



SPENCER HOUSE  
here with friends

## Spencer House Senior Moments

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



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### Crafting Connections: Bridging Generations with Love and Laughter

Spencer House Seniors Centre is a place where generations create unforgettable memories. It's a popular destination for the 55+ crowd and the lively daycare children located next door who eagerly await their visit each Friday.

Every Friday, the daycare children, with their boundless energy and infectious laughter, make their way to the crafting corner of Spencer House. They are greeted with warm smiles by our cherished senior members. It's heartwarming to watch the little ones' eyes light up as they enter the room filled with vibrant colours and creative possibilities.

In this enchanted corner, young and old come together to mold clay, paint masterpieces, and share stories. The seniors patiently guide the children's tiny hands, teaching them the joys of creativity. The children, in turn, bring a sense of wonder that rekindles the youthful spirit within our members.

These crafting sessions are more than just a fun activity; they are a celebration of intergenerational connections. The children learn respect and empathy from

listening to stories from the past. The seniors find joy in the children's innocent curiosity, bringing a renewed sense of purpose and vitality.

Intergenerational interactions such as these are incredibly beneficial. Children who spend time with seniors often develop stronger social skills and a deeper understanding of aging. Meanwhile, seniors who engage with children experience improved mental and emotional well-being and a decrease in feelings of loneliness.

At Spencer House, these Friday gatherings have become a cherished tradition, creating a tapestry of love, learning, and laughter. Each piece of art crafted together holds a story, a memory, and a bond that transcends generations.

**It's not just about crafting with clay and paint - it's about crafting lasting memories and building bridges between hearts of all ages.**



## **Thank you! Our Fall Fundraiser Exceeded Its Goal**

### **A Memorable Evening of Community, Generosity, and Growth**

Thank you to everyone who joined us for our Annual Fall Fundraiser in November! We're overjoyed to announce that we raised \$31,200, surpassing our \$30,000 goal! THANK YOU! This year, hosting the event at Spencer House allowed us to shine a spotlight on our diverse programs and showcase the improvements we've made for our growing community. Your unwavering support and generosity make all this possible, and we are deeply grateful for your dedication to our community.

*Maureen Donovan*

Chair, Board of Directors

Participating in the Fall Fundraiser Gathering at Spencer House was a true pleasure. As I mingled, I discovered the incredible in-house and outreach programs that provide exceptional support to seniors in HRM and beyond. Hearing the staff and board members share their insights about the positive

impact being made today, as well as their vision for the future, was truly inspiring. Despite challenges posed by a bridge closure and traffic delays, our community came together with financial support and words of encouragement. The evening was filled with delicious food and the warm, inviting welcome that defines Spencer House.

*Kathleen Reid*

Executive Director, Chebucto Links



## **Celebrating Our Resilient Spencer House Community**

As winter envelopes us in its crisp beauty, I am reminded of the incredible strength and resilience of our Spencer House community. Last year brought its share of challenges, but also countless moments of hope and connection. From warm conversations over breakfast at The Berkeley Breakfast to the exciting plans unfolding for the expansion of the Oasis Senior Supportive Living program, each step reflects our collective commitment to supporting one another.

At Spencer House, we recognize the hurdles many seniors face, including food insecurity, housing instability, and the longing for community. These challenges fuel our determination to create programs and spaces that foster not just solutions, but also a profound sense of belonging. Together, we are building a brighter future - one meal, one conversation, and one connection at a time.

None of this would be possible without the passion and dedication of our incredible volunteers and the generous support of our donors. Your time, energy, and contributions are the foundation of everything we do. Through your unwavering commitment, you have helped us provide nutritious meals, create welcoming spaces for connection, and ensure seniors in our community feel seen, valued, and supported.

The impact of your efforts is profound, and it is a daily encouragement to me. Spencer House is more than a resource - it is a place of warmth, friendship, and hope. As we find ourselves in 2025, let us continue to build on this legacy of resilience and compassion, making an even greater difference in the lives of those we serve.

Thank you for being the heart of our mission.

With deep gratitude,

*Allison Davis*

Executive Director, Spencer House Seniors Centre



## **Jan and Cecilia: A Reunion**

There was a special connection at Spencer House recently! Members, Jan and Cecilia, happened to drop in. Jan noticed a member she hadn't met yet and introduced herself. To her surprise, Cecilia responded with "I know you! You're Jan!" Cecilia says: "I knew it was Jan right away. It felt like no time had passed and here we were, together again".

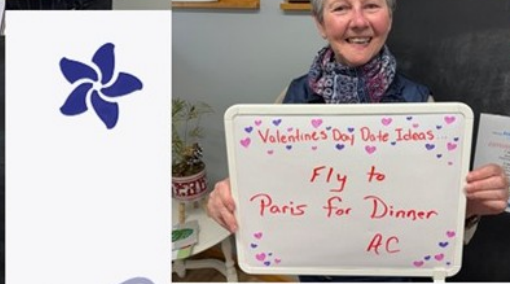
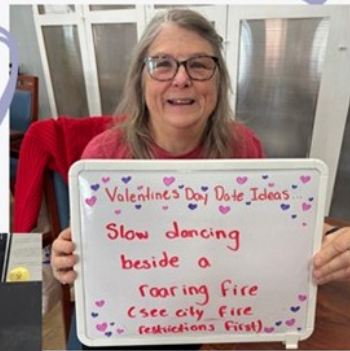
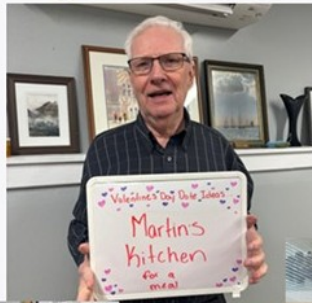
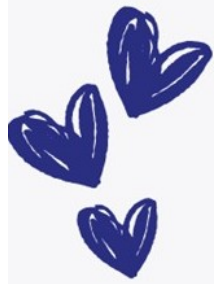
In their childhood and teenage years, Jan and Cecilia lived in the same apartment building. Their families were well acquainted, and they have many shared memories of family and friends.

Jan says: "Talking with Cecilia brought back the nice memories of childhood". They chatted over coffee for the rest of the morning and more stories unfolded. The more they talked, the more they discovered similarities between their lives, like how they both lived in Wolfville for some time before moving to Halifax, where they currently live so close to one another that they can see each other's buildings. "This was a lot of fun. We have a renewed friendship now".



# VALENTINE'S DAY DATE IDEAS

Our member took some time to share their idea of a great Valentine's day date.



## Fun Fact: Spencer House Was Established in 1983

In 1983, inspired by a vision for a welcoming space, Doreen Fraser and Ida Zifkin founded Spencer House. Over the years, it has become a hub for seniors to share meals, connect, and enjoy social activities. The Centre's name commemorates the royal visit of Prince Charles and Princess Diana Spencer on June 14, 1983. The royal couple's car journey along Morris Street was marked by heartfelt waves from the senior members and children of the South End Community Day Care - a delightful moment shared by the community.



## Explore Ways to Give

Your support and the support of people like you has been the cornerstone of Spencer House Seniors Centre since 1983. **Thank you for being an integral part of our journey!** Together, we are fostering social participation and inclusion for seniors in our community through programs and services that empower older

adults to live independently, engage with their community, and enjoy an active, healthy lifestyle.

**Please donate today.**

Consider sponsoring a senior through our monthly giving program or why not [explore our Amazon Wishlist](#). You can purchase directly from Amazon, and your order will be shipped to our center!

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

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