



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

Happy Birthday to all Seniors in the month of March!



March '10 Dates to Celebrate & Remember

- March 5th – Employee's Appreciation Day
- March 14th – Daylight Savings Time Begins
- March 17th – St. Patrick's Day
- March 20th – Spring Begins
- March 24th – Diabetes Alert Day
- March 30th – Doctor Day
- March 30th – Take a Walk in the Park Day

March Trivia

- What current branch of the U.S. military was a corps of only 50 soldiers when World War I broke out?
 - How many windows are there on the 102-story Empire State Building?
- See the calendar for the answers.

MARCH IS *National Nutrition Month*

Let the USDA's Food Pyramid be your guide for healthy food choices each day. Recommendations include taking half your grains and whole grains; having a variety of fruits and vegetables; eating low-fat or fat-free milk products; choosing more lean meats, fish legumes, nuts and seeds for protein; and getting most of your fats from vegetables oils, fish and nuts. The pyramid also includes an exercise component to remind everyone to stay active and fit.

You can visit www.mypyramid.gov for the latest advice on smart eating and exercise. This web site offers you an individualized daily eating plan with lots of nutrition tips and recipes.

From the Desk of the Assistant Director

We are being asked to cut back our spending because of the recession. We will continue to provide free monthly programs for our senior community, but we are asking for your support with the Pot Luck Luncheon. As always, the city will provide the meat/protein. We are requesting that you provide a dish such as a dessert, vegetable, etc. Pot Luck Luncheons are held at least 4 times a year with all other luncheons being sponsored by the City of Biloxi, a casino or a private business.

We are also requesting that all special guests be shown respect and given the opportunity to eat first. There will always be plenty of food for everyone. The City of Biloxi Parks & Recreation Department strives to provide quality and wholesome programs for you. We want you to continue to participate and enjoy all programs provided to you each month!

Should you have any questions or special requests, please feel free to contact me or Gwen Johnson, Senior Program Specialist.

Thank you,
Cheryl "Sherry" Bell

This was the Year – 1944

Did You Know?

- Cost of Living was: New House – \$3,470
Average Income – \$2,378 per year
New Car – \$975
Average Rent – \$50 per month
Gasoline – \$0.15 per gallon
Movie Ticket – \$0.40
Postage Stamp – \$0.03

THOUGHT FOR THE MONTH

"Personality can open doors, but only character can keep them open"

– Elmer C. Leterman, *Business Executive*



Movie & Popcorn!

Thursdays, 1:30 p.m.

March 4th:

State of Play

starring Russell Crowe & Ben Affleck

March 11th:

Julie & Julia

starring Meryl Streep & Amy Adams

March 18th:

Whip It

starring Ellen Page & Marcia Gay Harden

March 25th:

Hachiko: A Dog's Story

starring Richard Gere & Joan Allen

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 (Wear Green)

Wednesday, March 17th • 11 a.m.-1 p.m., Snyder Center

To reserve a seat, please RSVP before Friday, March 12th.

Please RSVP 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.

CONGRATULATIONS TO THE CITY OF BILOXI SENIOR MARDI GRAS COURT.

King: Mr. Herb Koger

Duke: Mr. Kenny Rouse

Queen: Mrs. Gloria Harlan

Duchess: Mrs. Wilma Fishman

The Mardi Gras Ball was held on February 17, 2010.

March 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 on March 17th for 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 muscle conditioning and body shaping, reduce stress, improve sleep and eating habits, and helps you to lose weight and maintain current weight.
- **Bonco:** Monday, March 8th, 10 a.m. at the Snyder Center.
- **Bridge:** Tuesday, March 16th, 12:30 p.m. 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.
- **Pokeno!** Monday, March 22nd, 10 a.m. at the Biloxi Community Center.
- **Craft Class:** Friday, March 26th at the Snyder Center in the craft room. The craft project will be Easter Wreaths.

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!

- 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 James Payton or the 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.
 - A special thank you to the Beau Rivage for preparing the food for the senior luncheon.
 - For more information about senior programming please contact Gwen Johnson at (228) 435-6281.
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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

Shrimp & Rice Casserole

- 2 lbs Peeled Shrimp
- 1 pkg Yellow Seasoned Rice
- 1 can diced Rotel Tomatoes
- 1 can Cream of Mushroom soup
- 1/2 Bell Pepper
- 2 tsp Butter
- 1 small Onion

Cook rice according to directions on package. Sauté onion and bell pepper in butter. Add shrimp. Cook until shrimp turn pink. Add cream of mushroom soup and can of diced Rotel tomatoes. Mix together and cook 20 minutes in oven at 350 degrees.

– Rue Smith - Poplarville, MS

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Parks and Recreation Department
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