



Among the many congratulatory gifts that the now 100-year-old Bennett Health Care Centre resident Edith Allen received was a framed letter from Queen Elizabeth II. Allen received similar gifts from Canada's Prime Minister's Office and the Premier of Ontario last year.

Photo by
Eamonn Maher

Edith Allen celebrates her 100th birthday

By Eamonn Maher
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Edith Allen was just taking it easy in her room at Georgetown's Bennett Health Care Centre on Tuesday afternoon, having spent the previous two days celebrating her 100th birthday.

The St. Catharines native was feted by many family members Sunday at her daughter Karen's home, followed by a party on Labour Day Monday with her fellow residents and staff members at the Bennett Centre.

"It's been a busy time and I've enjoyed

every minute," she said.

Allen moved into the Bennett Centre this past January after spending most of her life in Thorold. She taught Sunday School there at Trinity United Church and was also a longtime member of the horticultural and historical societies.

The second youngest of 12 children, Allen lived on her own until age 92 and has three great grandchildren.

As for secrets to longevity, she said she was active in sports such as baseball, skiing and tennis, as well as gardening.

"Just do what you can and be happy. I've always been happy," was her advice.

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