Recipe of the Month

**Berry Burst Sorbet**

**Website**: [http://alphabits.co/Recipe/BerryBurstSorbet/](http://alphabits.co/Recipe/BerryBurstSorbet/)

**Ingredients**
- 1 cup SPLENDA® Granular
- 1 cup water
- 1 1/2 cups frozen blueberries, thawed
- 1/2 cup frozen blackberries, thawed
- 1/2 cup frozen raspberries, thawed
- 1/2 cup heavy cream (optional)

**Directions**
1. In a large measuring cup, dissolve Splenda in water.
2. In a food processor or blender, puree berries until smooth, adding increment water gradually.
3. Pour in cream, and pulse until blended.
4. Pour mixture into ice cream machine and let freeze until mixture is very thick. Eat some right now! Then freeze the rest.

Turn your email into Bmail.
Sign up at biloxi.ms.us for the most current news about your city.

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**Top of the Hill**

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

**Parks & Recreation Department**

**bilocix.ms.us/pr**

**May 2014**

**Senior Potluck Luncheon & Speaker**

Wednesday, May 21st 11:30 a.m. • Lunch begins at 12 NOON
Donal Snyder Community Center

City of Biloxi will provide (Fish & Salad). You will need to bring a Dessert
Special guest: Karen Morgan, Community Relations Director, Emeritus at Biloxi.
To reserve a seat, please RSVP before Friday May 16th. Please RSVP to Amanda Canaan or Angie McBride at (228)388-1340.

Health Screening – begins at 10:30a.m. Screening provided by Biloxi Regional Medical Center, Wanda Shaw, and Respiratory Therapy/Neuro Diagnostics, Senior Extra

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**May is National Seniors Health Month & Fitness**

National Senior Health & Fitness Day (Wednesday, May 28, 2014)

**Theme**: “Make a Move Towards better Health”

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on Wednesday, May 28, 2014 as we celebrate the 21st Annual National Senior Health & Fitness Day. The common goal for this day is to help keep older Americans healthy and fit. Always set for the last Wednesday in May, National Senior Health & Fitness Day is the nation’s largest annual health promotion event for older adults.

**Walk your Way To Wellness**

Going for brisk walks is an easy and inexpensive way to improve your physical fitness. Wear comfortable clothing and shoes, and commit to making walking a part of your routine. Start by walking 15 minutes a day and increase your distance and speed over time.

- Begin and end your walks with five minutes of slow walking to warm up and cool down your muscles.
- Aim to reach a pace of 3.5 to 4 miles an hour to raise your heart rate.
- Make enjoying a brisk walk most of the days of the week your goal.
- Change your walking routines often, and go with a friend or the family dog. Tell someone where you’re going and when you expect to be back. Dress in layers that you can remove or add as you warm up and cool down.
- Save on gas money and add to your fitness by walking or riding a bicycle for trips of two miles or less. If cycling, be sure to wear a helmet and obey the traffic laws.

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*5th Annual R.I.P.E. Conference*  
(Resources, Information and Planning for the Elderly)  
For senior Citizens, Their Adult Children & Family Caregivers  
Thursday, May 15, 2014 • 8 a.m. - 4:00 p.m.

Biloxi Civic Center and Dr. Frank G. Gruich Community Center

For information or to RSVP, call (228) 385-8532 / 1-888-782-3316 or email prnsta@aol.com.

Sponsored by: City of Biloxi Parks & Recreation Department and PRN Home Care.
Calendar of Events - May 2014

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**Field Trip**

Tuesday, May 6, 2014
Medical Museum
1664 Springhill Ave. • Mobile, AL
Admission: $4.00
Pick up at Dr. Frank G. Gruich Community Center at 8:30 a.m.
Lunch: T.B.A.

**Thank You!**

A special thank you to the Staff at Donal Snyder for their help with decoration for the Senior Prom held Wednesday, April 16, 2014 also Randy Jenkins, Wayne Meaut and Joe Freeman.
Karen Morgan, Community Relation Director, Emeritus at Biloxi, Cindy O’Neil, & Tammy Adams, Community Ambassadors, McDonald’s The Descher Organization, Lucy Bickham, Senior Games Board member and Jane French.

**Upcoming Activities & Events**

Patriotic Dance • June 27, 2014 • 12 noon – 2 p.m.
Donal Snyder Community Center

*The City of Biloxi would like to congratulate all the seniors who placed first, second and third place in the Senior Games held April 5th – 12th.*

**Thought for the Month:**

“Without music, life would be a mistake.”
Friedrich Nietzsche, German Philosopher (1844 – 1900)