

LESSONS FROM 100



Documentary Feature
From Weber Floyd Productions

LESSONS FROM



REFLECTIONS IN MY CENTENNIAL YEAR

Directed by Matthew Floyd

A universal and optimistic story of not only what it takes to live a long life, but what we need to do to make it a meaningful life.

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LOGLINE

“Lessons from 100: Reflections in My Centennial Year” is a documentary feature that celebrates love, family and service to others, as told by centenarian Jack Weber, who through the story of his century of living, imparts lessons for how to live not just a long life, but a meaningful life.

SYNOPSIS

“Lessons from 100: Reflections in My Centennial Year,” is a documentary feature, starring Jack Weber, who turned 100 years old in 2024. In conversation with his filmmaker grandson, Matthew Floyd, he explores a century of life and teaches us poignant lessons we can all take to heart – not only what it takes to live a long life, but what we need to do to make it a meaningful life. The film blends sit-down interviews with Jack with home movies, still photographs, and original footage as the camera follows him for the year, capturing this 100-year-old playing golf, driving his car, dancing at his 100th birthday parties, being a guest speaker at the NYS Lions Convention. Filled with laughter and tears, one of the key lessons is how essential resilience is to weather life’s challenges and still get joy out of life.



EXPANDED SYNOPSIS

“Lessons from 100: Reflections in My Centennial Year” is a poignant study of Jack Weber, shot in real time in 2024, during the year he turned 100 years old. It is also a generational story because the film was created by his grandson, filmmaker Matthew Floyd. The juxtaposition of grandfather and grandson heightens the poignancy of the film. **The result is a deeply personal yet universal story, as a member of the Greatest Generation talks to the Millennial Generation**, and through telling his life story, reveals lessons we can all take to heart, on how to achieve not just a long life, but a meaningful life. It is also the kind of uplifting story that is needed now more than ever.

The film blends sit-down interviews with Jack as he reflects on a century of life, with home movies, still photographs, and original footage of this 100-year-old playing golf, driving his car, dancing at his 100th birthday parties, being a guest speaker at the NYS Lions Convention. **There is no narrator, he tells his own story.** Love and family form the foundations of Jack’s life, but he also learns early on that giving back to others is an essential ingredient to giving life meaning. For Jack, those humanitarian efforts were facilitated through the international service organization, Lions Clubs International. He has been a Lion for 72 years and continues to be an active member with his local club, the Riverhead Lions Club.

Another key lesson we learn through Jack’s story is the importance of resilience, as Jack talks about the challenges of old age, having to say goodbye to so many people he has loved, from his wife of nearly 60 years to all his childhood and college friends. And yet despite the losses, he still finds ways to get joy out of life. These lessons are even more touching because they are highlighted by the haunting and beautiful original score by the talented composer, Anthony Mirabella. At present, Jack is 101 years old, still playing golf, still giving speeches and planning on attending every showing of the film to walk the red carpet and participate in the Q&A after the film.



DIRECTORS STATEMENT

Lessons from 100: Reflections in My Centennial Year –

By Matthew Floyd

When my mom, an experienced broadcast journalist with her own independent production company, came to me with the idea of us working together on a documentary chronicling my grandfather, Jack Weber, turning 100, I initially was intrigued given the fact that I have read Jack's book, listened to his stories, and I know that his life is a deeply poignant and resonant narrative.

Her design of the film, from the beginning, was a conversation between grandfather and grandson and, through that interplay, provide the lessons that Jack's life can convey to all ages, particularly for younger generations. Given my background in filmmaking and narrative design, I agreed with her assessment that this would be a good story and embraced the chance to produce this documentary together.

Then upon beginning the journey of the film, we realized very quickly just how much Jack would ham it up and lean into being the star of the show, often giving very worthwhile suggestions in terms of shots, and talking his heart out immediately as the camera would start rolling, thereby not only providing us with the most essential element needed for the film, a riveting central character, but also making said journey, in the simplest terms, pure fun.

But more than that, as the interviews progressed and the various events chronicled continued up to his 100 th birthday and then beyond, we realized the tremendous opportunity to not only tell his story but tell it in a way that is almost treating it as a narrative film. Though non-fiction, the exuberance of Jack as a lead made it such that we felt that zero narration would be needed. And the ability of chronicling his centennial year combined with the vast multitude of past footage and stories he could tell about his life, meant that we could tell a story that jumps back and forth between present and past, interplaying between discussions, verisimilitude "in the wild" moments, and old footage, and enabling us to visually tell my grandfather's story in a creative way that I believe goes beyond the standard for a lot of "traditional" documentaries.

Of course, no filming is straightforward, and ours was not either. Most especially the film's ever-ballooning length, making us realize we would have to scrap our initial plans of showcasing a documentary short and instead embrace the fact that we were making a feature, and then the simple fact that the world changed last year on November 5 th . Our film, though mostly apolitical, is told from the point-of-view of a deeply patriotic and humanistic man, an FDR Democrat who became a post-WWII Republican who then became a Democrat again in the early 21st century. A man who was devastated by the recent election results, and it put us in a genuine quandary as to how to tell what is meant to be a universal and optimistic story, with life lessons for younger generations, at a time of great uncertainty.

