



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • biloxi.ms.us/pr • January 2009

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



**January '09  
Dates to Celebrate  
& Remember**

- January 1st – New Year's Day
- January 16th – Hat Day
- January 19th – Great American's Day
- Martin Luther King Jr.'s Birthday (Observed)
- January 20th – U.S. Inauguration Day
- January 23rd – National Pie Day
- January 26th – Chinese New Year

## Top New Year's Resolutions

- \*Get a Better Job
- \*Get in Shape
- \*Lose Weight
- \*Travel
- \*Quit Smoking
- \*Reduce Debt and Save Money
- \*Get Organized
- \*Find Someone Special
- \*Go Back to School

## Welcome to the New Year.



I hope that you had a great holiday season, and I hope that you have a wonderful and healthy 2009.

The city's Parks and Recreation Department will continue to work hard to provide innovative and entertaining programs throughout the coming year, and I hope that we can continue to count on your participation.

You're the reason that we do the things we do.

You are also going to continue to see a vast amount of storm-related repairs continue throughout the city this year. I know that many of you join me in eagerly anticipate the completion of the massive amount of work on Highway 90. The work is just about complete and will give us a chance to make repairs to Pass Road and Irish Hill Drive, which have suffered from increased traffic during the Highway 90 work.

We're going to do everything that we can to complete the work as quickly as we can and minimize the inconvenience to motorists.

I'm proud of the work that we've accomplished in the three and a half years since Katrina. At the same time, I know that we have a ways to go. We'll get there. I'm also proud of the way that you and your fellow Biloxians have dealt with the many challenges we have faced.

As I've said more than once since the storm, we'll not only endure, we'll prevail.

God bless you and God bless Biloxi.

Again,

## JANUARY IS *National Volunteer Donor Month*

Donating blood is easy! To donate blood, one must be healthy, and meet age, weight and other donor requirements. Donating blood is a safe process. A sterile needle is used only once for each donor and is then discarded. The actual blood donation typically takes less than 10 -12 minutes. The entire process takes about an hour. A healthy donor may donate blood every 56 days. The average adult has about 10 to 12 pints of blood in his/her body. Approximately one pint is given during a donation.

### Our blood supply...

Blood and blood products are perishable. Donate red blood cells must be used within 42 days of collection. During an emergency, blood must be on the shelf ready for transfusion in order to save lives.

## THOUGHT FOR THE MONTH

*"A moment's insight is sometimes worth a life's experience."*

– Oliver Wendell Holmes - Physician and Writer (1809-1894)



## Movie & Popcorn!

Thursdays, 1:30 p.m.

January 8th:

### **Leatherheads**

starring George Clooney & Renee Zellweger

January 15th:

### **Iron Man**

starring Robert Downey Jr. & Terrence Howard

January 22nd:

### **Miss Pettigrew**

### **Lives For a Day**

starring Francis McDormand, Lee Pace & John Krasinski

January 29th:

### **Married Life**

starring Pierce Brosnan, Chris Cooper & Rachel McAdams

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

## Senior Potluck Luncheon

Wednesday, January 21st • 11 a.m., Snyder Center

Speaker will be Danielle Wicker of Canon Hospices, Gulfport, MS.

To reserve a seat, please RSVP before January 9th. Please RSVP to the Snyder Center to Amanda Canaan or Julie Kessen at (228) 436-5191.

**Health Screening** – begins at 10:30 a.m. Screening provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics, Friends Five-O/Senior Organization.

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

Entertainment provided by Chaz Mikell, Studio One Productions

## January Classes & Happenings

- **Stretch & Strengthen Class:** Mondays, Wednesdays, and Fridays, 2 p.m. at the Snyder 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.)* **Class will be cancelled Monday, January 2nd and 19th; also class will be canceled on the day of the Senior Luncheon, Wednesday, January 21st.**
- **Tai Chi Class:** Tuesdays and Thursdays, 10 a.m. at the Snyder 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 will be cancelled Thursday, January 1st.**
- **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.
- **Pokeno!** Friday, January 9th, 10 a.m. at the Biloxi Community Center and Monday, January 12th, 10 a.m. at the Snyder Center.
- **Bridge:** Tuesday, January 20th, 12:30 p.m. in the craft room and room #2 at the Snyder 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.
- **Craft Class:** Tuesday, January 23rd 10a.m. in the craft room at the Snyder Center. Craft project will be Mardi Gras Wreath. Please RSVP for the Craft class. Contact Gwen Johnson at (228) 435-6148.
- **Bonco!** Friday, January 23rd, 10 a.m. at the Snyder Center and Monday, January 26th, 10 a.m. at the Biloxi Community Center.
- **Yoga Class:** Tuesdays, 11 a.m. at the Snyder Center. The instructor is Patsy Fortenberry of Bayview Yoga, LLC. Items you will need: 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!

