

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

Recipe of the Month

prosciutto-wrapped asparagus

24 asparagus spears (1 to 1-1/4 pounds), trimmed to 6-inch lengths
24 thin slices provolone cheese (12 to 14 ounces)
12 very thin slices prosciutto (8 to 10 ounces), halved lengthwise
Cracked black pepper
1 to 2 tablespoons olive oil
1 to 2 tablespoons balsamic vinegar



1. Place a steamer basket in a large skillet. Add enough water to come just below bottom of basket. Bring to boiling. Place asparagus in basket. Reduce heat to medium-low. Steam, covered, for 4 minutes. Remove asparagus from basket; immerse in ice water to cool quickly. Drain asparagus; pat dry with paper towels.

2. Wrap a slice of cheese and a half-slice of prosciutto around each asparagus spear. Arrange wrapped asparagus on a serving plate. If desired, cover and chill for up to 24 hours.

3. Before serving, sprinkle with cracked pepper. Drizzle with oil and balsamic vinegar.
Makes 8 servings.

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Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department

biloxi.ms.us/pr

January 2011

Happy Birthday to all Seniors in the month of January!



January Dates to Celebrate & Remember!

January 1st –
New Year Day
January 17th –
Great American's Day
Martin Luther King Jr.'s
Birthday (Observed)
January 21st –
Hat Day
January 23rd –
National Pie Day

January Trivia



- English is the world's most official language. What is second?
- Name the second most spoken language in the United States.
- What is the world's largest island?

See Calendar for answer.

HAPPY NEW YEAR!!

Start the New Year off right. Resolve to boost your well-being by making wise choices to benefit your body and mind. Plan meal and snacks that have good nutrition. Schedule physical activity and relaxation into your routine, and have health tests as recommended. Even small lifestyles changes can add up to a big difference.

Top 9 New Year 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

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, from the time one arrives to the time the donor leaves 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.

THOUGHT FOR THE MONTH:

"TO FEEL SAFE AND WARM ON A COLD, WET NIGHT, ALL YOU REALLY NEED IS SOUP."

– UNKNOWN

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



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ADDRESS SERVICE REQUESTED



Senior Potluck Luncheon

Wednesday, January 19th • 11 a.m. • Donal Snyder Community Center
 *As a reminder the senior luncheon is free to all seniors and the City of Biloxi will provide the meat only for the Potluck luncheons.

The Speaker for our Senior Luncheon will be Frank Magee, Program Coordinator Energy Sales & Efficiency Service Mississippi Power Company.

To reserve a seat, please RSVP before January 14th. Please RSVP to the Donal Snyder Community Center to Amanda Canaan or Wayne Aronson at (228) 436-5191.

Health Screening prior to the luncheon at 10:30 a.m.
 Screening is provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics, and Friends Five-O/Senior Organization.

Please contact Gwen Johnson at (228) 435-6148.

January Classes & Happenings

- **Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2 p.m. at the Donal Snyder Community Center; and every Tuesday and Thursday, 10 a.m. at the Dr. Frank G. Gruich Community Center. This class is co-sponsored by the Arthritis Foundation (Take Control. We can Help). **Class will be cancelled Friday, December 31st & January 1st & 3rd (Holiday) and 17th in observance of Great American Day.**

- **Tai Chi Class:** Every Tuesday and Thursday at 10 a.m. 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, and improve sleep and eating habits. On cold days, dress in layers so you can shed one or more layers as you warm up while walking. Always choose a safe, pleasant place to walk. Remember to stretch and wear a good walking shoe.

- **Jewelry Class: Will resume February 9th.** Please contact Gwen Johnson at (228) 435-6148 for information.

- **Super Bingo:** Monday, January 10th at 10 a.m. at the Donal Snyder Community Center.

- **Craft Class:** Friday, January 29th 10 a.m. at the Donal Snyder Community Center. Craft project will be Mardi Gras Wreath. Please RSVP for the craft class. Contact Gwen Johnson at (228) 435-6148.

- **Bonco:** Monday, January 25th at 10 a.m. at the Dr. Frank G. 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.

Movie & Snack!

Thursdays, 1:30 p.m.

January 6th

EAT PRAY LOVE
 starring Julia Roberts & James Franco

January 13th

GROWN UPS
 starring Adam Sandler & Kevin James

January 20th

CHARLIE ST. CLOUD
 starring Zac Efron & Charlie Than

January 27th

THE EVENING SUN
 starring Hal Holbrook & Walton Goggins

All movies are rated PG-13 or PG. However, there may be some obscenities. All movies 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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 Biloxi, MS 39531
 (228) 435-6148
 gjohnson@biloxi.ms.us

Calendar of Events - January 2011



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
Happy New Year!!! City of Biloxi Closed						
2	3 Holiday-Closed	4 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	5 Stretch & Strengthen Class – 2 p.m. DSCC	6 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	7 Stretch & Strengthen Class – 2 p.m. DSCC	8
9	10 Super Bingo – 10 a.m. FGCC Stretch & Strengthen Class – 2 p.m. DSCC	11 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	12 Stretch & Strengthen Class – 2 p.m. DSCC	13 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	14 Stretch & Strengthen Class – 2 p.m. DSCC	15
16	17 Great American Day - Closed MLK, Jr. Birthday (Observed)	18 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	19 Senior Luncheon – 11 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	20 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	21 Stretch & Strengthen Class – 2 p.m. DSCC	22
23	24 Stretch & Strengthen Class – 2 p.m. DSCC	25 Stretch & Strengthen Class – 10 a.m. FGCC Bonco – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	26 Stretch & Strengthen Class – 2 p.m. DSCC	27 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	28 Craft Class – 10 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	29
30	31					