



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • April 2007

Happy Birthday to
all Seniors in the
month of
April



April '07 Dates to Celebrate & Remember

April 1, 2007 –
April Fools' Day
April 1-7, 2007 – Holy Week
April 3-10, 2007 –
Passover begins
April 6, 2007 – Good Friday
April 8, 2007 – Easter Sunday
April 15, 2007 – National
Volunteer Week
April 17, 2007 – National
Stress Awareness Day
April 22, 2007 – Earth Day
*The celebration of Easter
Sunday is by far the most
joyful event in the Christian
year, as it tells the story of
the Resurrection of Jesus
from the dead. The Gospel
writers' relate their accounts
of the women followers of
Jesus going to visit the tomb
early on the Sunday morning
after Jesus' death.*

See inside for more!

APRIL IS Volunteer Month and Stress Awareness

De-Stress for life!

Since excess or chronic stress is linked to many health problems, it is essential to relax. Devote part of each day to enjoying an activity that works best for you, perhaps exercise, meditation, or yoga. Time spent alone or with good friends may also help, and deep breathing is an instant pick-me-up. If possible, remove yourself from stressful situations and avoid getting overburdened.

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.

This was the Year – 1950 Did You Know?

- U.S. President & Vice President: *Harry Truman & Alben Barkley*
- Cost of Living was: New House – \$8,450
New Car – \$1,511
Average Income – \$3,216 per year
Average Rent – \$75 per month
Harvard Tuition – \$600 per year
Movie Ticket – 65¢
- Cost of Food was: Granulated Sugar – 85¢ per 10 pounds
Ground Coffee – 70¢ per pound
Eggs – 24¢ per dozen
Fresh-baked Bread – 17¢ per loaf
Vitamin D Milk - 84¢ per gallon
Bacon – 50¢ per pound
- Music: *Hoop-Dee-Do (Perry Como)*
I Wanna Be Loved (Andrews Sisters)
Mona Lisa (Nat "King" Cole)
The Tennessee Waltz (Patti Page)
- Movies: *All About Eve (Betty Davis, Anne Baxter)*
Cheaper by the Dozen (Clifton Webb, Myrna Loy)
Father of the Bride (Spencer Tracy, Joan Bennett, Elizabeth Taylor)
Rio Grande (John Wayne)
- Sports: Champions included the NY Yankees (World Series Baseball)
Althea Gibson is the first black woman admitted to U.S. tennis championships.

April Trivia:

Do you know your
States Nicknames?

Who is the Magnolia State?
Who is the Bluegrass State?
Who is Aloha State?
Who is Sunflower State?
Who is Volunteer State?

See the bottom of the
calendar for the answers.



Movie & Popcorn!

Thursdays, 1:30 p.m.

April 5th:

One night with the King
starring Tiffany Dupont, Luke Goss, and John Rhys Davies

April 12th:

Marie Antoinette
starring Kirsten Dunst, Jason Schwartzman and Judy Davis

April 19th:

Talladega Nights
starring Will Ferrell, John Reilly and Sacha Baron Cohen

April 26th:

The Holiday
starring Cameron Diaz, Kate Winslet and Jude Law

All movies are rated PG-13 or PG. However, there may be some obscenities. All movies subject to change.

Newsletter Volunteers Needed:

Tuesday, April 24th
10 a.m. Volunteers are needed to help fold, label & tape the **Top of the Hill** Newsletter.

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

Senior Luncheon & Monthly Speaker

Tuesday, April 17th • 11 a.m. - 1 p.m.

Sponsored by Gulf Coast Medical Center.

The speaker will be Emily Burke, Senior Marketing & Volunteer Coordinator, Gulf Coast Medical Center, 180 Debuys Road, Biloxi, Ms. 39531.

Please RSVP to Gwen Johnson by April 11, 2007 at (228) 435-6148.

Health Screening provided by Gulf Coast Medical Center prior to the luncheon at 10:30 a.m.

