NOVEMBER 2026

DROP IN PROGRAM OPEN 9:00AM - 3:00PM MONDAY TO FRIDAY

MONDAY	TUESDAY	*WELLNESS* WEDNESDAY	THURSDAY	FRIDAY
2 **10:00** Coffee & Conversation **1:00** Reading Recs & Bookish Conversations	3 **11:00** Member's Meeting **1:00** Bingo register by 12:45	4 ***Foot Care Clinic*** **10:30** Halifax Dance **1:00** Maritime Museum Women at Sea - Age of Sail Late 19th Century	5 **10:30** Strong & Steady **1:00** Crib Club register by 12:45	6 **10:30** Square Dancing with Judy! **1:00** Visit from Seaside FM
9 **10:00** Coffee & Conversation **1:00** Movie & Popcorn: Thelma	10 **10:30** Group Wordle **1:00** Bingo register by 12:45	11 ***Remembrance Day*** **10:30** Live Stream Service **1:00** Our Family Heroes with Glen	12 **10:30** Strong & Steady **1:00** Crib Club register by 12:45	13 **10:30** TV Travel: Quebec City **1:00** Two Houses Theatre Performance
16 **10:30** Hot Chocolate Social **1:00** Art & Soul	17 **10:30** Word Association Game **1:00** Bingo register by 12:45	18 **10:30** Halifax Dance **1:00** Storytelling with Jane	19 **10:30** Strong & Steady **1:00** Crib Club register by 12:45	20 **10:30** Autumn Walk Around the Block **1:00** Concerts in Care
23 **10:30** Judy's Writing Club **1:00** Art & Soul	24 **10:30** TV Trivia **1:00** Bingo register by 12:45	25 **10:30** Halifax Dance **10:30** Book Club **1:00** Soak Your Soles	26 **10:30** Strength & Balance **12:30** November Birthday Bash **1:00** Crib Club register by 12:45	27 **Centre Closed** Second Harvest Volunteer Event
30 **10:30** Lets Decorate for Christmas **1:00** Art & Soul				

Reading Recs & Bookish Conversations

Join students from Dalhousie's Information & Library Sciences program for an afternoon of bookish conversations. Students are here to chat about books, reading recommendations, and help you find your next great read or get you out of a reading slump.

Spencer House Seniors Centre

5596 Morris Street, Halifax NS

(902) 421-6131

Morris Street Market

November's Community Markets

Saturday, November 7 & November 21

9:30 - 10:30am

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MONDAY	TUESDAY	*WELLNESS* WEDNESDAY	THURSDAY	FRIDAY
2 **Chicken Chowder** **Homemade Biscuits**	3 **Spaghetti & Meatsauce** **Salad** **Garlic Bread**	4 **Breakfast Bar: Oatmeal** **Baked Haddock** **Sweet Potato Mash** **Roasted Carrots**	5 **Pork Souvlaki with Greek Rice and Tomato Cucumber Salad**	6 **Sloppy Joes** **Caesar Salad**
9 **Singapore Style Chinese Noodles** **Spring Roll**	10 **Battered Haddock** **Roasted Potatoes** **Veggies**	11 **Breakfast Bar: Yogurt & Granola** **Beef and Barley Stew** **Homemade Biscuits**	12 **Cabbage Rolls** **Roasted Sweet Potato** **Dinner Rolls**	13 **TV TRAVEL:** **Quebec City** **Tourtiere & Sugar Pie**
16 **Penne with Rose Sauce and Crispy Chicken**	17 **Shepherd's Pie** **Dinner Rolls**	18 **Breakfast Bar: Smoothies** **Roast Pork Tenderloin** **Mashed Potatoes** **Veggies**	19 **Hamburger Soup** **Dinner Rolls**	20 **Hot Chicken Sandwiches** **Oven Fries & Peas**
23 **Lasagna** **Caesar Salad** **Garlic Bread**	24 **Chunky Chicken Stew** **Homemade Biscuits**	25 **Breakfast Bar: Pancakes** **Bacon & Cheese Quiche** **Garden Salad**	26 **¼ Chicken Dinner** **Mashed Potatoes** **Veggies**	27 **Centre Closed** Second Harvest Volunteer Event
30 **Baked Ham & Scalloped Potatoes** **Veggies**				







Spencer House Lunch

Lunch is served at noon and includes tea/coffee & dessert.
No Reservations - Space is limited
$10 for members; $12 for non-members

Morris St. Market

Did you know you can purchase milk & eggs during drop-in hours?
While supplies last!



TV Travel:
Quebec City

The first published recipes for Tourtiere, the classic French Canadian meat pie, appeared in 1840 in the first French language cookbook published in Canada. Its roots likely go back to at least the 1600's and the holiday celebrations of early Quebecois settlers.