



Active After 100

Nate Bernstein, 100
Big Time Hugger

If you meet Nate, don't be surprised if he greets you with a big hug! Believes "a hug a day" keeps the doc away! Who can argue with someone who just turned 100, takes no meds and drives his own car.

A craftsman by trade, Nate worked for Arrow Development designing and building over 200 amusement park rides in 100 locations around the world.

Known as "Mr. Fixit," you'll find him at the Santa Clara Senior Center in Santa Clara, CA "fixing things," playing cards and dancing up a storm with his 95 year old girlfriend, Tillie Goldsberry. His one sin? Playing craps in Las Vegas.

Secrets of long life?

Mingle. Socialize. Do things. Never give up. And give someone a hug!