



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



February '09 Dates to Celebrate & Remember

- February 1st –
Wear Red Day -
American Heart Association
- February 2nd –
Groundhog Day
- February 12th –
Abraham Lincoln's Birthday
- February 14th –
Valentine's Day
- February 16th –
U.S. Presidents' Day
- February 24th –
Mardi Gras (Holiday)
- February 25th –
Ash Wednesday

February Trivia

- *At age 42, who became the youngest U.S. President?*
- *Who was the last president of the Soviet Union?*

See the calendar for the answers.

FEBRUARY IS *American Heart Month*

Learn the Warning Signs of a Heart Attack

- Chest discomfort. This can be discomfort in the center of the chest lasting more than a few minutes or it may go away and return. It can feel like pain, pressure, squeezing or fullness.
- Discomfort or pain in other parts of your upper body, including one or both arms, the back, neck, jaw or stomach.
- Nausea, lightheadedness or indigestion-type symptoms.
- Breaking out in a cold sweat.
- Shortness of breath. This feeling often accompanies chest discomfort, but can occur before the chest discomfort.

Not all of these signs indicate a Heart Attack. If you have one or more of them, don't wait longer than 5 minutes before calling for help.

Pump up your progress in strengthening a heart-healthy diet low in saturated fats and trans fats, at least 30 minutes of exercise daily, a normal weight, and no smoking! Keep your blood pressure, cholesterol, and blood sugar levels in check. Also, know your family history and discuss your risk factors with your doctor.



This month is African-American History Month.

African American History Month has been celebrated in American schools since the 1970s thanks to the efforts of African-American historian Dr. Carter G. Woodson (1875 – 1950). Known as the "Father of African-American History," Dr. Woodson wrote many books and articles to make the public aware of African-American history and achievements. He also founded the Association for the Study of Negro Life and History in Washington, D.C. in 1915.

THOUGHT FOR THE MONTH

"The little unremembered acts of kindness and love are the best parts of a person's life."

– William Wordsworth



Movie & Snack!

Thursdays, 1:30 p.m.

February 5th:

Mamma Mia!

starring Meryl Streep & Pierce Brosnan

February 12th:

The Duchess

starring Keira Knightly & Ralph Fiennes

February 19th:

The Sisterhood of the Traveling Pants

starring Amber Tamblyn, America Ferrera, Alexis Biedel & Blake Lively

February 26th:

The Sisterhood of the Traveling Pants 2

starring Amber Tamblyn, America Ferrera, Alexis Biedel & Blake Lively

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
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gjohnson@biloxi.ms.us

Mardi Gras Senior Ball / Dance Sponsored by the City of Biloxi

Tuesday, February 18th • 11 a.m.-1 p.m., Snyder Center

Wear your Mardi Gras attire, we will crown a King and Queen.

Heavy Hors d'oeuvres will be served.

Please RSVP before February 11th. 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.

Entertainment to be announced.

February 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.)* **There will be no class at the Biloxi Community Center on February 5th, 12th, 19th and 24th.**
- **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. **There will be no class on Tuesday, February 24th.**
- **Walking 55+ Program:** Walking can help enhance the energy supply, decrease risk of injury, increase burn calories, increase muscle conditioning and body shaping, reduce stress, improve sleeping and eating habits, and helps you to lose weight and maintain current weight. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe.
- **Pokeno!** Monday, February 16th, 10 a.m. at the Biloxi Community Center and Friday, February 20th, 10 a.m. at the Snyder Center.
- **Bridge:** Tuesday, February 17th, 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.
- **Bonco!** Monday, February 9th, 10 a.m. at the Snyder Center and Monday, February 23rd, 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. **There will be no class on Tuesday, February 24th.**

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.
- All classes will be held at the Donal Snyder Community Center 2520 Pass Rd. and the Biloxi Community Center 591 Howard Ave.



February 2009

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Stretch & Strengthen Class 2 p.m.-DSCC	3 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	4 Stretch & Strengthen Class 2 p.m.-DSCC	5 Stretch & Strengthen NO CLASSES TODAY Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	6 Stretch & Strengthen Class 2 p.m.-DSCC	7
8 Bonco! 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	9 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	10 Stretch & Strengthen Class 2 p.m.-DSCC	11 Stretch & Strengthen NO CLASSES TODAY Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	12 Stretch & Strengthen Class 2 p.m.-DSCC	13	14 VALENTINE'S DAY
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 Mardi Gras Ball 11 a.m.-1 p.m. Stretch & Strengthen Class 2 p.m.-DSCC	18 Stretch & Strengthen NO CLASSES TODAY Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	19 Pokeno 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	20	21
22 Bonco! 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	23 ★Closed★ 	24 Stretch & Strengthen Class 2 p.m.-DSCC	25 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	26 Stretch & Strengthen Class 2 p.m.-DSCC	27	28
<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: Theodore Roosevelt 2: Zane Mikail Gorbechev</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

Shrimp and Rice Casserole

- 2 lbs. Peeled Shrimp
- 1 pkg. Yellow Seasoned Rice
- 1 can diced Rotel Tomatoes
- 1 can Cream of Mushroom Soup
- 1/2 Bell Pepper
- 2 tsp. Butter
- 1 small Onion

Cook rice according to directions. Sauté onion and bell pepper in butter. Add shrimp.

Cook until shrimp turn pink. Add Cream of Mushroom soup and can of diced Rotel Tomatoes

Mix together and cook 20 minutes in a 350 degree oven

Ruth Smith, Poplarville, MS

Are you in the loop?

Sign up at biloxi.ms.us for the most current news about your city.



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