



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



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

- April 1st – April Fool's Day
- April 5th-11th – Holy Week
- April 10th – Good Friday
- April 12th – Easter Sunday
- April 15th – U.S. Income Tax Pay Day
- April 19th-25th – National Volunteer Week
- April 22nd – Earth Day
- April 23rd – Take our Sons and Daughters to Work Day
- April 24th – Arbor Day

April Trivia

- Name the long-running TV show featuring the characters Festus and Miss Kitty.
- Which sport has been the subject of more movies than any other?

See the calendar for the answers.

APRIL IS Volunteer Month

National Volunteer Week is the official time to recognize and celebrate the efforts of volunteers at the local, state and national levels. It is celebrated in the U.S. and Canada.

This week was first celebrated in the U.S. in 1972 and sponsored by the National Volunteer Center. The national observance began in 1974 when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteering.

As a caring Volunteer you always do your part to share your time with a generous heart. Because you make a difference in so many ways, we're grateful we can count on you to brighten everyone's days.

This was the Year – 1960 Did You Know?

- Cost of Living was: New House – \$12,700
Average Income – \$5,315
New Car – \$2,600
Gasoline – \$0.25 per gallon
- Cost of Food was: Milk – \$1.04 per gallon
Fresh Bread – \$0.20
- Music: Cathy's Clown (The Everly Brothers)
I'm Sorry (Brenda Lee)
Only The Lonely (Roy Orbison)
- Movies: The Apartment (Jack Lemmon, Shirley MacLaine)
Elmer Gantry (Burt Lancaster, Jean Simmons)
Butterfield 8 (Elizabeth Taylor, Laurence Harvey)

THOUGHT FOR THE MONTH

"If you truly love nature you will find beauty everywhere."

– Vincent Van Gogh



Movie & Snack!

Thursdays, 1:30 p.m.

April 2nd:

Fireproof

starring Kirk Cameron & Erin Bethea

April 9th:

Ghost Town

starring Greg Kinnear & Téa Leoni

April 14th:

Henry Poole is Here

starring Luke Wilson, Radha Mitchell & George Lopez

April 23rd:

Get Smart

starring Steve Carell, Anne Hathaway & Dwayne Johnson

April 30th:

The Secret Life of Bees

starring Dakota Fanning & Jennifer Hudson

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, April 15th • 11 a.m., Snyder Center

Speakers will be Leslie Hayden Hensarling and Crystal Miller, Gulf Coast Hospice.

Please RSVP by Thursday, April 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. after the luncheon.

April 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 on Wednesday, April 15th due to the Senior Luncheon. Also class will be canceled on Friday, April 10th.**
- **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.
- **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.
- **Bonco:** Monday, April 20th, 10 a.m. at the Snyder Center and Monday, April 6th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, April 21st, 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.
- **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 Senior Games Activities, Classes & Events!

Come join us at the Senior Games, April 22-25, 2009


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

- Special thanks to all the Senior Volunteers who help make our senior programming a great success.



April 2009

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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: Gunsmoke 2: Boxing</p>			<p>1</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>2</p> <p>Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.</p>	<p>3</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>4</p>
<p>5</p>	<p>6</p> <p>Bonco 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>7</p> <p>Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC</p>	<p>8</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>9</p> <p>Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.</p>	<p>10</p> <p>★ Closed ★</p> <p>GOOD FRIDAY</p>	<p>11</p>
 <p>EASTER</p> <p>12</p>	<p>13</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>14</p> <p>Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC</p>	<p>15</p> <p>Senior Luncheon 11 a.m.-1 p.m. Stretch & Strengthen Class NO CLASSES TODAY Bingo! 1 p.m.-DSCC</p>	<p>16</p> <p>Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.</p>	<p>17</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>Bonco 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>21</p> <p>Stretch & 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>22</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>23</p> <p>Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.</p>	<p>24</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>25</p>
<p>26</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>27</p>	<p>28</p> <p>Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC</p>	<p>29</p> <p>Stretch & Strengthen Class 2 p.m.-DSCC</p>	<p>30</p> <p>Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.</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

Strawberry Pecan Fudge

- 4 C. Sugar
- 1/8 tsp. Baking Soda
- 1 3 oz. box of Strawberry Jell-O
- Pinch of Salt
- 2 C. chopped Pecans
- 2 tsp. Vanilla Extract
- Oil

Combine all ingredients, except pecans and vanilla. Bring to a boil over a hot flame, stirring constantly until candy forms in a firm ball when dropped in a cup of cold water and candy thermometer reaches 236 degrees. Remove from heat, add pecans and vanilla extract and beat until mixture begins to thicken. Pour into a well buttered cookie pan and cut into squares when candy is set but still hot.

– Doris Blackmon, 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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