But therefore, lay another opportunity, because Jack's story, whilst a successful one, is also one waylaid by tragedy more than once. His belief in finding your way to keep on living, regardless of where your life is, embracing your loved ones around you, finding opportunities to do things for other people in small and large ways, and tapping into hard-tested resilience during the dark days, now carried even more meaning than it did before. Because our film at its core is apolitical, we still believe that it can touch all audiences. For those ecstatic by the results of last year, the story of family and service can touch them independent of everything else. And for those devastated by the results of last year, the story can almost act as a kind of therapy, which I have experienced first-hand.

Over the course of my life, and especially the past few years, I have faced my share of challenges, from job loss, heartbreak, and everything in between. On several occasions, I have felt the urge to complain about how the world treats people, to which Jack has his own way of, whilst not shying away from the bad at all, putting a spin on things to help one simply keep going. One time I was complaining about modern dating and, after a beat, he simply paused and mused, "but what about love?" To which I had no answer. And it therefore was positive evidence to keep going. As a filmmaker, I'm realizing just how much this film has become a dream fulfilled. Since I was a boy, it has been my dream to create and complete a full-length feature film, that taps into authentic emotionalism that we all need and yet doesn't shy away from the tragedies that plague all of us in life. I was lucky to make student films and narrative-driven video games but had not yet been given the opportunity to create a feature film. Now thanks to my mother and my grandfather, I am seeing that dream come to fruition, regardless of what comes next.

What I hope audiences get out of this film is a story that transcends the confines of the "traditional" documentary, that can make you laugh, make you cry, jump across different moments in time with abandon, and always feel tethered to the deep genuineness that defines my grandfather, who has maintained it and continued it to the present day, now at 101, and whose story, I believe without a shadow of a doubt, will speak to any person who watches "Lessons from 100."



ABOUT THE DIRECTOR

Matthew Floyd, interested in the entertainment industry all his life, brings a visual storytelling background paired with expertise in the technical landscape. He studied mechanical engineering as an undergraduate at Princeton University as well as completed a certificate program in film studies, where he directed two student films. He then completed a Masters in Entertainment Technology (MET) at the Entertainment Technology Center (ETC) at Carnegie Mellon University (CMU). At CMU, he worked on collaborative, interdisciplinary project teams in various roles, including that of sound designer, narrative designer, producer, and writer.

After graduation, he was an Interactive Editor at Nickelodeon's Noggin division for three years, working on their Unity-based "authoring" tool to help program visual logic in various experiences to allow for creative, interactable player input, on a highly collaborative and respectful team of people. Though Noggin was a successful and award-winning producer of children's educational interactive games, Paramount dissolved Noggin the beginning of this year as part of company-wide layoffs.

He is presently working as a freelancer on a variety of projects, including the evolution of his YouTube channel, where he brings his unique approach to analyzing film and television. But "Lessons from 100", conversations with his grandfather as he turns 100 years old, has become his primary focus, where he is serving as director, videographer, and video editor.

His motto is "Whether it be in literature, film, theatre, or video games, the aspect that draws us in is the narrative. His goal in creating narratives is to create stories that give people an outlet to feel their emotions, even if it may be difficult in life." All his creative work can be found on his portfolio, www.mefloyd.com.



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ABOUT THE EXECUTIVE PRODUCER

Barbara Weber-Floyd is the sole proprietor of her independent production company, Weber Floyd Productions. A graduate of the Columbia University Graduate School of Journalism, she is a journalist with a decades-long career.

This has included: business reporter for local newspapers and national magazines; field producer at CBS News in New York; producer for the national PBS business program, Adam Smith's Money World; outreach associate and website writer for the PBS documentary, The Mystery of Love; researcher/editor for many non-fiction authors, such as Dr. Robin Stern (Project Rebirth) and Michael Takiff (A Complicated Man), as well as several novelists.

She is also a published author. In 2019, she published *The Resistance and Me: An Insider's Account of the Two-Year Mission to Stop the Trump Agenda and Take Back the House*, which chronicles the rise of the anti-Trump movement in her congressional district. As a member of East End Action Network, an Indivisible grassroots group founded in 2017, as well as the Southampton Town Democratic Committee, she was on the front lines of this movement. Through memorializing her own journey as well as interviews with over 100 sources, the result is a deeply researched case study of these two years in our nation's history, as told by the women of the movement and seen through the lens of one congressional district.

In 2023, she published *Jack Weber Here!*, her father's memoir. A three-year project, as editor, she helped to create an incredibly moving memoir. In 2024, she extended the research for the memoir by producing a documentary feature entitled "Lessons From 100: Reflections in My Centennial Year", directed by her son, filmmaker Matthew Floyd. An intimate conversation between grandson and grandfather, about what it is to have a meaningful life, the story is told through interviews, still photographs, home movies and new footage. There is no narrator, Jack, who is now 101 years old, tells his own story.



