

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

raspberry-nut sundaes

- 1/2 cup butter
 - 1-1/2 cups fresh raspberries
 - 2/3 cup honey-roasted cashews or honey-roasted almonds, coarsely chopped
 - 1 tsp. finely shredded lemon peel
 - 2 pints vanilla ice cream and/or raspberry sorbet
1. In a large skillet melt butter; stir in brown sugar until melted. Cook, stirring frequently, over medium heat until boiling. Reduce heat to medium-low. Cook and stir for 1 minute. Remove from heat. Add raspberries, nuts, and lemon peel; stir very gently to coat.
 2. Scoop ice cream and/or sorbet into eight small dessert cups. Top with raspberry mixture. Serve immediately. Makes 8 servings.

Turn your email into Bmail.

Sign up at biloxi.ms.us for the most current news about your city.

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



PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT #57
BILOXI, MS 39530

ADDRESS SERVICE REQUESTED



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department

biloxi.ms.us/pr

May 2011

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



**May Dates to Celebrate
& Remember!**

May 1st –
May Day
May 2nd-6th –
Teacher Appreciation Wk
May 5th –
Cinco de Mayo
May 8th-14th –
Nat'l. Nurses' Week
May 8th –
Mother's Day
May 9th-15th –
Nat'l. Police Week
May 20th –
Flower Day
May 30th –
Memorial Day

May Trivia



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

See Calendar for answers.

MAY IS National Seniors Health Month & Fitness and National High Blood Pressure Education

*National Senior Health & Fitness Day
(Wednesday, May 25, 2011)*

2011 Theme: "Make Fitness a Gold for Life"

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on Wednesday, May 25, 2011 as we celebrate the 17th annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Always ser the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults.

Mother's Day Poem

M-O-T-H-E-R

"M" is for the million things she gave me,
"O" means only that she's growing old.
"T" is for the tears she shed to save me,
"H" is for her heart of purest gold,
"E" is for her eyes, with love-light shining,
"R" means right, and she'll always be,
Put them all together, they spell "Mother."

THOUGHT FOR THE MONTH:

"THERE IS NO GREATER JOY NOR GREATER REWARD THAN TO MAKE A FUNDAMENTAL DIFFERENCE IN SOMEONE'S LIFE." – SISTER MARY ROSE MCGEADY



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

May 12th
COUNTRY STRONG
starring
Gwenyth Paltrow & Tim McGraw

May 19th
JUST WRIGHT
starring Common,
Queen Latifah & Paula Patton

May 26th
THE NEXT THREE
DAYS
starring Liam Neeson,
Russell Crowe & Elizabeth Banks

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 Potluck Luncheon & Speaker

Wednesday, May 18th, 11:00 a.m. – 1:00 p.m. at the Dr. Frank Gruich Community Center. **Special Guest:** Monica Owens with the Red Cross. **Theme:** Senior Disaster Preparedness.

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.

May 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 Monday, May 30th, (Holiday-Memorial Day).**

- **Tai Chi Class:** Every Tuesday and Thursday at 10 a.m. at 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, 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, May 2nd at 10 a.m. at the Donal Snyder Community Center.

- **Bonco:** Monday, May 23rd at 10 a.m. at the Donal Snyder Community Center.

Upcoming Activities

- **Second Annual R.I.P.E. Conference for Senior Citizens, their Adult Children & Family Caregivers.** Thursday, May 5th, 9 a.m. - 2 p.m. DSCC, Free to the public.

- **2011 Senior Health and Wellness Expo.** Donal Snyder Community Center. Wednesday, May 25, 2011 9:00 a.m. – 1:00p.m. The City of Biloxi celebrates Older American Month Health Screening & Wellness information will be available for seniors ages 50 and up. For more information call Cheryl Bell at (228) 388-7170.

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 - May 2011

Spring is in
the Air!!



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 May Day	2 Bingo – 10 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	3 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	4 Stretch & Strengthen Class – 2 p.m. DSCC	5 RIPE Conf. – 9 a.m. DSCC Tai Chi – 10 a.m. DSCC No Movie & Snack Cinco de Mayo	6 Stretch & Strengthen Class – 2 p.m. DSCC	7
Teacher's Appreciation Week						
8 Mother's Day	9 Stretch & Strengthen Class – 2 p.m. DSCC	10 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	11 Stretch & Strengthen Class – 2 p.m. DSCC	12 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	13 Stretch & Strengthen Class – 2 p.m. DSCC	14
National Nurses' Week/National Police Week						
15	16 Stretch & Strengthen Class – 2 p.m. DSCC	17 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	18 Stretch & Strengthen Class – 2 p.m. DSCC Senior Luncheon – 11 a.m. FGCC	19 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	20 Stretch & Strengthen Class – 2 p.m. DSCC Flower Day	21
22	23 Bonco – 10 a.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	24 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.m. DSCC	25 Senior Health & Wellness Expo – 9 a.m.-1p.m. DSCC Stretch & Strengthen Class – 2 p.m. DSCC	26 Tai Chi – 10 a.m. DSCC Movie & Snack – 1:30 p.m.	27 Stretch & Strengthen Class – 2 p.m. DSCC	28
29	30 CLOSED- Memorial Day	31 Stretch & Strengthen Class – 10 a.m. FGCC Tai Chi – 10 a.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: • Jonas Salk