



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



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

- November 1st - Daylight-Saving time ends
- November 11th - Veteran's Day
- November 19th - Great America Smoke Out Day
- November 21st - Family Volunteer Day
- November 26th - Thanksgiving
- November 27th - Holiday

## November Trivia

- Name the state with the motto, "Liberty and Independence."
- What colors are associated with the Rock 'Em Sock 'Em Robots?
- Who was the first U.S. president to adopt the informal version of his first name?

See the calendar for the answers.

## NOVEMBER IS *National Alzheimer's Disease and American Diabetes Month*

Overall well-being includes good mental and emotional health. Keep your mind active and agile with puzzles, reading and lifelong learning. These mental exercises help reduce the risk of Alzheimer's Disease in your later years. Maintaining social connections is key as well. Schedule regular get-togethers with old friends or make new friends by joining a community group, enrolling in a class or volunteering for a worthy cause.

### *Homeless*

As I sit inside my warm and cozy home,  
I cannot find words of comfort for those that roam.  
The homeless, the forgotten a place to dwell  
A silent prayer, a story to tell,  
Of those forgotten through the years,  
Brought back in time, through bitter tears.  
They drudge in the night to find a place of rest,  
Under a bridge, an abandoned house at best.  
Their slumber is broken, all through the night,  
By the cold chill and frost, like a silvery light.  
To dream one day death will take them to a better place.  
And they will rest in God's holy grace.

Poem written  
Robert "Bob" Fountain, 12/17/07

### **Safety Tips for Outdoor Walkers:**

- Carry a cell phone or whistle at all times.
- Walk with some type of ID.
- Remain alert to your surroundings
- Carry a flashlight or use reflective strips on your clothing if your walk starts or finishes in the dusk or dark.
- If possible, walk with a friend or a group.
- Let someone know where you are going and about when you'll be back.

## *This was the Year – 1970*

### *Did You Know?*

- Cost of Living was: New House - \$23,450  
Average Income - \$9,400 per year  
New Car - \$3,900  
Average Rent - \$140 per month  
Gasoline - \$0.36 per gallon  
Movie Ticket - \$1.55  
Postage Stamp - \$0.06

### THOUGHT FOR THE MONTH

*"It's not whether you get knocked down; it's whether you get up."*

- Vince Lombardi



## Movie & Snack!

Thursdays, 1:30 p.m.

November 5th:

### ***The Proposal***

starring Sandra Bullock & Ryan Reynolds

November 12th:

### ***The Other Boleyn Girl***

starring Scarlett Johansson & Natalie Portman

November 19th:

### ***My Sister's Keeper***

starring Cameron Diaz, Abigail Breslin & Alec Baldwin

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**  
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## Senior Luncheon and Program

Wednesday, November 18th • 11 a.m., Donal Snyder Community Center  
Sponsored by the City of Biloxi, Bring your favorite dessert for the luncheon.

You must RSVP to the Donal Snyder Community Center to Amanda Canaan please call (228) 436-5191.

We will have a senior craft display and are looking for 12 participants to display their craft items. Please contact Gwen Johnson at (228) 435-6148.

**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.

## November 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.)** Stretch & Strengthen class will be canceled on the day of the Senior Luncheon as well as Thursday, November 26th and Friday, November 27th.
- **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 class will be canceled on Tuesday, November 10th and Thursday, November 27th.**
- **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, November 9th, 10 a.m. at the Biloxi Community Center and Monday, November 16th, 10 a.m. at the Snyder Center.
- **Bridge:** Tuesday, November 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.
- **Craft Class:** Friday, November 13th, 10 a.m. at the Snyder Center in the craft room. The craft project will be Christmas Wreaths. Please RSVP no later than October 9th, we will only take 15 for this class. Contact Gwen Johnson at (228) 435-6148.
- **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. **No class on Tuesday, November 10th.**

**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!

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.

# Recipe of the Month

## Sweet Potato Casserole

- 3 C. cooked, mashed Sweet Potatoes
- 1/2 C. Milk
- 1 C. Sugar
- 1/4 C. Butter, melted
- 2 Eggs, beaten
- 1 tsp. Vanilla

Combine all ingredients, mix well and spoon into greased 2 quart casserole dish.

### Topping:

- 1 C. flaked Coconut
- 1 C. Brown Sugar
- 1 C. chopped Pecans
- 1/3 C. All Purpose Flour
- 1/3 C. Butter, melted

Combine all ingredients, mix well and sprinkle over sweet potato mixture. Bake at 375 degrees for 45 minutes.

Trina Gulesich - D'Iberville, MS.

*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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