- For information about the Senior Games contact Cheryl Bell, Assistant Director at (228) 435-6296 or Jamie Lee, Recreation Superintendent at (228) 435-6148.



# January 2009

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
<ul style="list-style-type: none"> <li>• DSCC - Donal Snyder Sr. Community Center</li> <li>• BCC - Biloxi Community Center</li> </ul> (Classes that are not labeled either DSCC or BCC will be held at the regular Donal Snyder location.)				<b>★Closed★</b>	<b>★Closed★</b>	
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.				NEW YEAR'S DAY	HOLIDAY	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>Stretch &amp; Strengthen Class</b> 2 p.m.-DSCC	<b>Stretch &amp; Strengthen</b> 10 a.m.-BCC <b>Tai Chi Class</b> 10 a.m.-DSCC <b>Yoga</b> 11 a.m.-DSCC	<b>Stretch &amp; Strengthen Class</b> 2 p.m.-DSCC	<b>Stretch &amp; Strengthen</b> 10 a.m.-BCC <b>Tai Chi Class</b> 10 a.m.-DSCC <b>Movie &amp; Popcorn</b> 1:30 p.m.	<b>Pokeno</b> 10 a.m.-BCC <b>Stretch &amp; Strengthen Class</b> 2 p.m.-DSCC	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<b>Pokeno</b> 10 a.m.-DSCC <b>Stretch &amp; Strengthen Class</b> 2 p.m.-DSCC	<b>Stretch &amp; Strengthen</b> 10 a.m.-BCC <b>Tai Chi Class</b> 10 a.m.-DSCC <b>Yoga</b> 11 a.m.-DSCC	<b>Stretch &amp; Strengthen Class</b> 2 p.m.-DSCC	<b>Stretch &amp; Strengthen</b> 10 a.m.-BCC <b>Tai Chi Class</b> 10 a.m.-DSCC <b>Movie &amp; Popcorn</b> 1:30 p.m.	<b>Stretch &amp; Strengthen Class</b> 2 p.m.-DSCC	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>★Closed★</b>	<b>Stretch &amp; Strengthen</b> 10 a.m.-BCC <b>Tai Chi Class</b> 10 a.m.-DSCC <b>Yoga</b> 11 a.m.-DSCC <b>Bridge</b> 12:30 p.m.-DSCC	<b>Senior Luncheon</b> 10 a.m. <b>BINGO!</b> 1 p.m. <b>Stretch &amp; Strengthen Class</b> NO CLASSES TODAY	<b>Stretch &amp; Strengthen</b> 10 a.m.-BCC <b>Tai Chi Class</b> 10 a.m.-DSCC <b>Movie &amp; Popcorn</b> 1:30 p.m.	<b>Craft Class</b> 10 a.m.-DSCC <b>Bonco!</b> 10 a.m.-DSCC <b>Stretch &amp; Strengthen Class</b> 2 p.m.-DSCC	
GREAT AMERICAN'S DAY MARTIN LUTHER KING JR.'S BIRTHDAY (OBSERVED)						
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	<b>Bonco!</b> 10 a.m.-BCC <b>Stretch &amp; Strengthen Class</b> 2 p.m.-DSCC	<b>Stretch &amp; Strengthen</b> 10 a.m.-BCC <b>Tai Chi Class</b> 10 a.m.-DSCC <b>Yoga</b> 11 a.m.-DSCC	<b>Stretch &amp; Strengthen Class</b> 2 p.m.-DSCC	<b>Stretch &amp; Strengthen</b> 10 a.m.-BCC <b>Tai Chi Class</b> 10 a.m.-DSCC <b>Movie &amp; Popcorn</b> 1:30 p.m.	<b>Stretch &amp; Strengthen Class</b> 2 p.m.-DSCC	

# 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

## Stuffed Crabs

- 1 stick Butter or Oleo
- 1 Onion, chopped
- 1 Bell Pepper, chopped
- 1 1/2 C. Bread Crumbs
- Salt & Pepper (to taste)
- 1 bunch Green Onions, chopped
- 1/2 C. Parsley
- 3 ribs Celery, chopped
- 3 Eggs
- 1 lb. Crab Meat (or more)

Put onions, celery and bell pepper in a food processor. Then sauté in butter. Put in a bowl, adding other ingredients and mixing well. Make into patties or stuff crab shells.

*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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