



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



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

- September 6th - Read a Book Day
- September 7th - Labor Day (Holiday)
- September 11th - Patriot Day
- September 13th - Grandparent Day
- September 15th - Hispanic Heritage Month
- September 21st-27th - Active Aging Week
- September 22nd - Autumn Begins
- September 27th - National Police & Peace Officer Day

## September Trivia

- What is the only national park in Tennessee?
- Who was the last bride to marry in the White House?
- Who was the youngest actor to host Saturday Night Live?

See the calendar for the answers.

## SEPTEMBER IS *National Cholesterol Education Month and Healthy Aging Month*

### Keep your Mind in Gear

Great advances are being made in odds for Alzheimer's. Strive for a healthy heart because good circulation helps brain health. Mental "gymnastics" also count, so challenge yourself by solving puzzles, learning new subjects, exploring hobbies, and playing cards. Stay socially active can also stimulate your mind.

### 3rd Annual Ms Gulf Coast Senior Prom "Waltz Down Memory Lane"

Wednesday, November 18, 2009  
IP Casino Resort & Spa  
6 p.m.-10 p.m. in the IP Convention Center

Dates and location to purchase tickets:  
**Donal Snyder Community Center**  
Wednesday, September 9th, 9 a.m.-12 noon  
Tuesday, September 15th, 1p.m.-4 p.m.  
Wednesday, September 16th, 12 noon-2 p.m.

Ticket price \$10 per person  
For Ticket Information call: (228) 896-5683



## Rock & Roll Bash

September 25, 2009  
**Donal Snyder Community Center**  
2 p.m.-4 p.m.

Please contact Gwen Johnson at  
(228) 435-6148 for more information.

## This was the Year - 1950

### Did You Know?

- Cost of Living was: New House - \$8,450
- Average Income - \$3,216 per year
- New Car - \$1,511
- Average Rent - \$75 per month
- Gasoline - \$0.17 per gallon
- Movie Ticket - \$0.65
- Postage Stamp - \$0.03

## THOUGHT FOR THE MONTH

*"Action is the fundamental key to success."*

- Pablo Picasso



## Movie & Snack!

Thursdays, 1:30 p.m.

September 3rd:  
**Race to Witch Mountain**

starring Dwayne Johnson & Anna Sophia Robb

September 10th:  
**The Pink Panther 2**

starring Steve Martin, Jean Reno, Andy Garcia & John Cleese

September 17th:  
**Last Chance Harvey**

starring Dustin Hoffman, Emma Thompson & James Brolin

September 24th:

**Passengers**

starring Anne Hathaway & Patrick Wilson

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

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## Senior Potluck Luncheon & Speaker

Wednesday, September 16th • 11 a.m., Snyder Center

Speaker will be Dr. Valerie Lenox, she will be speaking about Diabetes.

Please RSVP by Friday, September 11th. Please RSVP to the Snyder Center to Amanda Canaan 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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## September 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.)** No class on Monday, September 7th, holiday for the City of Biloxi. There will be no class on Wednesday, September 16th 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, September 14th, 10 a.m. at the Snyder Center and Monday, September 28th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, September 15th, 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.

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**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!

- We are still in the process of updating our senior mailing list. If you still would like to receive the **Top of the Hill** Newsletter, please send your information to: Gwen Johnson at P.O. Box 775, Biloxi, MS, 39533 or email to gjohnson@biloxi.ms.us. Please list your First and Last Name, Mailing Address and Zip Code.
  - 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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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

Lucy Denton

Clark Griffith

Tom Wall

Edward "Ed" Gemmill

David Fayard

# Recipe of the Month

## Oven Fried Green Tomatoes

- Green Tomatoes (one small or medium tomato per person)
- Bread Crumbs
- 1 Egg
- 2 T. Water
- Salt & Pepper

Preheat oven to 450 degrees. Wash tomatoes and cut into slices, about 1/4 inch thick. Add water to egg and beat with fork. Dip tomato slices in egg mixture – salt and pepper, then coat with bread crumbs. Spray cookie sheet lightly with Pam or use a light cover of foil. Place tomato slices on cookie sheet and bake at 450 degrees for ten minutes, then turn slices over and bake another ten minutes. Serve hot. (You can also cook eggplant using this recipe.)

*Are you in the loop?*

*Sign up at [biloxi.ms.us](http://biloxi.ms.us) for the most current news about your city.*

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