



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • biloxi.ms.us/pr • January 2010

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



**January '10
Dates to Celebrate
& Remember**

- January 1st – New Year's Day
- January 16th – Hat Day
- January 18th – Great American's Day
Martin Luther King Jr.'s
Birthday (Observed)
- January 23rd – National Pie Day
- January 26th – Chinese New Year

January Trivia

- What name did Bo & Luke Duke give their '69 Dodge Charger?
 - What breakfast cereal is pitched by Tony the Tiger?
 - What NFL team did Vince Lombardi coach after leaving the Green Bay Packers?
- See the calendar for the answers.



Welcome to the New Year.

My fellow Biloxians:
Welcome to another new year. I take this opportunity to wish you and your families a safe and prosperous New Year. You'll see a great deal of progress on a number of important projects throughout our city as we move toward the fifth anniversary of Hurricane Katrina in August.

We see a milestone – large or small – each and every day of our rebuilding. Something good happens every day in Biloxi.

I pledge to keep working hard to improve the quality of life for you and your families, and I thank you for your continued support of your city.

A. J. Holloway

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JANUARY IS National Volunteer Donor Month

Donating blood is easy! To donate blood, one must be healthy, and meet age, weight and other donor requirements. Donating blood is a safe process. A sterile needle is used only once for each donor and is then discarded. The actual blood donation typically takes less than 10-12 minutes. The entire process takes about an hour. A healthy donor may donate blood every 56 days. The average adult has about 10 to 12 pints of blood in his/her body. Approximately one pint is given during a donation.

Our blood supply...

Blood and blood products are perishable. Donated red blood cells must be used within 42 days of collection. During an emergency, blood must be on the shelf ready for transfusion in order to save lives.

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Top New Year's Resolutions

- | | | |
|--------------------|------------------------------|------------------------|
| ★ Get a Better Job | ★ Travel | ★ Get Organized |
| ★ Get in Shape | ★ Quit Smoking | ★ Find Someone Special |
| ★ Lose Weight | ★ Reduce Debt and Save Money | ★ Go Back to School |

THOUGHT FOR THE MONTH

“Draw a circle, not a heart, around the one you love because a heart can break but a circle goes on forever.”

– Unknown



Movie & Popcorn!

Thursdays, 1:30 p.m.

January 7th:

Easy Virtue

starring Jessica Biel & Ben Barnes

January 14th:

Maiden Heist

starring Morgan Freeman & Christopher Walken

January 21st:

Imagine That

starring Eddie Murphy & Yara Shahidi

January 28th:

GI Joe: The Rise of Cobra

starring Dennis Quaid, Marlon Wayans & Channing Tatum

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, January 20th • 11 a.m., Snyder Center

To reserve a seat, please RSVP before January 15th. Please RSVP to the Snyder Center to Amanda Canaan or Wayne Aronson 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.

January 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.)* **Class will be cancelled Friday, January 1st and 18th in observance of Great American's Day; also class will be canceled on the day of the Senior Luncheon Wednesday, January 20th**
- **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 will be cancelled Thursday, January 1st.**
- **Walking 55+ Program:** Walking can help enhance the energy supply, decrease risk of injury, increase muscle conditioning and body shaping, reduce stress, improve sleep and eating habits, and helps you to lose weight and maintain current weight.
- **Pokeno!** Monday, January 11th, 10 a.m. at the Snyder Center.
- **Bonco:** Monday, January 25th, 10 a.m. at the Biloxi Community Center.
- **Bridge:** Tuesday, January 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.
- **Craft Class:** Friday, January 29th, 10a.m. in the craft room at the Snyder Center. Craft project will be Mardi Gras Wreath. Please RSVP for the Craft class. Contact Gwen Johnson at (228) 435-6148.
- **Bonco!** Friday, January 23rd, 10 a.m. at the Snyder Center and Monday, January 26th, 10 a.m. at the Biloxi Community Center.
- **Yoga Class:** This class has been canceled due to lack of participation.

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!

- Last chance to update your information for the "Top of the Hill" Newsletter. 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.
- The City of Biloxi Parks & Recreation Department will offer Shuffle Board to all Seniors 55 and over. Shuffle Board will be open during the a.m. hours Monday – Friday at Donal Snyder Community Center. For information contact Donal Snyder Community Center at (228) 436-5191.
- Get ready for the Senior Games, to be held in April 2010. For information about the Senior Games please go to the following website: mississippigulfcoastseniorgames.com or contact Cheryl Bell, Assistant Director at (228) 435-6296 or Jamie Lee, Recreation Superintendent at (228) 436-6185.
- Remember to RSVP for all 2010 Senior Luncheons.

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

Good Luck Black-Eyed Peas

- 1 tsp Garlic Powder
- 2 (15 oz) can Black-Eyed Peas
- 1 lb Ground Beef
- Salt & Pepper
- 2 large Onions, sliced
- 1 head Cabbage
- 1 tbsp Worcestershire Sauce
- 2 c Ham or Salt Pork, sliced
- 2 stalks Celery, sliced
- 1 c Bell Peppers, sliced

Black-Eyed Peas:

Saute onion with ham or salt pork until onions are soft. Add both cans of black eyed peas with juices. Bring to boil. Reduce heat and let simmer for 30-45 minutes.

Cabbage Dish:

Brown ground beef. Mix in worcestershire sauce, garlic powder, salt & pepper. Add one onion, bell pepper, & celery to beef just before browned and saute for about five minutes. Slice head of cabbage into quarters and separate leaves. Mix cabbage leaves in with beef & vegetables and cook on low heat until leaves are soft but still some what crisp.

Are you in the loop?

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

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