COMMUNITY

Adelaide Swetz, 100, was born in Brockville in 1916, and she attended high school in Holley and Buffalo College State.

PHOTOS PROVIDED

Adelaide Swetz, 100, said the secret to reaching her age is eating well and staying busy.

Adelaide Swetz celebrates her 100th birthday with her son, Dennis Swetz; daughter-in-law, Gail Swetz; and daughter Thelma D'Alessio at Westwood Commons in North Chili.

North Chili resident celebrates 100th birthday

Messenger Post staff

Adelaide Swetz, a resident at Westwood Commons in North Chili, recently celebrated her 100th birthday with family, friends and staff at several parties.

She said her secret was eating well and staying busy.

"I feel as good as I did at 50 years old," Swetz said.

She was born Sept. 14, 1916, in Brockville and attended school in Holley and Buffalo State College. She married her husband, Nicholas Swetz, in 1940, and together they raised Thelma D'Alessio, of Boston; and Brenda Jsheehy, of Tennessee; and Dennis Swetz, of Rochester.

Swetz owned a dress shop in Rochester for many years. Her favorite hobbies include spending time with family, bowling and sledding in the winter.