

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

sausage-cheese dip

- 1 pound bulk pork sausage
- 1 14-1/2-ounce can diced tomatoes with garlic and onion
- 2 pounds process cheese product with jalapeno peppers, cubed
- Toasted baguette slices or toasted pita wedges



1. In a large skillet cook sausage over medium heat until sausage is no longer pink. Drain well. Transfer sausage to a 3-1/2- or 4-quart slow cooker. Stir in undrained tomatoes and cubed cheese.
2. Cover and cook on low-heat setting for 2 to 3 hours, stirring after 1 hour to mix in the cheese. Serve immediately or keep warm, covered, on low-heat setting for up to 2 hours, stirring occasionally. Serve with baguette slices or pita wedges. Makes 24 (1/4-cup) 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

February 2011

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



**February Dates to
Celebrate & Remember!**

- February 2nd – Groundhog Day
- February 3rd – Lunar New Year
- February 6th – Super Bowl XLV
- February 14th – Valentine's Day
- February 21st – U.S. President's Day

February Trivia

- Who wrote the 1982 hit song, *Ebony & Ivory*, and with whom did he sing it?
- Who wrote the lyrics to *American the Beautiful* and which Rocky Mountain icon provided the inspiration?

See Calendar for answers.

February IS American Heart Month & African American History Month

Learn the Warning Signs of a Heart Attack

- Chest discomfort: This can be discomfort in the center of the chest lasting more than a few minutes or it may go away and return. It can feel like pain, pressure, squeezing or fullness.
- Discomfort or pain in other parts of your upper body, including one or both arms, the back, neck, jaw or stomach.
- Nausea, lightheadedness or indigestion-type symptoms.
- Breaking out in a cold sweat.
- Shortness of breath. This feeling often accompanies chest discomfort, but can occur before the chest discomfort.
- Not all of these signs indicate a Heart Attack. If you have one or more of them, don't wait longer than 5 minutes before calling for help.

Pump up your progress in strengthening a heart-healthy diet low in saturated fats & trans fats, at least 30 minutes of exercise daily, a normal weight, and no smoking! Keep your blood pressure, cholesterol, and blood sugar levels in check. Also, know your family history and discuss your risk factors with your doctor.

This month is African American History Month

DETERMINATION – BEING FIRMLY SET ON SUCCEEDING

Mary Church Terrell – (1863-1954) was one of the first civil rights activists. She spent her whole life fighting for equal rights for women and blacks. She became a teacher and principal, even though her father wouldn't speak to her because of it. He thought it was wrong for women to work. Ms. Terrell helped to start several civil rights groups for blacks, and joined white women in their fight to vote. Even at age 90, cane in hand, she led a group of protesters in Washington, D.C. She helped them win the right for blacks to eat in all restaurants.

THOUGHT FOR THE MONTH:

"WE ALL HAVE ABILITY. THE DIFFERENCE IS HOW WE USE IT." – STEVIE WONDER

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



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Movie & Snack!
Thursdays, 1:30 p.m.

February 3rd
ROBIN HOOD

starring Russell Crowe, Cate Blanchett, & Max von Sydow

February 10th

PRINCE OF PERSIA:
THE SANDS OF TIME
starring Jake Gyllenhaal & Gemma Arterton

February 17th

INCEPTION
starring Leonardo DiCaprio, Ellen Page & Joseph Gordon-Levitt

February 24th

KNIGHT & DAY
starring Tom Cruise, Cameron Diaz & Peter Sarsgaard

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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Senior Potluck Mardi Gras Ball & Dance

Wednesday, February 16th • 11 a.m. - 1 p.m. • Donal Snyder Community Center
Wear your Mardi Gras attire! A king & queen will be crowned. Heavy hors d'oeuvres.

RSVP by Friday, February 11th to the Snyder Center to Amanda Canaan or Wayne Aronson at (228) 436-5191.

Health Screening prior to the Ball & Dance at 10:30 a.m.

Health Screening will be provided by Biloxi Regional Medical Center, Wanda Shaw, Respiratory Therapy/Neuro Diagnostics, Friends Five-O/Senior Organization.

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

February 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). **NO CLASS ON THURSDAY AT THE FGCC UNTIL FURTHER NOTICE!**

*Attention all participants who attend the Stretch & Strengthen Classes: Due to budget cuts there will be a fee for your Fit Band and Fit Tube/Cord the price is as followed: Fit Band: \$2.00 and Fit Tube/Cord \$5.00. Once you buy them it's yours to keep. For more information please contact Gwen Johnson at (228)435-6148.

- **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.

- **Bingo:** Monday, February 7th at 10 a.m. at the Donal Snyder Community Center

- **Jewelry Class:** Cancelled due to the instructor being ill. We will reschedule at a later time.

- **Pokeno:** Monday, February 28th at 10 a.m. at the Donal Snyder Community Center.

- **Senior Group Game Day:** The City of Biloxi, Park & Recreation Department will offer Group Game Day to all seniors Tuesday, February 22nd at 10 a.m. – 11:30 a.m. Games will include the following: Basketball, Pool, Table Games, Cards, Checkers, Puzzles, Ping-Pong, Shuffleboard and Foosball.

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

Calendar of Events - February 2011



Happy Valentine's Day

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	2 Groundhog Day Stretch & Strengthen Class – 2 p.m. DSCC	3 Lunar New Year Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	4 Stretch & Strengthen Class – 2 p.m. DSCC	5
6 Super Bowl XLV	7 Bingo – 10 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	8 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	9 Stretch & Strengthen Class – 2 p.m. DSCC	10 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	11 Stretch & Strengthen Class – 2 p.m. DSCC	12
13	14 Stretch & Strengthen Class – 2 p.m. DSCC Happy Valentine's Day	15 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	16 Potluck Mardi Gras Ball & Dance – 11 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	17 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	18 Stretch & Strengthen Class – 2 p.m. DSCC	19
20	21 Stretch & Strengthen Class – 2 p.m. DSCC U.S. President's Day	22 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	23 Stretch & Strengthen Class – 2 p.m. DSCC	24 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	25 Stretch & Strengthen Class – 2 p.m. DSCC	26
27	28 Pokeno – 10 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC					

• DSCC - Donal Snyder Sr. Community Center
• FGCC - Dr. Frank G. Gruich Community Center
(Classes that are not labeled either DSCC or FGCC will be held at the regular Donal Snyder location.)
All classes & programs are subject to change & changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.
Answers to Trivia: • Paul McCartney with Stevie Wonder
• Katharine Lee Bated and Pikes Peak