

103-year-old nun dances the polka



Sister Cecilia Adorni (Left) dances on her 103rd birthday (credit: CBS 2)

Born into a Polish and Czech family, I've danced plenty of polkas in my life. I'm hoping I'm as good as Sister Cecilia Adorni when I'm 103.

The Connecticut nun just celebrated her 103rd birthday by dancing a lively polka at the nursing home where she still works. CBS New York has the video footage [here](#).

I'd like to say 'Sto Lat!' to Sister Cecilia ("May you live 100 years" in Polish), but it looks like she's more than beat us on that one.

So what's the secret to living over 100 years? As she celebrated her 103rd birthday, Sister Cecilia Adorni attributed her long life not to a healthy diet or clean living, but rather to attitude.

"I think that's one of the best things in life is to be happy and to be cheerful, and people see you being happy and cheerful, and they become happy and cheerful," she said.

Her birthday party was held at a nursing home in Hamden, where she still works nearly five hours a day. Of course on that day, she showed what positive attitude is all about, by dancing the polka.