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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

### Fall Salad with Cranberry Vinaigrette

Ingredients (2 Servings) :  
• 2 tablespoons cider vinegar • 1 tablespoon cranberries • 1 tablespoon olive oil  
• 1/2 teaspoon white sugar • 1/8 teaspoon kosher salt • 1/4 pinch freshly ground  
black pepper • salt and pepper to taste • 1/2 head romaine lettuce • 1/2 medium  
head Belgian endive • 1/2 red Anjou pears • 2 tablespoons and 2-3/4 teaspoons  
toasted walnuts, chopped • 2 tablespoons crumbled Gorgonzola cheese

<http://allrecipes.com/Recipe/fall-salad-with-cranberry-vinaigrette/detail.aspx>

#### Preparation:

1. In a saucepan, combine vinegar and cranberries. Cook over medium heat until cranberries soften. Remove from heat; add olive oil, sugar, salt and pepper. Place in blender and mix until smooth. Refrigerate until chilled.
2. Core and julienne one pear, core and dice the other.
3. In a large bowl, combine the Romaine lettuce, endive, diced pears, walnuts and Gorgonzola. Toss and drizzle with enough dressing to coat.
4. Divide among salad plates and garnish with julienned pear. Top with any additional walnuts as well.

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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](http://biloxi.ms.us/pr)

October 2011

Happy Birthday to all Seniors  
in the month of October!



October Dates to  
Celebrate & Remember!

October 5<sup>th</sup> - World  
Teachers' Day  
October 9<sup>th</sup> - 15<sup>th</sup> - Fire  
Prevention Week  
October 11<sup>th</sup> - Columbus Day  
October 15<sup>th</sup> - National  
Boss Day  
October 15<sup>th</sup> - National  
Mammography Day  
October 24<sup>th</sup> -  
Mother - In - Law Day  
October 24<sup>th</sup> - 31<sup>st</sup> - National  
Respiratory Week  
October 31<sup>st</sup> - Halloween

Mouth long  
Events

- Health Lung Month
- Liver Awareness Month
- National Breast Cancer Awareness Month
- National Depression Education and Awareness Month
- National Physical Therapy Month
- National Book Month
- National Cookie Month
- National Dental Month

October is National Breast Cancer Awareness Month (NBCAM)

Breast Cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year. An estimated 40,170 women are expected to die from the disease in this year alone.

Today, there are about 2.5 million breast cancer survivors living in the United States. Breast cancer is the second leading cause of cancer death in women (after Lung cancer.) Although African -American women have a slightly lower incidence of breast cancer after the age of 40 than Caucasian women, they have slightly higher incidence rate of breast cancer before the age of 40. However, African - American women are more likely to die from breast cancer at every age. Breast Cancer is much less common in males; by comparison, the disease is about 100 times more common among women. According to the American Cancer Society, an estimated 1,910 new cases of invasive breast cancer are expected to be diagnosed among men in the United States.

The Nation Breast Cancer Awareness Month Program is dedicated to increasing the public service organization, 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.

For more information about NBCAM, please visit [www.nbcam.org](http://www.nbcam.org)  
American Cancer Society, (800)227-2345, National Cancer Institute (800)  
4-Cancer,

National Breast Cancer Organization (800) 221-2141.

THOUGHT FOR THE MONTH:

"YOU MUST DO THING YOU THINK YOU CANNOT DO."

- ELEANOR ROOSEVELT

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



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## Movie & Snack!

Thursdays, 1:30 p.m.

October 6<sup>th</sup>  
QUARTER

Starring Ran Merriman,  
Andie MacDowell and  
Aidan Quinn

October 13<sup>th</sup>

LOVE WEDDING  
MARRIAGE

Starring Liam Neeson  
and Diane Kruger

August 18<sup>th</sup>

COUNTRY REMEDY

Starring Mandy Moore,  
Kellan Lutz, Jane  
Seymour and James  
Brolin

October 20<sup>th</sup>

KNOCKOUT

Starring "Stone Cold"  
Steve Austin and Daniel  
Magder

October 27<sup>th</sup>

THE AMAZING  
PANDA ADVENTURE

Starring Stephen  
Lang and Ryan Slater

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.

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## Moments in October's History

- The Model T went on sale for the first time October 1, 1908.
- The first nonstop flight across the Pacific Ocean was completed by Hugh Herndon and Clyde Pangborn, who flew from Sabishiro, Japan to Wenatchee, Washington, a distance of 4860 miles, in 41 hours, 13 minutes, 1932.
- Mount Rushmore National Monument was completed on October 31, 1941.
- The Tremont Hotel in Boston, Massachusetts, the first luxurious hotel in America, opened its doors with a dollar-a-plate dinner, attended by Daniel Webster and Edward Everett.

