



# Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • March 2007

Happy Birthday to  
all Senior in the  
month of  
March



## March '07 Dates to Celebrate & Remember

March 9, 2007 – Employees' Appreciation Day  
 March 11, 2007 – Daylight Savings Time Begins  
 March 17, 2007 – St. Patrick's Day  
 March 20, 2007 – First day of Spring  
 March 30, 2007 – Doctors' Day  
*If a medical appointment fall on March 30, 2007, be sure and wish your physician "Happy Doctors Day!"*

See inside for more!

## MARCH IS

# National Nutrition Month

Let the USDA's Food Pyramid be your guide for healthy food choices each day. Recommendations include making half your grains whole grains; having a variety of fruits and veggies; eating low-fat or fat-free milk products; choosing more lean meats, fish legumes, nuts and seeds for protein; and getting most of your fats from vegetable oils, fish and nuts. The pyramid also includes an exercise component to remind everyone to stay active and fit.

You can visit [www.mypyramid.gov](http://www.mypyramid.gov) for the latest advice on smart eating and exercise. This government Web site offers you an individualized daily eating plan with lots of nutrition tips and recipes. There's also a section just for kids!

## This was the Year – 1982

# Did You Know?

- U.S. President & Vice President: *Ronald Reagan & George Bush*
- Cost of Living was:
  - New Home – \$82,500
  - New Car – \$7,983
  - Gasoline – 91¢ per gallon
  - Movie Ticket – \$2.50
  - Average Rent – \$320 per month
  - Postage Stamp – 20¢
- Cost of Food was:
  - Granulated Sugar – 87¢ per 5 pound
  - Ground Coffee – \$2.25 per pound
  - Eggs – 52¢ per dozen
  - Fresh Bread – 65¢ per loaf
  - Vitamin D Milk - \$2.19 per gallon
  - Bacon – \$1.47 per pound
  - Ground Hamburger – \$1.00 per pound
- Music:
  - Abracadabra (The Miller Band)*
  - Eye of the Tiger (Survivor)*
  - I Love Rock & Roll (Joan Jett & The Blackhearts)*
- Movies:
  - Blade Runner (Harrison Ford)*
  - An Officer and a Gentleman (Richard Gere and Deborah Winger)*
  - Tootsie (Dustin Hoffman and Jessica Lange)*
  - Rocky III (Sylvester Stallone and Talia Shire)*
- Sports:
  - Howard Cosell calls his last fight, citing disgust with the mismatch of Larry Holmes vs. Tex Cobb.

### March Trivia:

What was the number 1#– one rated TV show for more seasons than any other in the 1970's?

Name the First Lady who took TV viewers on a White House tour on Valentine's Day in 1962?

Who was the only actress to win two Oscars in the 1960's?

See the bottom right corner of the calendar for the answers.



## Movie & Popcorn!

Thursdays, 1:30 p.m.

March 1st:

**All the Pretty Horses**  
starring Penelope Cruz and  
Matt Damon

March 8th:

**Life as a House**  
starring Kevin Kline and  
Kristin Scott Thomas

March 15th:

**Million Dollar Baby**  
starring Clint Eastwood,  
Morgan Freeman and  
Hilary Swank

March 22nd:

**Flicka**  
starring Tim McGraw, Maria  
Bello and Alison Lohaman

March 29th:

**Employee of the Month**  
starring Dane Cook, Jessica  
Simpson and Dax Shepard

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

### Newsletter Volunteers Needed:

Monday, March 26th,  
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, March 20th • 11 a.m. - 1 p.m. • Pot Luck

The speaker will be Travis Burke, Life & Health Agent (Progress Marketing, Inc.)  
Health/Life Plans & Prescription Drug Plans / Medicare Benefits – 4504 Magnolia Cv. E.  
D'Iberville, Ms. 39540. He will be available after the luncheon for all and any questions you  
may have. Entertainment provided by Davis & Sax.

