



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

Happy Birthday to all Seniors in the month of September!



September Dates to Celebrate & Remember

- September 6th – Read a Book Day
- September 6th – Labor Day (Holiday)
- September 11th – Patriot Day
- September 12th – Grandparent Day
- September 15th – Hispanic Heritage Month
- September 21st-27th – Active Aging Week
- September 22nd – Autumn Begins
- September 26th – National Police & Peace Officers Day

September Trivia

- Which NFL team did Vince Lombardi coach after Green Bay?
- With which team did Hall of Fame quarterback John Elway sign his first professional sports contract?

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 Alzheimers. 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. Staying socially active can also stimulate your mind.

Rock & Roll Bash

**SEPTEMBER 24, 2010, 2-4 P.M.
DONAL SNYDER COMMUNITY CENTER**

- ★ Oldies but Goodies Music Provided by DJ
- ★ Door Prizes
- ★ Sundaes & Coke, Root Beer Floats
- ★ RSVP by Wednesday, September 22nd to Amanda Canaan or Wayne Aronson at 436-5191
- ★ Sponsored by the City of Biloxi, Parks & Recreation Department, Biloxi Regional Medical, and RSVP

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

Biloxi Seniors:

Thanks so much for the chocolate pie recipe in your August 2010 newsletter! I made one last Tuesday and two this week for our Senior Luncheon. Every morsel was eaten!

Note: Remembering one of my late mother’s techniques, I whipped in a tablespoon of butter to the filling after the cooking was complete.

Thanks for sharing,
Pascagoula Senior Center



THOUGHT FOR THE MONTH

“To get joy, we must give it, and to keep joy, we must scatter it.”

– John Templeton



Movie & Snack!

Thursdays, 1:30 p.m.

September 2nd:
Extraordinary Measures
starring Harrison Ford &
Brendan Fraiser

September 9th:
The Spy Next Door
starring Jackie Chan, Amber
Valletta & Madeline Carroll

September 16th:
The Young Victoria
starring Emily Blunt &
Robert Friend

September 23rd:
Nine
starring Daniel Day-Lewis,
Kate Hudson & Penelope Cruz

September 30th:
Our Family Wedding
starring Forest Whitaker,
America Ferrera
& Carlos Mencia

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.

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Senior Potluck Luncheon & Speaker

Wednesday, September 15th • 11 a.m. Donal Snyder Community Center
Please bring a covered dish.

Speaker will be Tammy Richardson, Addus HealthCare Inc.

Addus HealthCare is a nationwide home health service company providing comprehensive home care services since 1979. We provide a full range of skilled intermittent home health services including continuous nursing care, private-duty assisted service to thousands of consumers in 19 states from 128 office locations.

To reserve a seat, please RSVP before Friday, September 10th. (Everyone must RSVP.) 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.

Bingo! 1 p.m.-2 p.m.

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 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.) No class on Monday, September 6th, holiday for the City of Biloxi.*
- **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, body shaping, and reduce stress improve sleep and eating habits. Walking is the one exercise that almost anyone can do, regardless of age or level of physical fitness. Plan a walking schedule and stick to it. Choose a safe, pleasant place to walk. Remember to wear a good walking shoe and stretch.
- **Pokeno!** Monday, September 13th, 10 a.m. at the Snyder Center.
- **Bonco:** Monday, September 27th, 10 a.m. at the Dr. Frank Gruich Community Center.
- **New! Jewelry Class:** Wednesday, September 22nd 10 a.m. at the Snyder Center. (We will only take 10 participants for this class.) Bring all your old and special beads that need repair. To RSVP for this class call Gwen Johnson.

Please call 436-5191 to sign up for each class. For information about senior programming contact Gwen Johnson at (228) 435-6281.

Recipe of the Month

Recreation Office:
435-6148

Donal Snyder Sr.
Community Center:
436-5191

Dr. Frank G. Gruich
Community Center:
374-2853

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

Jalapeño & Garlic Shrimp

- 1 lb of peeled, deveined Shrimp
- 3 Garlic Cloves, pressed
- 1/2 Jalapeño, finely chopped
- 1 tbsp Fresh Lime Juice
- 3 tbsp Olive Oil
- Salt & Pepper to taste

1. Toss together the shrimp, garlic, lime juice and a Tbsp of the oil. Season with salt and pepper, and marinate in fridge for 45 minutes.

2. Heat remaining oil in large skillet over med/high heat. Remove the shrimp from the marinade and add to skillet. You can use less oil if you use a non-stick skillet. Cook through, about 2 minutes per side.

—Gabe Toncrey, Biloxi, MS

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Parks and Recreation Department
P.O. Box 775
Biloxi, MS 39533



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