



SPENCER HOUSE
here with friends

Spencer House Senior Moments

Welcome to the Spencer House Senior Moments May edition.

We are delighted to share the Spencer House Seniors Centre news with you on a bi-monthly basis.



Healthy Living is in Full Bloom at Spencer House!

Spring has arrived, and with it, a renewed sense of energy and connection at Spencer House! **We're absolutely delighted to introduce two exciting additions to our Healthy Living Initiatives: the Garden Club and the Creative Craft Café.** These programs are more than just activities, they're opportunities for our seniors to grow, create, and thrive together.

Spencer House has long been a place where older adults can nourish body, mind, and spirit. With daily programs like chair exercises, Bingo, book clubs, theatre, music, and more, our community is constantly buzzing with delightful activity. **"This place brings me joy - I feel like myself again," shared one of our members. That kind of feedback reminds us why we do what we do.**

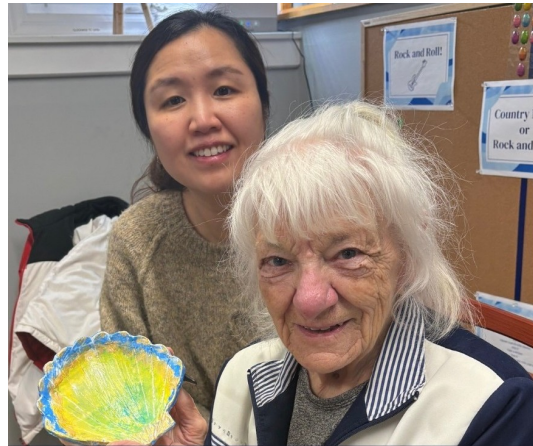
Our **Garden Club** is taking root just in time for the season! Thanks to the completion of our fully accessible outdoor space, members can now get their hands dirty - planting flowers, vegetables, and herbs while soaking up the sun and fresh air. It's a space designed for wellness and togetherness. Gardening not only offers physical benefits but also helps reduce isolation and food insecurity while nurturing mental well-being.

Meanwhile, inside Spencer House, creativity is blossoming through the **Creative Craft Café!** In proud partnership with the Mental Health Foundation of Nova Scotia, we've launched the first workshop from Art & Soul Community Arts. From felting to punch-needle rug hooking,

participants are diving into new artistic experiences with open hearts and hands. No experience is needed - just a willingness to try something new.

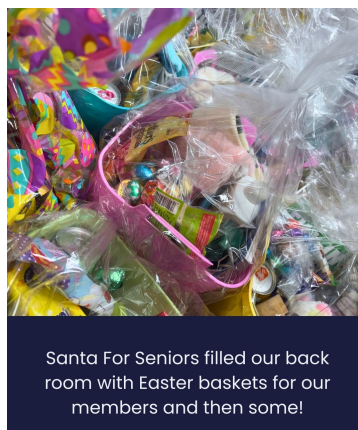
And let's not forget our beloved **community lunches**, which continue to offer nutritious meals and a place to share stories, laughter, and meaningful connections.

At Spencer House, healthy living isn't just a program - it's a way of life. From soil to soul, we're growing stronger together. Or as one of our members so beautifully put it, "There's always something to look forward to at Spencer House."



A Memorable Easter - Thank you!

Thanks to Santa for Seniors, TD Insurance, and McInnes Cooper Law Firm, our Easter was filled with care, treats, and a delicious meal. Volunteers helped serve smiles and dinner - bringing joy to every table.



Celebrate Her Strength. Support Her Legacy.

This Mother's Day, we invite you to celebrate not only the mothers in our lives, but all the remarkable women who have shaped us with love, wisdom, courage, and compassion. [Donate in her honour here.](#)

Whether it's a mum, grandmother, sister, aunt, mentor, or dear friend, each of us carries the imprint of a woman whose strength has helped us become who we are. This is your chance

to say thank you in a way that gives back.

Make a gift in her honour to Spencer House Seniors Centre and support the incredible women in our community who continue to inspire us every day.

Your donation will directly support our Healthy Living Initiatives — empowering older adults through programs that promote wellness, connection, and dignity. With your help, we ensure that seniors receive the care, respect, and opportunities they so richly deserve.

When you donate, you can choose to send a personalized e-card to the woman you're honouring — a beautiful way to share your gratitude and show how her influence continues to make a difference. Just be sure to click, "I would like to dedicate this gift." You can give in honour, in memory or in celebration.