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ABOUT JACK WEBER

Dr. Jack Weber was born on May 5, 1924 in the Bronx, to Jewish parents Estelle and Isidore Weber. He married his Oberlin College sweetheart, Betty, and they raised five children on Long Island. He lost his beloved Betty to cancer in 2004. A Navy veteran, Jack enlisted after Pearl Harbor, when he was already a pre-med student at college. The Navy elected to keep him in college, but upon completion of his undergraduate science courses, with no openings in medical school, he was about to be transferred to sea duty in 1943 when the Navy offered him an immediate opening at Western Reserve Dental School, which he accepted. To his great luck, it also brought him back to Cleveland and to Betty. They married after the war. As part of the Naval Dental Corps, he served on board the USS Yellowstone during the Korean War. Honorably discharged from the Navy, he opened his private practice in Hicksville Long Island, where he practiced for over 40 years.

Jack has been dedicated to community service through Lions Clubs International since 1953. He has served as Club President, District Governor, International Director and appointed Board member. He is presently a member of the Riverhead Lions Club and served as Club President at the age of 99. He published his memoir on Amazon in 2023, *Jack Weber Here!*, and donates his royalties to the Brandel-Murphy Youth Foundation, a Lions charity to help children in need. Numerous news organizations, including Lion Magazine, The Washington Post and Business Insider, reached out to interview Jack after he turned 100 last year and he is also the subject of the documentary feature, *Lessons from 100: Reflections in My Centennial Year*.

Today, at the age of 101, he lives with his daughter and son-in-law in Westhampton Beach, enjoys golf, ice cream and the New York Mets and is the proud patriarch to 11 grandchildren and 15 great-grandchildren.



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ABOUT ANTHONY MIRABELLA

Anthony Mirabella is a versatile music producer, showcasing his talents across various platforms. He has composed music for blockbuster films such as “Super Mario Bros Movie”, “Spider-Man: Into the Spider-Verse”, “SpongeBob

Movie: Sponge on the Run” and most recently “Despicable Me 4” as well as composing the entrance themes for WWE for since 2019. After graduating from Berklee College of Music in Boston in 2008, Anthony set forth on a path defined by creativity and innovation. Beyond his contributions to cinema and sports entertainment, he has partnered with a diverse range of artists such as Snoop Dogg, JoJo, Fetty Wap, and Monsta X.

His versatility transcends mere collaborations, as he has also produced music for numerous platforms like Netflix, Disney, Paramount, HBO, Viacom, MTV, Sony, Fox Sports and UMPG.

View his IMDb page [here](#).

SCREENINGS FESTIVALS & AWARDS

Charity Fundraiser Evening

Riverhead Lions Club
Riverhead, NY
Suffolk Theater
November 6, 2025

New York City Premiere

Big Apple Film Festival Fall 2025
New York City, NY
LOOK Dine-In Cinema
November 11, 2025

Long Island Premiere

Voices Rising Film Festival 2025
Patchogue, NY
Plaza Cinema and Media Arts Center
November 15, 2025

Virtual Premiere

Daddyng Film Festival and Forum 2026 (D3F)
Virtual Fest on Eventive- January 9-15, 2026
Live Forum in Washington D.C. – January 30-31, 2026

RED Movie Award

Reims France
Honorable Mention Best Score for Documentary Feature

Semi-Finalist

DUMBO Film Festival 2026
Brooklyn, NY





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TECHNICAL SPECS

Years of production: 2024-2025

Project type: Documentary feature

Runtime: 1 hour 48 minutes 53 seconds

Completion date: June 19, 2025

Genre: Biography

Country: United States

Premieres: Long Island Premiere, Voices Rising Film Festival 2025

New York City Premiere, Big Apple Film Festival 2025

Virtual Premiere: Daddying Film Festival and Forum (D3F) 2026

Language: English

Location: New York

Format: Digital

Ratio: 16:9

Production Budget: \$45,000

First-time filmmaker: Yes

Subtitles: No



CREDITS

Matthew Floyd	Director	www.mefloyd.com
Barbara Weber-Floyd	Executive Producer	The Mystery of Love (PBS), Adam Smith's Money World (PBS)
Dr. Jack W. Weber	Key Cast	Author, Jack Weber Here! (Amazon)
Anthony Mirabella	Composer	View his IMDb page here
Matthew Floyd	Writer Videographer Video Editor	Blogs Independent Contractor Noggin, Nickelodeon YouTube Channels
Barbara Weber-Floyd	Writer Editor Author	Jack Weber Here!, 2023 The Resistance and Me, 2019



LINKS

For More Information

Trailer:

<https://vimeo.com/1102743638?share=copy#t=0>

Facebook:

<https://www.facebook.com/profile.php?id=61581393144076>

Website:

<https://lessonsfrom100.com>

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