



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



## May '09 Dates to Celebrate & Remember

- May 5th – Cinco de Mayo
- May 10th – Mother's Day
- May 10th-16th – National Police Week
- May 16th – U.S. Armed Forces Day
- May 20th – Flower Day
- May 25th – Memorial Day
- May 27th – Annual National Senior Health & Fitness Day

## May Trivia

- What 20th-century conflict was dubbed the "forgotten war" despite 54,246 U.S. deaths?
- What California city did the last Pony Express ride end in?
- Who was the first feline featured in *Lifestyles of the Rich and Famous*?

See the calendar for the answers.

## MAY IS *National High Blood Pressure Education and National Senior Health & Fitness Month*

### **National Senior Health & Fitness Day – May 27, 2009**

On Wednesday, May 27, 2009 an estimated 100,000 older adults will participate in local fitness activities throughout the country as part of the 16th Annual National Senior Health & Fitness Day. Older adults at all levels of physical fitness are encouraged to participate in some type of fitness.

### **Get a move on Fitness**

Being physically active can add years and vitality to your life, so step up your pace! Exercise each day to lower your risk of heart disease, stroke, bone and muscle mass loss, and helps fight off certain cancers. Regular exercise will also keep you energized, help you control your weight, reduce depression, and increase alertness. Your work-out or walk should be for 30-60 minutes daily, or even more to lose weight.

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# MEMORIAL DAY

Memorial Day was originally known as Decoration Day because it was a time set aside to honor the Nation's Civil War dead by decorating their graves. Memorial Day was officially proclaimed on May 5, 1868 by General John Logan, National commander of the Grand Army of the Republic. It was first observed on May 30, 1868, in which 5,000 participants decorated 20,000 graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890, it was recognized by all of the Northern states. Memorial Day is now celebrated in almost every state on the last Monday in May. Several Southern states have an additional, separate day for honoring the Confederate war dead: January 19 in Texas, April 26 in Alabama, Florida, Georgia, and Mississippi, May 10 in South Carolina, and June 3 in Louisiana and Tennessee.

## THOUGHT FOR THE MONTH

*"The opportunity for brotherhood presents itself every time you meet a human being."*

– Jane Wyman, Actress



## Movie & Snack!

Thursdays, 1:30 p.m.

May 7th:

***The Devil Wears Prada***  
starring Anne Hathaway & Meryl Streep

May 14th:

***The Duchess***  
starring Keira Knightley & Ralph Fiennes

May 21st:

***Nights in Rodanthe***  
starring Richard Gere & Diane Lane

May 28th:

***Marley and Me***  
starring Owen Wilson & Jennifer Aniston

All movies are rated PG or PG-13; however there may be some obscenities. (All movies are subject to change.)

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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.

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Recreation Specialist  
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Biloxi, MS 39531  
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## Senior Potluck Luncheon & Speaker

Wednesday, May 20th • 11 a.m., Snyder Center

Speaker will be Kenneth Springle of Camellia Home Health & Hospice.

Please RSVP by Friday, May 15th. 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.

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## May 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 Tuesday, May 5th due to voting at the Biloxi Community Center and Wednesday, May 20th due to the Senior Luncheon.**
- **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.
- **Pokeno:** Monday, May 11th, 10 a.m. at the Snyder Center and Monday, May 18th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, May 19th, 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.
- **Craft Class:** Friday, May 8th, 10 a.m. at the Snyder Center. The craft project will be potting live plants. You must RSVP for this class. Class is limited to the first 15 only. Please contact Gwen Johnson at (228) 435-6148.

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

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## Upcoming Activities, Classes & Events!

- **2009 Senior Health & Wellness Expo** – Wednesday, May 27, Snyder Center. For details, contact Cheryl Bell at (228) 435-6296.
  - **AARP Driving Safety Class** – May 12, Donal Snyder Community Center. For details, contact Ed Beeson at (228) 392-6326.
  - **Caregiver Seminar** – July 16, Snyder Center, 5:15- 7 p.m. Sponsored by City of Biloxi/Airman & Family Readiness Center Keesler Air Force Base. Learn all you can about taking care of parents or grand parents including: Legal Issues in aging, Resources & Services, Coping Skills, Making your Parents a Dependent. RSVP to Airman & Family Readiness Center (228) 376-8728/8513 or email Sandra.Brzovic@keesler.af.mil.
  - **For information about Senior Programming at Donal Snyder Community Center and Biloxi Community Center contact Gwen Johnson at (228) 435-6148 or email seniors@biloxi.ms.us.**
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# GINCO DE MAYO May 2009

## 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: Korean War 2: Sacramento 3: Morris the Cat</p>					1	2
3	4 Stretch & Strengthen Class 2 p.m.-DSCC	5 Stretch & Strengthen NO CLASSES TODAY Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	6 Stretch & Strengthen Class 2 p.m.-DSCC	7 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	8 Craft Class 10 a.m.-DSCC Stretch & Strengthen Class 2 p.m.-DSCC	9
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 Yoga 11 a.m.-DSCC AARP Driving Safety Class DSCC	12 Stretch & Strengthen Class 2 p.m.-DSCC	13 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	14 Stretch & Strengthen Class 2 p.m.-DSCC	15	16
17 Pokeno 10 a.m.-BCC Stretch & Strengthen Class 2 p.m.-DSCC	18 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC Bridge 12:30 p.m.-DSCC	19 Senior Luncheon 11 a.m.-1 p.m. Stretch & Strengthen Class NO CLASSES TODAY Bingo! 1 p.m.-DSCC	20 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	21 Stretch & Strengthen Class 2 p.m.-DSCC	22	23
24 Stretch & Strengthen Class 2 p.m.-DSCC	25 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Yoga 11 a.m.-DSCC	26 2009 Senior Health & Wellness Expo DSCC Stretch & Strengthen Class 2 p.m.-DSCC	27 Stretch & Strengthen 10 a.m.-BCC Tai Chi Class 10 a.m.-DSCC Movie & Popcorn 1:30 p.m.	28 Stretch & Strengthen Class 2 p.m.-DSCC	29	30
31 MEMORIAL DAY						

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 on a Stick

- 1 lb. uncooked medium Shrimp
- 2 cloves of Garlic (finely chopped)
- 1/2 Lemon
- 1/4 C. Olive Oil
- 1/2 C. Seasoned Bread Crumbs
- Salt and Pepper (to taste)

Peel, devein and rinse shrimp. Place in bowl with olive oil and garlic. Add bread crumbs and toss until shrimp is evenly coated. Thread shrimp onto skewers, grill over medium heat for about 2 minutes per side or until opaque in center and crumb coat browns). Transfer to a platter and remove skewers. Squeeze on some lemon juice, salt and pepper to taste. Serve plain or with dipping sauce.

– Merle Miller

*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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