

WHAT'S HAPPENING AT SPENCER HOUSE



March Flooding

March took a turn we did not expect! Spencer House experienced flooding from the day care above us, resulting in a multi-week closure. We are very grateful for the immediate response of the HRM, who made quick work of the extensive repairs and were able to limit our time being closed. Thankfully, we have many dedicated volunteers who helped us maintain connection to our members with phone calls and food hamper deliveries.



Wellness Cafe

In partnership with the NS Mental Health Foundation, we have begun a Wellness Cafe for Seniors. This is a free, peer-to-peer support program led by Erin, Joy, and Brittany. The Wellness Café is a welcoming space to talk openly about mental health, share experiences, and learn more about community resources.

Volunteer Week

Our volunteers are the heart of our Centre. The gift of their time, energy, and compassion is essential to the work we do. We currently have 40+ volunteers each month who support our programs and serve on our board of directors! We appreciate having such a valuable team working together for our Centre and for our community.



Our Ruby Year!

On June 14, 2023 King Charles and Lady Diana Spencer made their royal visit to Halifax. In recognition of their visit, Spencer House was aptly named in honour of Lady Diana and her legacy of humanitarian and charity work.

We will be holding special events to celebrate our Ruby Anniversary in October. Inspired by a gift left by former member, Margaret Dingley, we have established a sustainability fund, called The Ruby Fund, to ensure that Spencer House continues to be a safe, inclusive space for seniors for many years to come.

You can join us in securing a strong future by making a gift to The Ruby Fund. Go to www.spencerhouse.ca/ruby-fund and donate today.

Connected Kitchen Every Monday!

Thanks to an investment from The New Horizons for Seniors, we are starting a new program, Connected Kitchens, in which kitchens will be "connected" through partnerships with the South End Daycare and YMCA Centre for Immigrants. Members gather together to meal prep a nutritious recipe each week for easy cooking at home!



For the Community, By the Community: Redesigning our Outdoor Space

We have finally begun the renovations on our outdoor space at the Centre!

As you pass the Centre on Morris Street, you will notice something is changing.. it's our outdoor space! We are undergoing an extensive re-design and re-building that will include a fully accessible, age-friendly community space on the front deck and backyard space.

Meet Emma and Marissa



Marissa is a 3rd year Law student at Dalhousie who has recently been hired at BoyneClarke law firm for her articling year post graduation. BoyneClarke offers a summer program pairing up their hires with non-profit organizations in the community of their choice which is how we were lucky enough to have Marissa here with us all summer.

Emma is a recent graduate from Dalhousie with a neuroscience major and is joining Spencer House for the summer as our program assistant. She has been volunteering with Spencer House for a number of years with our karaoke as well as glee club. Emma is excited to be here for the summer!