## October Classes & Happenings

**Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2p.m. at the Donal Snyder Community Center; Tuesday, 10a.m. at the Dr. Frank G. Gruich Community Center. Class is co-sponsored by the Arthritis Foundation (Take Control. We can Help.)

**Tai Chi:** every Tuesday and Thursday at 10a.m. Tai Chi is a form of exercise for health and relaxation which originates from Ancient China.

**Walking 55+ Program:** Walking can help enhance the energy supply, decrease risk of injury, increase muscle conditioning & body shaping, reduce stress, improve sleep and eating habits, and helps you to lose weight and maintain current weight.

**Bingo:** Monday, October 3rd, 10 a.m. at the Dr. Frank G. Gruich Community Center

**Craft Class:** Friday, October 14th, 10a.m. Donal Snyder Community Center in the craft room. Please RSVP no later than October 7th, contact Gwen Johnson at (228) 435-6148.

**Pokeno:** Monday, October 24th at the Dr. Frank G. Gruich Community Center.

### Senior Luncheon

At the Biloxi Town Green  
710 Beach Blvd. Biloxi, Ms.

Bring a Dessert/Picnic - Grilled Bar-B-Q Chicken Music provided by "The Old Time Favorites"

**Wednesday, October 19th, 11:00a.m.**

Special guest will be from the City of Biloxi Fire Department In case of rain this event moved to Biloxi Community Center 591 Howard Ave.

Health Screening - will begin at 10:30a.m. Provided by Biloxi Regional Medical Center

### Upcoming Activities & Events

• **Senior Halloween Bash** - October 28, 2011 • Donal Snyder Community Center 2520 Pass Road Biloxi, MS., 2p.m. - 4p.m. • Local DJ • Costume Contes, Please RSVP before October 21st, to Amanda Canaan or Wayne Aronson at Donal Snyder Community (228) 436-5191

• **"Learning To Cook For One Or Two"** - October 26th - 10 a.m. How to Read Food Labels and Recipe Non-Cook Salad. We will take only 25 for this class. RSVP to Gwen Johnson at (288) 435-6148 ext #10

• **Cruisin the Coast** • October 7th & 8th, Cruisin the Coast Biloxi Block Party Wednesday, October 5th, -8a.m. - 2p.m. Location: Lameuse Street North of Esters; Vieux Marche from Reynoir to Main Street. <http://cruisinthecoast.com/>

• For rental info on the Biloxi Visitor and Biloxi Civic Center contact Amanda Williams at (228) 388-7170 ext #19. Volunteer needed for Halloween in Woolmarket October 21st for more information contact Cheryl Bell (228) 435-6295

Thank you

A Special thank you to Wanda Shaw, Biloxi Regional Medical Center, Magdalena Holland, Harrison County 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 30th at the Donal Snyder

Please call 436-5191 to sign up for each class. For information about senior programming contact Gwen Johnson at (228) 435-6281 ext #12.

## Calendar of Events - October 2011

# Fall Fun!



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3 Stretch & Strengthen Class - 2 p.m. DSCC Bingo - 10 a.m. FGCC	4 Tai Chi - 10 a.m. DSCC	5 Stretch & Strengthen Class - 2 p.m. DSCC	6 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m.	7 Stretch & Strengthen Class - 2 p.m. DSCC Cruisin the Coast - 8 a.m. - 2 p.m.	8 Cruisin the Coast - 8 a.m. - 2 p.m.
9	10 Stretch & Strengthen Class - 2 p.m. DSCC	11 Tai Chi - 10 a.m. DSCC Columbus Day	12 Stretch & Strengthen Class - 2 p.m. DSCC	13 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m.	14 Stretch & Strengthen Class - 2 p.m. DSCC Craft Class - 10 a.m. DSCC	15
16	17 Stretch & Strengthen Class - 2 p.m. DSCC	18 Tai Chi - 10 a.m. DSCC	19 Stretch & Strengthen Class - 2 p.m. DSCC Senior Luncheon - 11 a.m. Health Screening - 10:30 a.m. BRMC	20 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m.	21 Stretch & Strengthen Class - 2 p.m. DSCC	22
23	24 Pokeno - 10 a.m. FGCC Stretch & Strengthen Class - 2 p.m. DSCC	25 Tai Chi - 10 a.m. DSCC	26 Stretch & Strengthen Class - 2 p.m. DSCC Learning to Cook for One or Two - 10 a.a.	27 Tai Chi - 10 a.m. DSCC Movie & Snack - 1:30 p.m.	28 Stretch & Strengthen Class - 2 p.m. DSCC Halloween Bash - 2p.m. DSCC	29
30	31 Halloween					