



SPENCER HOUSE
here with friends

Spencer House Senior Moments

Welcome to the Spencer House Senior Moments September edition.

We are delighted to provide Spencer House news with you on a bi-monthly basis to share what your support makes possible.



Summer Time at Spencer House

What a glorious season it has been! As summer draws to a close, my heart is full as I reflect on the vibrant life and warm connections we shared throughout the summer.

Of course, much of our activities and programming cannot happen without the input from our members and the over 65 volunteers that keep us running – thank you for investing in this community. Together we are making a difference in each other's lives.

Our Garden in Full Bloom

The Garden Club blossomed in every sense, thanks to a generous grant and the leadership of passionate volunteers, our vegetable garden not only flourished but also brought our community together. Members and

volunteers brought experience and gardening wisdom, tended our various gardens, and by mid summer, we began to harvest fresh produce that found its way into daily meals and preserves. It was a joy to watch people lean into nature, share stories, and nurture both plants and each other.

Friday BBQs: Food, Fellowship & Generosity

Our weekly Friday Summer BBQs became a much loved tradition. Sponsored by friends like Grant Thornton, Home Instead, IG Wealth, McInnes Cooper, Atlantic Lottery, United Way Maritimes, Parkwood Home Care, TD Insurance, BrokerLink, and Parkland at the Gardens (Shannex), these gatherings filled our patio with the sizzle of hotdogs and hamburgers, laughter, and the joy of togetherness. Volunteers and sponsors alike made it possible, and the camaraderie we built under the summer sky remains a highlight of these warmer days.

Summer Fun & Activities for All

Our summer was rich with diverse experiences:

- The Summer Carnival brought colour, games, music, and smiles - young and young-at-heart joined in the fun, making the day unforgettable.
- Creative indoor gatherings and games, from bingo to crib club to Skip-Bo, as well as chair exercise to movie afternoons, nurtured friendship and connection all season long.

Moments of Joy, Stories of Connection

From early mornings in our Garden Club to movie afternoons, every moment held meaning. One of the most rewarding parts of my role is watching friendships deepen, especially on days when two generations share a meal together. We always love having the children from the South End Community Day Care visit our Centre. The laughter, the stories shared over the grill, and the pride in harvesting our own produce — all of it made this summer so special.

With Heartfelt Gratitude

To our volunteers, sponsors, members, and staff — thank you. You are the roots and sunshine of this garden of community. Because of your

kindness, creativity, and generosity, Spencer House is not just a drop in centre: it's home.

Please stay tuned for how you can continue to support Spencer House in this work of creating community for older adults into autumn.

Here's to the memories we made, and to the seasons ahead. May our connections grow ever stronger.

With warmth and gratitude,

Alli

Allison Davis

Executive Director

P.S. Follow our journey on social media. We are active on [Facebook](#) and [Instagram](#).



A Note from the Kitchen – Meet Paige

Hi there,

I'm Paige, Kitchen Manager here at Spencer House Seniors Centre. If you've ever stopped by for a meal, there's a good chance we've already met! And if you haven't come in yet, consider yourself invited.

I started out volunteering at the front desk a couple of years ago. Before long, I found my way into the kitchen – and I am so glad I did.

Every weekday, our team prepares nutritious, comforting meals for older adults from all walks of life. Some folks join us for a warm breakfast, others come by for a hearty lunch, and many stay for both!

What I love most? **Food has this quiet power to connect people.** Just last week, one of our members took a bite of his hot chicken sandwich and smiled. **“This brings me back,”** he said. “My mom used to take me to the diner when I was a kid. Just like this.”

Those are the moments that stick with you.

Some members come because they live alone and want a friendly face to chat with over lunch. Others don't cook much anymore and know they'll get a healthy, home-style meal here. Whatever brings them through the door, we're glad they come, and **we're proud to be a part of their day.**

This summer's Friday BBQs have been full of energy and laughter - and a lot of burgers! With help from our amazing sponsors and grill-master volunteers, we've been serving up locally sourced beef burgers, classic hot dogs, and a whole lot of community spirit.

It takes a village to make this kitchen run, and I'm grateful every day to be part of it!

Thank you for making this kind of care and connection possible at Spencer House. If you want to help us keep the grill hot and the meals coming, stay tuned for ways you can support our meal programs into the fall.

Warmly,

Paige

Kitchen Manager

P.S. From our garden to our kitchen! With the help of our Garden Club, we grew the tomatoes and then bottled them up into traditional green tomato chow chow - a true Spencer House, and Nova Scotia, favourite! We know the members can't wait to get their hands on this and we can't wait to share it with them! We know the members can't wait to enjoy them with our homemade cod cakes!



Dog Days of Summer

Who Will Be Our Dog of the Summer?

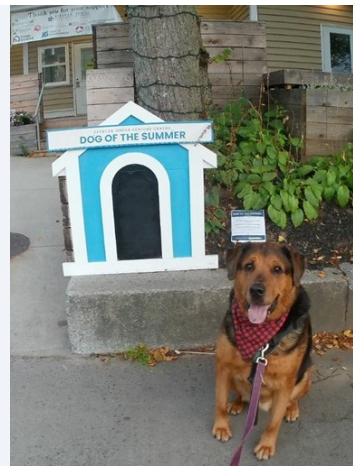
We're celebrating our best friends with a little tail-wagging fun!

Swing by our Dog House Photo Station (thank you Dan & Daisy at OSO!) outside Spencer House, snap a pic of your pup, and post it on Facebook or Instagram with a tag and follow.

You could win a prize pack and the honour of being our very first Spencer House Dog of the Summer! Entries open until September 22.

[Learn more here.](#)

P.S. All animals welcome - have a cat, rabbit, gerbil, or other pet? Come on by - we'd be delighted to see their picture shared! But please make sure they're on a leash or somehow contained as we are by a busy road.



Donate Today

You can help keep older adults connected and supported. [Donate online here](#) or mail your cheque to Spencer House, 5596 Morris Street, Halifax, N.S. B3J 1C2.

Thank you!

Together we are making a difference in the lives of older adults in HRM.



Save the Date

Donor Appreciation

We are delighted to invite donors to a special Donor Appreciation Evening at Spencer House Seniors Centre - an opportunity for us to say thank you for the incredible support you've given to our community.

Thursday, October 23, from 5:00 – 7:00 PM at Spencer House Seniors

Centre, 5596 Morris St, Halifax.

Come when you can and leave when you must. There will be a short program at 6:00 PM.

Please RSVP to development@spencerhouse.ca with your name and name of each of your guests by Thursday, October 16.

Volunteer Appreciation

We are excited to celebrate the many volunteers that keep Spencer House operating! Please save the date for November 27 from 5:30 - 7:30 PM. More details to come.

Want to become a monthly donor? [Sign up here.](#)

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