a senior craft display items made by the seniors. We are looking for 12 participants to display their craft items. Please contact Gwen Johnson at (228) 435-6148.

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

## November 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 and Friday, November 28th, Holiday.**
- **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. **Tai Chi class will be canceled on the following dates: Tuesday November 4th due to voting, Tuesday, November 11th and Thursday, November 27th, Holidays.**
- **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.  
**Safety Tips for Outdoor Walkers:**
  - Carry a cell phone or whistle at all times.
  - Walk with some type of ID.
  - Remain alert to your surroundings.
  - 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.
  - Let someone know where you are going and about when you'll be back.
- **Craft Class:** Friday, November 21st, 10 a.m. at the Donal Snyder Community Center in the craft room. Craft project will be a Christmas wreath.
- **Pokeno!** Friday, November 14th, 10 a.m. at the Donal Snyder Community Center and Monday, November 17th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, November 18th, 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, November 7th, 10 a.m. at the Donal Snyder Community Center and Wednesday, November 12th, 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. **No class on Tuesday, November 11th, Holiday.**

**Please call 436-5191 to sign up for each class. For information about senior programming contact Gwen Johnson at (228) 435-6281.**



# November 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: Goldie Answer 2: Willie Mays</p>						
						1
2	3	4	5	6	7	8
Stretch & Strengthen Class 2 p.m.-DSCC	Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class NO CLASS TODAY Yoga 11 a.m.-DSCC ELECTION DAY	Stretch & Strengthen Class 2 p.m.-DSCC	Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC 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
Stretch & Strengthen Class 2 p.m.-DSCC	★Closed★ HOLIDAY	Stretch & Strengthen Class 2 p.m.-DSCC Bonco! 10 a.m.-BCC	Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	Pokeno 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC		
16	17	18	19	20	21	22
Pokeno 10 a.m.-BCC Senior Presentation 1 p.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	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	Senior Luncheon 11 a.m. BINGO! 1 p.m. Stretch & Strengthen Class NO CLASSES TODAY	Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	Craft Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC		
23	24	25	26	27	28	29
Stretch & Strengthen Class 2 p.m.-DSCC	AARP Meeting 8:30 a.m.-DSCC Stretch & Strengthen Class 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	AARP Meeting 8:30 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	HAPPY THANKSGIVING! 	★Closed★ HOLIDAY		
30						
Newsletter Volunteers Needed: 10 a.m.						

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

## Stuffed Squash

- 9 medium Yellow Squash
- 20 Butter Crackers, crushed
- 1/4 C. shredded Cheddar Cheese
- 1/4 C. melted Butter or Margarine
- Salt, Pepper & Paprika to taste

Cut squash in halves, length-wise. Parboil in water until tender. Remove from water and cool to room temperature. Remove center pulp (reserving the shells). Combine pulp with cracker crumbs, cheese and melted butter. Add salt and pepper to taste. Mix well. Spoon into reserved shells – sprinkle with paprika. Place in baking dish, bake at 350 degrees for 20-25 minutes. (Other varieties of squash, such as zucchini and patty pans are good for this recipe also.)

-Jane Ann Courtney

*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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