



SPENCER HOUSE
here with friends

Spencer House Senior Moments

Welcome to the Spencer House Senior Moments March edition.

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



Winter with Spencer House Seniors Centre and Beyond

Dear firstname,

Every day at Spencer House, I'm reminded of something simple but powerful: community is what keeps us strong. No matter what's happening around us, being with others can be restorative.

Walk through our doors and you'll find something happening in every corner — music drifting from a gathering space, laughter over coffee and cards, friends encouraging one another during exercise, or a group deep in conversation after book club. These everyday moments are what make Spencer House more than a centre; they make it a community where older adults feel they belong.

One of the most exciting things we're seeing this year is the incredible growth of our newest Oasis program in Cole Harbour. What began as a new opportunity to connect seniors through movement, learning, and social time has quickly grown into a thriving community of more than 170 members. Each week participants come together for chair fitness, art, guest speakers, music, and plenty of conversation in between. As one participant shared,

"I go to the Oasis in Cole Harbour—it is well run, interesting speakers, chair fitness, friendly folk. I learn something every time I go." ~ Kathleen

Wednesdays bring a warm start with our Wellness Wednesday breakfast bars. This day is dedicated to healthy aging and wellbeing, with programs and conversations that support physical health, mental wellness, and social connection. It is a time for friends to gather, learn, stay active, and support one another. Wellness Wednesdays are proudly supported through funding from the New Horizons for Seniors Program.

None of this happens alone. It is made possible by the generosity of our partners, volunteers, and community supporters who believe that older adults deserve vibrant, welcoming places to gather and thrive.

Thank you for being part of this community and for helping Spencer House remain the place seniors want to be.

With deep gratitude,

Alli

Allison Davis, Executive Director

P.S. Every laugh, meal shared, and moment of creativity you read about here happened because you showed up. Thank you for helping Spencer House remain a place where seniors feel welcome, connected, and truly at home.



A New Chapter for the Morris Street Market

There is something very special happening at Spencer House on Saturday market days.

What began as Square Roots Halifax South, has grown into something even bigger for our community. Today, we are proud to introduce the Morris Street Market — a welcoming social food market helping seniors and neighbours access healthy, affordable food with dignity.

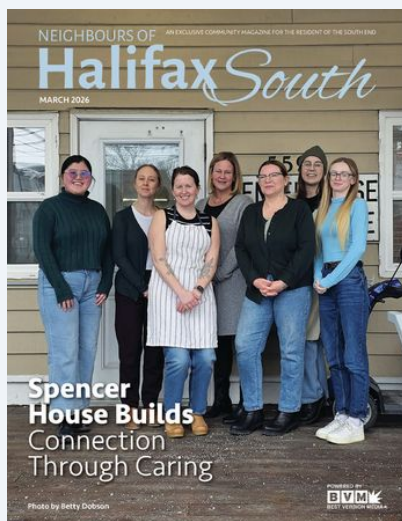
Led by staff and volunteers, whose energy and care have helped bring the market to life, the Morris Street Market is about far more than groceries. Shoppers browse fresh vegetables and fruit, eggs, dairy, bread, and other staples — many offered at significantly reduced prices — while staying for coffee, conversation, and connection.

For many in our community, rising food costs have made everyday essentials harder to afford. Seniors living on fixed incomes, students balancing tuition and rent, and families stretching every dollar are all feeling the impact. The Morris Street Market responds to this need with a simple but powerful idea: everyone deserves access to good food and a welcoming place to gather.

Already, the impact has been remarkable. Hundreds of shopping visits have been recorded, thousands of dollars in subsidized groceries have been distributed, and volunteers have helped transform Spencer House each Market Saturday into a vibrant hub of connection.

As this program grows, we are inviting our community to help sustain it. One of the most meaningful ways to support the Morris Street Market — and all the programs that make Spencer House such a special place — is by becoming a monthly donor. Your ongoing support helps ensure that seniors and neighbours in our community can continue to access nutritious food, meaningful connection, and a place where they feel they belong.

Together, we are building something powerful: a community where everyone can shop with dignity, share a conversation, and feel at home. Join us at our semi-monthly community market at the senior centre and see for yourself. It's a fantastic way to stretch your grocery budget and connect with neighbours.



We were delighted to be featured in the March edition of *Neighbours of Halifax South*!

We invite you to [read the article here](#) to discover the two guiding pieces of advice that Allison Davis, Executive Director of Spencer House Seniors Centre, keeps at the heart of our work every day—and more information about our community.

With Heartfelt Thanks

At Spencer House, we often say that community is our greatest strength and this Valentine's Day proved it once again. Thank you to **We Are Young** for the delicious Valentine's Day chocolates!

We also received a visit from **TD Insurance** who delivered very lovely Valentine's to our members.

And a thank you to Tony Quinn for filling our center with live music!



We're Grateful for Community Support

We're delighted to share that the **New Horizons for Seniors Program** is continuing its support of Wellness Wednesdays!

A heartfelt thank-you as well to **United Way Maritimes** for its ongoing commitment to helping seniors across HRM stay connected and engaged. With your

support, we can do so much more
and we're truly grateful.



United Way Maritimes

Serving Central
& Southwestern NB,
PEI & Mainland NS

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

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