

BONE, Essa

Intell Sept 22/90

## Enjoying life secret to longevity

By RICK HOBBS  
Staff Reporter

BRIGHTON — Next week Essa Bone, a resident of Applefest Lodge for the past five years will celebrate her 100th birthday.

Mrs. Bone is originally from Belleville, living at 27 Earl St. for more than 60 years. She moved to the lodge when she was 95 after her children insisted she could no longer continue living on her own.

She was born just outside of Wooler in 1890 and married her husband, John Harrison Bone, May 8, 1915 in Salem, a small hamlet located between Brighton and Colborne.

For more than 60 years the couple attended Christ Church in Belleville, where Mr. Bone was a faithful member of the choir.

The couple had five children,



Essa Bone

four boys and a girl and she says she made sure all attended

church regularly.

She says the secret to living to 100 is to "enjoy life" and that's something she specializes in.

Mrs. Bone is an active lady, taking part in all the recreation programs offered by the lodge.

"I just can't believe that the Lord has kept me so well for all these years. I get around well, I have had a couple of falls but nothing serious."

Her mind is still sharp despite her long life although she is hard of hearing.

This weekend Mrs. Bone's family plans to take her out for a dinner at a local restaurant and then Sunday Applefest Lodge will hold a wine and cheese party to honor its oldest resident.

Mrs. Bone said one of the reasons she enjoys life so much is life at the lodge. "When I go away overnight I want to come back again."

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