This Mother's Day, turn appreciation into action. Honour her. Empower others. Support Spencer House.

With heartfelt thanks,

Alli

Allison Davis, Executive Director Spencer House Senior's Centre

[P.S. Donate today to honour an incredible woman in your life. Click here.](#)



Volunteers: The Heart of Spencer House!

Last week was National Volunteer Week, and we want to continue the celebration and thank the many hands and hearts that make our centre extraordinary:

- Our Kitchen Volunteers, who consistently make delicious meals and serve each person with a smile. Thank you for helping to keep meals affordable and ensuring we can serve meals daily.
- Front Desk Volunteers, your first smile at the door, the warmth from your voice when you answer the phone, and the humour you bring is deeply appreciated.
- Bingo Presenter Michael, who brings the fun each week – thank you!

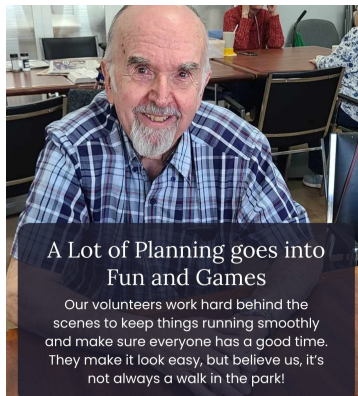
- Board Members, who support Spencer House Senior Centre dream big - your vision, courage, and guidance continue to shape our success.
- Thank you also to all the businesses and organizations, that provide wonderful volunteers for big and small needs. We are better for your generosity and time.
- The volunteers who come and find something new to do each time – thank you for going with flow and being flexible.

We see you. We appreciate you. We are grateful for you. And we simply cannot thank you enough!



You Share Your Talents

Our volunteers get involved in all sorts of fun stuff like directing, writing, singing, playing piano, and decorating. Some don't just show off their talents—they also help others pick up new skills!



A Lot of Planning goes into Fun and Games

Our volunteers work hard behind the scenes to keep things running smoothly and make sure everyone has a good time. They make it look easy, but believe us, it's not always a walk in the park!



Events With You Are More Than Special

Some of our volunteers pop in now and then to treat us to something different. They give our members something exciting to look forward to! Whether it's concerts, games, or special events, it's always a pleasure to mix things up!



Our kitchen relies on the dedication of volunteers. Every day, our Kitchen Manager is joined by 2-4 volunteers who prep, cook, bake, serve, and clean



We often have groups join us to serve special meals, like BBQs, or help with meal prep. It's always a lot of fun, and we truly appreciate the hands-on support from our community. A big thank you to all the organizations and groups who volunteer their time!

Speaking of volunteers – the Garden Club Needs You!

Volunteer Opportunity: Lead Gardeners

Do you love gardening and want to make a difference? We're looking for one to two experienced **Lead Volunteers** to help plan, plant, and manage our garden beds.

Help bring beauty and fresh produce to our Centre! This is ideal for someone who:

- ~ Has gardening experience
- ~ Is available to give your time during the week between 9am-3pm
- ~ Enjoys working with older adults
- ~ Appreciates teamwork and community

We'll provide the tools, seeds, support, & smiles! You bring: your green thumb and passion!

Questions? Please email connect@spencerhouse.ca.

[To apply click here and fill out the Volunteer Application.](#)

Not quite ready to lead? You're still welcome to join our Garden Club - we'd love to grow with you!



Sponsor a Summer BBQ & Make a Sizzling Impact!

Support seniors, showcase your brand, and enjoy a summer Friday afternoon filled with fun, food, and community!

Fridays | June 20 – Sept 5, 2025 | Rain or Shine

\$1,000 – Sponsor 1 BBQ

\$1,500 – Sponsor 2 BBQs

Your sponsorship includes many terrific benefits, including that we handle the groceries while you bring the smiles! Reserve your Friday today, contact Gillian Doucet Campbell at development@spencerhouse.ca or call 289-808-5370.

Let's BBQ for a cause - together!

Thank you for your continued support and dedication to Spencer House.

Announcement

Keep your eye on your inbox as we will be sending out a survey in the next couple weeks. This survey is to help us to get to you more and ensure you are receiving the information you want about Spencer House Seniors Centre. Thank you!

Our mailing address is:

5596 Morris Street, Halifax Nova Scotia B3J 1C2

Business No: 119159374RR0001

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