

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

mushrooms and pasta

- 3 Tbsp. butter
- 1/2 cup chopped onion (1 medium)
- 12 oz. fresh button mushrooms, halved or quartered (4-1/2 cups)
- 1 Tbsp. snipped fresh thyme or 1 tsp. dried thyme, crushed
- 1/2 cup whipping cream
- 3 cup hot cooked pasta
- 1 Tbsp. olive oil
- 3 cloves garlic, minced
- 1/2 cup finely shredded Parmesan cheese
- Snipped fresh parsley (optional)

1. In a large skillet heat butter and oil over medium heat. Add onion and garlic. Cook for 4 to 5 minutes or until onion is tender, stirring occasionally. Stir in mushrooms, thyme, 1/2 teaspoon salt, and 1/4 teaspoon ground black pepper. Cook 4 to 5 minutes more or until mushrooms are tender and lightly browned, stirring occasionally. Add cream. Bring just to boiling; reduce heat. Boil gently, uncovered, for 2 to 3 minutes or until thickened. Stir in cheese until melted.

2. To serve, place hot cooked pasta in serving bowl. Spoon mushroom sauce over pasta. Sprinkle with parsley.

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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

April 2011

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



**April Dates to
Celebrate & Remember!**

April 1st –
April Fool's Day
April 10th –
Natl. Start Walking Day
April 10th-16th –
Natl. Volunteer Week
April 15th –
US Income Tax Pay Day
April 19th –
Jewish Passover
April 22nd –
Earth Day/Good Friday
April 24th –
Easter Sunday
April 30th –
Arbor Day

April Trivia



• Name the doctor credited for the development of a vaccine for polio.

See Calendar for answers.

APRIL IS Volunteer Month

National Volunteer Week is the official time to recognize and celebrate the efforts of volunteers at the local, state and national levels. It is celebrated in the U.S. and Canada.

Volunteers (Make a Difference)

Eager to help in every way,

Valuable for the role you play.

Exceptional in responding to needs,

Ready with all the right words and deeds,

You're dependable as you do your part,

Day in and day out with a giving heart,

Always there to show you care,

You're won our praise as a great **Volunteer!**

As a caring **Volunteer** you always do your part to share your time with a generous heart. Because you make a difference in so many ways, we're grateful we can count on you to brighten everyone's days.

2011 Senior Games

The Mississippi Gulf Coast Senior Games will be held April 13th – 16th. The games are open to anyone that is 50 years old and older. Participants' skills range from beginner to nationally ranked players. The games will be held at different venues in Gulfport, Biloxi and Pascagoula, Ms. Last year we had over 300 participants from different states come and compete in our games. Please visit www.gulfcoastseniorgames.org for more information.

THOUGHT FOR THE MONTH:

"THERE CAN BE NO HAPPINESS IF THE THINGS WE BELIEVE IN ARE DIFFERENT FROM THE THINGS WE DO." – FREYA MADELINE STARK

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



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

April 7th
BURLESQUE
starring Cher & Christina
Aguilera

April 14th
MORNING GLORY
starring Rachel
McAdams, Diane Keaton,
Harrison Ford

April 21st
THE OTHER GUY
starring Will Ferrell &
Mark Wahlberg

April 28th
UNSTOPPABLE
starring Denzel
Washington & Chris
Pine

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
Recreation Specialist
2520 Pass Road
Biloxi, MS 39531
(228) 435-6148
gjohnson@biloxi.ms.us

Senior Luncheon & Prom

Wednesday, April 20th, 11:00 – 1:00 p.m. at the Donal Snyder Community Center.

To reserve a seat RSVP by April 15th, to 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 Diagnostic and Friends Five-O Senior Organization.

For information about senior programming contact Gwen Johnson at (228) 435-6148.

April Classes & Happenings

- **Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2 p.m. at the Donal Snyder Community Center; Tuesday 10 a.m. at the Dr. Frank G. Gruich Sr. 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.) *There will be no class on Friday, April 22nd, (Holiday-Good Friday).*

- **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, April 4th at 10 a.m. at the Dr. Frank Gruich Community Center.
- **Craft Class:** Friday, April 8th at 10 a.m. at the Donal Snyder Community Center.
- **Pokeno:** Monday, April 18th at 10 a.m. at the Dr. Frank Gruich Community Center.

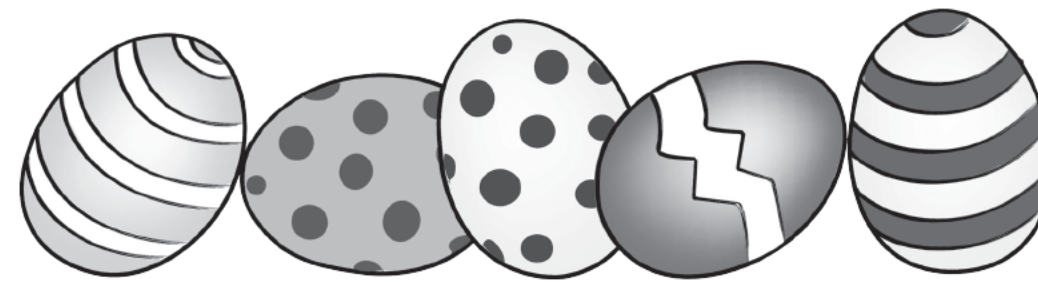
Upcoming Activities

- **Come join us Senior Games, April 13th – 16th 2011.** For information about the Senior Games contact Jamie Lee, Recreation Superintendent at (228) 435-6185 ext#17.

- **Senior Prom, April 20th.** See above for more details.

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 - April 2011



**Happy
Easter!!**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 Stretch & Strengthen Class – 2 p.m. DSCC	2
3	4 Bingo – 10 a.m. FGCC Stretch & Strengthen Class – 2 p.m. DSCC	5 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	6 Stretch & Strengthen Class – 2 p.m. DSCC	7 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	8 Craft Class – 10 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	9
10	11 Stretch & Strengthen Class – 2 p.m. DSCC	12 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	13 Stretch & Strengthen Class – 2 p.m. DSCC	14 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	15 Stretch & Strengthen Class – 2 p.m. DSCC	16
			Senior Games			
17	18 Pokeno – 10 a.m. FGCC Stretch & Strengthen Class – 2 p.m. DSCC	19 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	20 Senior Luncheon – 11 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	21 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	22 Good Friday CLOSED	23
24 Easter	25 Stretch & Strengthen Class – 2 p.m. DSCC	26 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	27 Stretch & Strengthen Class – 2 p.m. DSCC	28 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	29 Stretch & Strengthen Class – 2 p.m. DSCC	30

• 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: • Jonas Salk