



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



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

- December 2nd – Christmas Advent Begins
- December 9th – Christmas Card Day
- December 12th – Poinsettia Day
- December 21st – Winter Begins
- December 22nd – Hanukkah
- December 24th – Christmas Eve
- December 25th – Christmas Day
- December 26th-January 1st – Kwanzaa
- December 31st – New Year's Eve

December Trivia:

- From what college did Hall of Fame quarterback John Elway graduate?
 - What do the letters Z, I and P stand for in zip code?
- See the calendar for the answers.

DECEMBER IS *Yuletide* Month

Christmas is a Christian celebration and the word is taken from the Old English words "Cristes Maesse" meaning Mass of Christ. Catholics and Protestants both celebrate Christmas and the birth of Jesus.

Christians around the world celebrate the birth of Jesus on December 25, and many celebrate the memory of St. Nicholas, who gave to those in need, on December 6th. To learn more about St. Nicholas, log on to www.stnicholascenter.com.

Relax this Holiday Season!

Bring high spirits and good health with you wherever you go this holiday season. Keep up with exercise, make smart food choices, and plan a few fun events with loved ones. If you feel overbooked, loosen up your schedule so you can enjoy old-fashioned pleasures: go for a walk to view holiday decorations, or just curl up by a fire and listen to soothing music.

This was the Year – 1985 Did You Know?

- Cost of Living was: New House – \$89,330
Average Income – \$22,100
Gasoline – \$1.09 per gallon
- Cost of Food was: Eggs – \$1.10 per dozen
Fresh Bread – \$0.90
- Music: Crazy for You (Madonna)
Money for Nothing (Dire Straits)
We Are The World (USA for Africa)
- Movies: The Color Purple (Danny Glover, Whoopi Goldberg)
Back to the Future (Michael J. Fox, Christopher Lloyd)
Mad Max: Beyond Thunderdome (Mel Gibson, Tina Turner)

THOUGHT FOR THE MONTH

“Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.”

– Norman Vincent Peale



Movie & Popcorn!

Thursdays, 1:30 p.m.

December 4th:
The Christmas Shoe
starring Rob Lowe &
Kimberly Payne Williams

December 11th:
Miracle on 34th Street
starring Elizabeth Perkins
& Richard Attenborough

December 18th:
Leatherheads
starring George Clooney
& Renee Zellweger

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 and label the Top of the Hill Newsletter. Please contact Gwen Johnson at (228) 435-6148 to see when newsletter will be ready for folding.

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

Holiday Potluck Senior Luncheon & Friends Five-O Meeting

Wednesday, December 17th • 10 a.m.

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

Friends Five-O meeting will began at 10 a.m. followed by the Senior Luncheon

Sponsored by the City of Biloxi and Biloxi Regional Medical Center, Wanda Shaw.

To reserve a seat, please RSVP before December 11, 2008. Please RSVP to the Donal Snyder Community Center to Amanda Canaan or Julie Kessen at (228) 436-5191.

(RSVP will be limited)

Health Screening – will begin at 10:30 a.m. Screening is provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics.

We will also be doing a Dirty Santa, anybody interested in participating in the Dirty Santa game they will need to bring a \$5.00 wrapped Christmas Ornament to participate in this activity. Please contact Wanda Shaw, Friends Five-O at (228) 436-1228 with any questions.

Plus, a performance by the Swinging Starlets.

Bingo! 1 p.m.-2 p.m.

Entertainment provided by Chaz Mikell, Studio One Productions

December 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 cancelled on the day of the Luncheon and Wednesday, December 24th, 26th & 31st 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.
- **Walking 55+ Program:** Walking can help enhance the energy supply, decrease risk of injury, increase muscle conditioning and body shaping, reduce stress, improve sleep and eating habits, and helps you to lose weight and maintain current weight. Walking is the one exercise that almost anyone can do, regardless of age or level of physical fitness. On cold days, dress in layers so you can shed one or more layers as you warm up while walking. Walk at whatever time is best for you, but keep up your walking program now that the time has changed. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe.
- **Pokeno!** Wednesday, December 10th, 10 a.m. at the Donal Snyder Community Center and Monday, December 15th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, December 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, December 5th, 10 a.m. at the Donal Snyder Community Center and Monday, December 8th, 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, December 23rd and 30th.**

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!

- For information about the Senior Games contact Jamie Lee, Recreation Superintendent at (228) 435-6148 or Sherry Bell, Assistant Director at (228) 435-6296.
 - Special thanks to Wanda Shaw and Kathy Springer, Biloxi Regional Medical Center for sponsoring November Senior Luncheon.
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December 2008

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stretch & Strengthen Class 2 p.m.-DSCC	2 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	3 Stretch & Strengthen Class 2 p.m.-DSCC	4 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	5 Bonco! 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	6
7 Bonco! 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	8	9 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	10 Pokeno 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	11 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	12 Stretch & Strengthen Class 2 p.m.-DSCC	13
14	15 Pokeno 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	16 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC Bridge 12:30 p.m.-DSCC	17 Senior Luncheon 10 a.m. BINGO! 1 p.m. Stretch & Strengthen Class NO CLASSES TODAY	18 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	19 Stretch & Strengthen Class 2 p.m.-DSCC	20
21 Stretch & Strengthen Class 2 p.m.-DSCC	22	23 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga NO CLASS TODAY	24 ★Closed★ CHRISTMAS EVE	25 	26 ★Closed★ HOLIDAY	27
28 Stretch & Strengthen Class 2 p.m.-DSCC	29	30 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga NO CLASS TODAY	31 ★Closed★ NEW YEAR'S EVE	<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: Stanford 2: Zone Improvement Plan</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

Spinach Casserole (Serves 6)

- 2 (10 oz.) frozen chopped Spinach
- 1 pkg (8 oz.) Cream Cheese
- 1 stick Butter
- 1 can (10 1/2 oz.) Artichoke Hearts
- 1 can (5 oz.) sliced Water Chestnuts
- Seasoned Bread Crumbs

Cook spinach according to the directions on the package – drain well. Melt cream cheese and butter in a pan. Add spinach and blend well. Lightly grease a casserole dish. Put a layer of spinach, then artichokes, then water chestnuts. Add more spinach on top and sprinkle with seasoned bread crumbs. Bake at 350 degrees for about 20 minutes.

-Doug Goss, Biloxi, MS

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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2520 Pass Road
Biloxi, MS 39531

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