**Health Screening prior to the luncheon at 10:30 a.m.**

Health Screen will be provided Biloxi Regional Medical Center, Barbara Butiro, and  
Volunteer & Community Service Director

### THOUGHT FOR THE MONTH

*"Success is not the key to happiness. Happiness is the key to success. If you love what  
you are doing, you will be successful."*

—Albert Schweitzer



## March Classes & Happenings

- **Advanced Stretch & Strengthen Class:** Every Monday, Wednesday and Friday at 2 p.m.  
The class promotes joints 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 is which is based on the Advanced Stretch &  
Strengthen Class. All exercises will be slow in movement to help us advance to the next  
level. We will be taking the first 20 to sign up for this program. Contact Brian Locke at  
(228) 436-5191 for more information.
- **Tai Chi Class:** 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, March 15, 2007.
- **Walking 55+ Program** has started and is in full swing. We are looking for anyone who is  
interested in joining – see anyone at the front desk at the Donal Snyder Community Center.  
Walking helps enhance the energy supply, decrease risk of injury, increase burn calories,  
increase muscle conditioning and body shaping.
- **Bonco!** Tuesday, March 13, 1 p.m.
- **Bridge:** Tuesday, March 20 – contact Mrs. Mary Ann Hubmann at (228) 539-3153 to  
RSVP for this class.
- **Pokeno!** Tuesday March 27, 1 p.m.

*Please call 436-5191 to sign up  
for each class.*

## Upcoming Classes

>> **Quilting or Scrap Book Class:** If anyone is interested, contact Gwen Johnson at  
(228) 435-6148.


>> **Ceramic Class:** We are still looking for an instructor for this class which will be held on  
Wednesdays, 9:30 a.m.-12:00 noon.

*I know many of you have called and signed up for this class. If you did not leave a phone  
number please call back and leave you phone number. I will call all of you and let you know  
when ceramic class will start. Contact Gwen Johnson at (228) 435-6148.*



# March 2007

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p> <p>.....</p> <p><b>Special Thanks To...</b> Jean Smallman, Education and Outreach Specialist, Gulf Coast Fair Housing Center ~ Barbara Butiro, Biloxi Regional Medical ~ Sara Cunningham, Occupational Therapist and Assistant Director of Rehab Service, Biloxi Regional Medical Center ~ Donal Snyder Community Center Staff &amp; Recreation Staff</p>				<p><b>1</b></p> <p>Tai Chi Class 10 a.m.</p> <p>Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>2</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p>	<p><b>3</b></p>
<p><b>4</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p> <p><i>Lincoln's Birthday</i></p>	<p><b>5</b></p>	<p><b>6</b></p> <p>Tai Chi Class 10 a.m.</p>	<p><b>7</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p>	<p><b>8</b></p> <p>Tai Chi Class 10 a.m.</p> <p>Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>9</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p>	<p><b>10</b></p>
<p><b>11</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p> <p><i>Daylight Saving Time begins</i></p>	<p><b>12</b></p>	<p><b>13</b></p> <p>Tai Chi Class 10 a.m.</p> <p>Bonco 1 p.m.</p>	<p><b>14</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p>	<p><b>15</b></p> <p>Tai Chi Class 10 a.m.</p> <p>Movie &amp; Popcorn 1:30 p.m.</p> <p>Craft Class 10 a.m.</p>	<p><b>16</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p>	<p><b>17</b></p>  <p><i>St. Patrick's Day</i></p>
<p><b>18</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p>	<p><b>19</b></p>	<p><b>20</b></p> <p>Tai Chi Class 10 a.m.</p> <p>Health Screening 10:30 a.m.</p> <p>Senior Luncheon 11 a.m.</p> <p>Bridge 1 p.m.</p>	<p><b>21</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p>	<p><b>22</b></p> <p>Tai Chi Class 10 a.m.</p> <p>Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>23</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p>	<p><b>24</b></p>
<p><b>25</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p> <p>✦ Newsletter Volunteers Needed: 10 a.m.</p>	<p><b>26</b></p>	<p><b>27</b></p> <p>Tai Chi Class 10 a.m.</p> <p>Pokeno 1 p.m.</p>	<p><b>28</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p>	<p><b>29</b></p> <p>Tai Chi Class 10 a.m.</p> <p>Movie &amp; Popcorn 1:30 p.m.</p>	<p><b>30</b></p> <p>Stretch &amp; Strengthen Class Beginner - 1 p.m. Advanced - 2 p.m.</p>	<p><b>31</b></p>
<p>Answer 1: All in the Family    Answer 2: Jackie Kennedy Answer 3: Katharine Hepburn</p>						

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.) C. Sugar
- 1 C. Milk
- 1 T. Vanilla

Beat eggs and sugar together. Add milk and vanilla. Bake in an unbaked pie shell at 350-400 degrees, until done.

- Jamie K Hargett, 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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