



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

Happy Birthday to all Seniors in the month of May!



May '10 Dates to Celebrate & Remember

- May 2nd-8th – Teacher's Appreciation Week
- May 4th – Nation Teacher's Day
- May 5th – Cinco De Mayo
- May 6th-12th – National Nurse's Day
- May 9th – Mother's Day
- May 15th – National Peace Officer's Day Armed Forces Day
- May 31st – Memorial Day

May Mother's Day Trivia

- My mother played Dorothy in the Wizard of Oz?
- What is the traditional flower for Mother's Day?
- I am the founder of the American Red Cross and "mother" to thousand of wounded soldiers.

See the calendar for the answers.

1st Annual R.I.P.E. Conference for Seniors Citizens and their Adult Children and Family Caregivers

Thursday, May 6, 2010, 9 a.m.-2 p.m., Snyder Center
Free to the Public

Sponsored by the City of Biloxi, TRINITY-Investment Service, LLC, Loyalton of Biloxi and PRN

Caregiving Seminar

Thursday, May 20, 2010, 5:15 p.m.-7 p.m., Snyder Center
Learn all you can about taking care of your grandparents and parents
Free to the Public

Sponsored by the City of Biloxi, Parks & Recreation Department and Keesler Air Force Base, Airman & Family Readiness Center

Senior Presentations 10:30 a.m.-11 a.m., Snyder Center

Sonya Catching, Mental Health Association of Mississippi, Center for Community Resilience
Topics

May 10, 2010 - "Depression and Older Adults"

May 24, 2010 - "Sexuality and Aging"

For details, contact Sonya Catchings at (228) 385-1119.

2010 Senior Health and Wellness Expo

Wednesday, May 26, 2010, 9 a.m.-2 p.m., Snyder Center
Health screening & wellness information will be available for seniors ages 50 and up.
Cholesterol screen will be available for \$15 (cash only).
This screening requires fasting (nothing to eat or drink after midnight).
For more information call Cheryl Bell at (228) 435-6296.

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Congratulations to all the seniors who placed in the Senior Games held April 15th-17th & special thanks to all of our Senior Games sponsors:

**Culinary Learning Center • Boomtown Casino • Grand Casino
The Isle Casino • Beau Rivage Casino • IP Casino**

Congratulations to our Senior Prom King Mr. Dalmar P. Robinson and Queen Ms. Dorothy Deshauteurs and a special thank you to the Culinary Learning Center.

A special thank you to the Staff at Donal Snyder for their help with decoration for the Senior Prom held Wednesday, April 21, 2010

THOUGHT FOR THE MONTH

"If you carry your childhood with you, you never become older."

– Abraham Sutzkever



Movie & Popcorn!

Thursdays, 1:30 p.m.

May 6th:

Sherlock Holmes

starring Robert Downey Jr.,
Jude Law & Rachel McAdams

May 13th:

The Blind Side

starring Sandra Bullock &
Tim McGraw

May 20st:

I Can Do Bad All By Myself

starring Taraji P. Henson &
Adam Rodriguez

May 27th:

The Time Traveler's Wife

starring Rachel McAdams &
Eric Bana

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
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Senior Potluck Luncheon & Speaker

Wednesday, May 19th • 11 a.m.-1 p.m.

Dr. Frank Gruich Community Center

To reserve a seat, please RSVP before Friday, May 14th.

RSVP at the Donal Snyder Community 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.

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 Dr. Frank Gruich 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.)*
- **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, burn calories, increase muscle conditioning and body shaping, reduce stress improve sleep and eating habits, helps you to lose weight and maintain current weight. Walking is the one exercise that almost anyone can do, regardless of age or level of physical fitness. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe. The time has changed let's get moving outdoors and enjoy the warm sunshine.
- **NEW! Jewelry Class:** Wednesday, May 12th 10 a.m.-12 noon at the Snyder Community Center Craft Room, 8 participants only, bring all your old beads, contact Gwen Johnson at (228) 435-6148, for more information.
- **Bonco:** Monday, May 3rd, 10 a.m. at the Snyder Center.
- **Pokeno!** Monday, May 17th, 10 a.m. at the Dr. Frank Gruich Community Center.

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 the Snyder Center, for info contact James Payton or the Snyder Center at (228) 436-5191.
 - 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

Dr. Frank Gruich
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

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

National Senior Health & Fitness Day May 26, 2010

"Get Going...Get Fit...Start Today!"

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on Wednesday, May 26, 2010 as we celebrate the 17th Annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Always on the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults.

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Parks and Recreation Department

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