

Hunt, JOHN

This centenarian ^{Intell} ^{Bel - Brog - H} doesn't feel his age! ^{Mar 31 / 84}



Daily exercise

John Hunt enjoys riding his stationary bicycle up to three times a day. He doesn't let his age interfere with his daily exercise. Hunt will turn 100 Tuesday. About 70 family, friends and relatives are throwing a

birthday party for Hunt tonight. Hunt said there's "nothing wrong with me physically". He lives with his youngest daughter and husband in Belleville.

By HENRY BURY
Staff Reporter

John Hunt doesn't feel his age. He walks and cycles. He even runs.

He's also 100.

"I don't feel 100. There's nothing wrong with me physically," he says proudly. "I'm not feeble in any way like some people at 80 or 90...I can still run a few yards."

He used to ride a bicycle right up to the age of 97. For the past three years, he's been riding his stationary bicycle once, sometimes two or three times daily. He goes shopping with relatives occasionally. He also enjoys watching television and is an avid sports fan.

"Everybody needs exercise if they want to live. I know I do," he said in an interview Friday.

Hunt, who turns 100 Tuesday, lives with his youngest daughter, Irene and her husband, Bill Sharp on Albion Street in Belleville.

About 70 relatives and friends are giving Hunt a birthday party at the Royal Canadian Legion tonight.

Hunt, the only surviving member of a family of six, credits a "good, clean life" for his longevity.

"I never drank liquor and I never smoked. I've lived a life free of those two bad habits," he said.

Hunt prides himself on his health. He's only had three operations in his life—those occurring in the last two years.

Hunt was born in a small town of Mossley, near Manchester, England. That was cotton mill country and at the age of 11, he began

working in the mill on a half-time basis. The other half was spent going to school.

At the age of 13 he began working full-time. "There was nothing else to do in Mossley."

He worked in the mill until he was 25. One year after he was married on his birthday, he came to Canada landing in Montreal. He stayed in Montreal until two years ago, when he moved to Belleville with his youngest daughter, Irene.

His first 10 years in Montreal were spent working for a bakery and from then until his retirement in 1949, he worked for Borden's Dairy.

Hunt's wife died in the early 1970's, at the age of 90. He later sold his house and for the past 14 years, he's been living with Irene and Bill Sharp.

He said he never considered living in a senior citizen's complex.

"I wouldn't want to anyway. I don't want to live with a lot of old people," he said.

Hunt's daughter Irene, the youngest of four children, said her father has always been a "family man."