



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

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

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



## October Dates to Celebrate & Remember

- October 3rd-9th –  
Fire Prevention Week
- October 5th –  
World Teachers' Day
- October 11th –  
Columbus Day
- October 15th –  
National Boss Day
- October 15th –  
National Mammography Day
- October 24th –  
Mother-In-Law Day
- October 24th-30th –  
National Respiratory Week
- October 31st –  
Halloween

## October Trivia

- This capital city, one of the most densely populated areas of northern Europe, has a popular smokeless tobacco named after it.
  - Name the capital city that was the host of the 2008 Olympic Games?
- See the calendar for the answers.

## OCTOBER IS *National Breast Cancer Awareness Month*

Since the program began in 1985, mammography rates have more than doubled for women age 50 and older who do not get screening mammograms and clinical breast exams at regular intervals.

- Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.
- Hispanic women have fewer mammograms than Caucasian and African American women.
- Women below poverty level are less likely than women at higher incomes to have a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

For more information about NBCAM, please visit [www.nbcam.org](http://www.nbcam.org).

For additional information, please call one of the following toll-free numbers: American Cancer Society, (800) 227-2345, National Cancer Institute (NCI), (800) 4-Cancer, Y-ME National Breast Cancer Organization, (800) 221-2141.

The National Breast Cancer Awareness Month Program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.



Donal Snyder Community Center  
2520 Pass Road  
Time: 6-8p.m.

- ★ Local DJ and fun, fun and more fun! ★
- ★ Costume Contest ★

Please RSVP before October 21st,  
to Amanda Canaan or Wayne Aronson  
at Donal Snyder Community (228) 436-5191

Contact Gwen Johnson at  
(228) 435-6148 for more information.

## THOUGHT FOR THE MONTH

*"Jumping at several small opportunities may get us there more quickly than waiting for one big one to come along."*

– Hugh Allen



## Movie & Snack!

Thursdays, 1:30 p.m.

October 7th:

### **Everybody's Fine**

starring Robert DeNiro,  
Kate Beckinsale &  
Drew Barrymore

October 14th:

### **Letters To Juliet**

starring Amanda Seyfried &  
Vanessa Redgrave

October 21st:

### **Date Night**

starring Steve Carell & Tina Fey

October 28th:

### **The Back Up Plan**

starring Jennifer Lopez &  
Alex O'Laughlin

All movies are rated PG or PG-13; however there may be some obscenities. (All movies are subject to change.)

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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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2520 Pass Road  
Biloxi, MS 39531  
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## Senior Luncheon At the Biloxi Town Green

Wednesday, October 20th • 11 a.m. Biloxi Town Green, 710 Beach Blvd.

Please bring a dessert.

Special guest speaker will from the City of Biloxi Fire Department. We will discuss fire safety.

**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.

In case of rain this event will be held at the Biloxi Community Center, 591 Howard Ave.

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## October 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, 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, October 4th, 10 a.m. at the Dr. Frank Gruich Community Center.
- **Bonco:** Monday, October 25th, 10 a.m. at the Snyder Center.
- **Craft Class:** Friday, October 15th, 10 a.m. at the Snyder Community Center in the craft room. The craft project will be Harvest Wreath. Please RSVP for the craft class no later than October 8th, we will only take 15 for this class. Contact Gwen Johnson at (228) 435-6148.
- **New! Jewelry Class:** Wednesday, October 13th, 10 a.m. at the Snyder Center. Bring all your old beads that need repair, if you do not have any old beads some will be available for you. (We will take 10 participants for this class.)

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

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## Thank You!

A Special thank you to Wanda Shaw, Biloxi Regional Medical Center, Magdalena Holland, RSVP, and the Donal Snyder Community Center Staff for a job well done with the Senior Rock and Roll Bash which was held on September 24th at the Donal Snyder Community Center.

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# Recipe of the Month

Recreation Office:  
435-6148

Donal Snyder Sr.  
Community Center:  
436-5191

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

Acting 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

## No-Bake Eclair Cake

- 2 packages instant vanilla pudding mix
- 1 (8 ounce) container frozen whipped topping, thawed
- 3 cups milk
- 1 (16 ounce) package graham cracker squares
- 1 (16 ounce) package prepared chocolate frosting

1. In a medium bowl, thoroughly blend the pudding mix, whipped topping and milk.
2. Arrange a single layer of graham cracker squares in the bottom of a 13x9 inch baking pan. Evenly spread half of the pudding mixture over the crackers. Top with another layer of crackers and the remaining pudding mixture. Top with a final layer of graham crackers.
3. Spread the frosting over the whole cake up to the edges of the pan. Cover, and chill at least 4 hours before serving.

— Cathy Gordon, Biloxi, MS

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Parks and Recreation Department  
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