THOUGHT FOR THE MONTH

"It's was always the power of love that pulled us through. And it was the power of laughter that kept us from falling apart." —Steve Rizzo



April Classes & Happenings

- **Advanced Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2 p.m. The class promotes joint flexibility, endurance, muscle strength, coordination and increased range of motion. *Class is co-sponsored by the Arthritis Foundation (Take Control. We can Help).*
- **Beginner Stretch & Strengthen Class:** Every Monday & Wednesday at 1 p.m. This class will promote a lower scale of exercise which is based on the Advanced Stretch & Strengthen Class. All exercises will be slow in movement to help us advance to the next level. Contact Brian Locke at (228) 436-5191 for more information.
- **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 movements are combined with deep breathing exercise in order to cultivate the inner energy of the body; Daily practice of Tai Chi promotes mental clarity and a healthy body, assists with balance and helps the circulation of the blood.
- **Craft Class:** Thursday, April 12, 2007, 10 a.m. in the Craft Room
- **Walking 55+ Program** is in full swing. Walking helps enhance the energy supply, decrease risk of injury, increase burn calories, increase muscle conditioning and body shaping.
- **Pokeno!** Tuesday, April 10, 1 p.m.
- **Bonco!** Tuesday, March 13, 1 p.m.
- **Bridge:** Tuesday, April 17, 1 p.m. in the Craft Room – contact Mary Ann Hubmann with the Gulf Coast Bridge Club at (228) 539-3153.

Please call 436-5191 to sign up for each class. For information about senior programming call Gwen Johnson at (228) 435-6148.

The City of Biloxi will have Volunteer Recognition on April 18, 2007. We need volunteers to help decorate from 10:30 a.m.-3 p.m., contact Kay Miller at (228) 435-6339 for more information.



April 2007

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 April Fools' Day	2 Stretch & Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m. Passover begins at sundown	3 Tai Chi Class 10 a.m.	4 Stretch & Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.	5 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	6 Stretch & Strengthen Class Advanced - 2 p.m. Good Friday	7 Holy Saturday
8 Easter Sunday	9 Stretch & Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.	10 Tai Chi Class 10 a.m. Pokeno 1 p.m.	11 Stretch & Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.	12 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m. Craft Class 10 a.m.	13 Stretch & Strengthen Class Advanced - 2 p.m.	14
15 National Volunteer Week	16 Stretch & Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.	17 Tai Chi Class 10 a.m. Health Screening 10:30 a.m. Senior Luncheon 11 a.m. Bridge - 1 p.m. National Stress Awareness Day	18 Stretch & Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.	19 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	20 Stretch & Strengthen Class Advanced - 2 p.m.	21
22 Earth Day	23 Stretch & Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.	24 Tai Chi Class 10 a.m. Bonco 1 p.m. Newsletter Volunteers Needed: 10 a.m.	25 Stretch & Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.	26 Tai Chi Class 10 a.m. Movie & Popcorn 1:30 p.m.	27 Stretch & Strengthen Class Advanced - 2 p.m. Arbor Day	28
29	30 Stretch & Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.	All programs will take place at the Donal Snyder, Sr. Community Center, 2520 Pass Rd. If you have any questions about senior programs, call Gwen Johnson at (228) 435-6148.				
Answer 1: Mississippi / Answer 2: Kentucky / Answer 3: Hawaii / Answer 4: Kansas / Answer 5: Oregon						

Recreation Office:
435-6148

Donal Snyder Sr.
Community Center:
436-5191

Director of Parks & Recreation:
Nathan Sullivan

Assistant Director
of Parks & Recreation:
Sherry Bell

Recreation Specialist:
Gwen Johnson



Mayor A.J. Holloway
and the
Biloxi City Council

George Lawrence
William "Bill" Stallworth
Charles T. Harrison Jr.
Mike Fitzpatrick
Tom Wall
Edward "Ed" Gemmill
David Fayard

Recipe of the Month

Blueberry Pear Cobbler

- 2 (15 oz.) cans of sliced Pears
- 1 (7 oz.) package of Blueberry Muffin Mix
- 1 T. Oleo, cubed

Drain pears, reserving 3/4 cup of juice. Pour pears and juice into a 2 quart baking dish. Sprinkle with muffin mix. Dot with oleo and bake, uncovered, at 400 degrees for 20-25 minutes or until bubbly and top is brown.

- Doris Blackmon, Biloxi

Are you in the loop?

Sign up at <http://biloxi.ms.us> for the most current news about your city.



Donal Snyder Sr.
Community Center
2520 Pass Road
Biloxi, MS 39531

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