



Together, We Belong
Creating Connection & Community
for Seniors
2025 Impact Report

Our Values



Connection

We believe relationships & belonging are essential to wellbeing.

Dignity

Every senior deserves to feel valued & respected.

Accessibility

We work to remove barriers to participation & support.

Compassion

We meet people with warmth, understanding, & care.

Community

Strong communities are built when neighbours support one another.

2025 Reflections

from

Allison Davis, Executive Director &
Maureen Donovan, Chair, Board of Directors

As we reflect on 2025, one word comes to mind: *momentum*.

This year was full in all the right ways – conversations over coffee, laughter in our gathering spaces, familiar faces returning each week, and new people finding their way into community. Every day reminds us that Spencer House is more than a building or a collection of programs. It is a place where people come as they are, and where connection happens naturally.

Our **drop-in centre on Morris Street** remains the heart of Spencer House. Whether someone joins us for lunch, a program, or simply a place to sit among friends, something meaningful happens here every day. We continue to hear from people who say they have finally found a place where they belong – and those stories never stop mattering.

This year also brought important growth. **Seniors Connect NS** expanded beyond what we first imagined and now reaches older adults across Nova Scotia. Our **Happy at Home** navigation work also continued to

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grow, becoming a trusted resource not only for seniors, but for families, healthcare professionals, and community partners looking for support and guidance.

We also watched **Oasis** evolve beyond a building-based model into neighbourhood spaces that bring people together around movement, food, friendship, and belonging. Seeing those connections grow in new ways has been one of the highlights of the year.

And then there is the food. Through our **Today Café**, meal programs, and the growing **Morris Street Social Market**, we see every day that food is about far more than nutrition. It is about dignity, hospitality, choice, and helping people feel welcome and seen.

None of this happens without people. **We are deeply grateful to our staff, volunteers, Board of Directors, donors, and community partners.** Spencer House is built on relationships, generosity, and shared commitment, and **we continue to be humbled by the care that surrounds this community.**

As we look ahead to 2026 and beyond, there is much to build on. We are excited to strengthen what is already working while continuing to grow new ideas and opportunities. Most of all, we want Spencer House to remain what it has always been at its best: a place where people belong.

Thank you for being part of this community.



Allison Davis
Executive Director



Maureen Donovan
Chair, Board of Directors

Because of You

Every day at Spencer House, older adults find more than programs and services. They find friendship, purpose, laughter, and a warm meal. They find someone who notices when they arrive and misses them when they are not there.

For many seniors in our community, Spencer House is a lifeline.

In a year marked by rising costs and growing demand for support, your generosity helped create a place where seniors could continue to feel valued, connected, and at home.

Because of you:

- seniors **shared meals & meaningful conversations**
- neighbours found **friendship** after loss & loneliness
- seniors accessed **wellness programs & community supports**
- **volunteers** created spaces filled with care
- innovative **outreach** programs expanded support beyond our Morris Street location.

This report is a celebration of what we accomplished together in 2025. It is also a thank you for creating connection & community for seniors.



Together We Make A Difference

Why Spencer House Matters

Across Halifax Regional Municipality and Nova Scotia, more seniors are facing social isolation, rising living costs, housing instability, transportation barriers, and difficulty accessing services.

At Spencer House, we see these realities every day.

In our participant survey:

- 92% of respondents reported living alone
- 90% said they would have some to very limited social interaction without Spencer House
- 100% reported feeling less lonely & more connected because of their participation

As systems become more complex and services increasingly move online, seniors are turning to organizations like Spencer House not only for programs, but for connection, navigation support, trusted relationships, and community.

“Spencer House has made a world of difference to me since I left the workforce. Living alone, I enjoy the company of others.”

~ Spencer House Member

2025 Impact Highlights

800+
visits
monthly

9,000+
nutritious
meals
served

65+
dedicated
volunteers

Creating Connection & Reducing Isolation

At Spencer House, connection happens in hundreds of small moments – around breakfast tables, during exercise classes, in theatre rehearsals, over the phone, & across countless games of Skip-Bo.

1,263
seniors
supported
through Happy
at Home

100%
experienced improved mental wellbeing &
increased physical activity

97%
of members
feel more
connected to
community

\$1.01 M
total organizational
revenue in 2025

Supporting Health & Wellbeing

Healthy aging is about more than healthcare. It is about movement, nutrition, purpose, creativity, and belonging.

Every weekday, Spencer House offers programming that supports physical, emotional, and mental wellbeing.

Programs include:

- Chair fitness
- Chair dancing
- Nordic pole walking
- Creative Craft Café
- Gardening
- Wellness Wednesdays
- Healthy community meals
- Educational workshops
- Music & theatre programming
- Social recreation activities

Participants overwhelmingly reported positive impacts:

- 100% said Spencer House supports their mental health
- 100% said programs improved their overall wellbeing
- 100% said Spencer House helps make aging in place easier



Program Highlights

Oasis Senior Supportive Living Program Powered by Spencer House

In 2025, Spencer House continued expanding its partnership with Oasis Senior Supportive Living, helping older adults remain active, connected, and independent in the communities they already call home.

This year marked an exciting transition as Oasis evolved from a building-based pilot into a broader neighbourhood model, bringing programs into accessible community spaces like Cole Harbour Place.

2025 Oasis Highlights

- **Operated across 3 sites:** Avonhurst Gardens, Belmont Arms, & Cole Harbour Place
- Supported **190 members & welcomed 2,779 participant visits**
- **Delivered 311 programs** focused on nutrition, movement, learning, & social connection
- **Weekly participation** continued to grow, with Cole Harbour Place quickly becoming a vibrant community hub

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Program Highlights

Oasis continued. . .

Oasis programming continued to centre around **three key goals: good nutrition, physical activity, and reducing social isolation.**

Shared meals, exercise classes, educational sessions, celebrations, and informal gatherings created opportunities for people to build friendships and strengthen community connection.

Participants consistently shared **meaningful outcomes**, including:

- Reduced loneliness & isolation
- Increased confidence leaving home & participating in community life
- Improved mental wellbeing
- Stronger friendships & support networks

For many participants, Oasis became far more than a program. One member described it as “a lifeline,” while others spoke about finding **friendship, support, and belonging** during periods of grief, transition, and loneliness.

The success of Oasis continues to be built through strong partnerships with housing providers, healthcare teams, community organizations, and local leaders who help create **welcoming spaces where older adults can thrive.**

As Oasis moves into 2026, momentum continues to build, demonstrating the growing need for community-based programs that help older adults age well – not in isolation, but in connection with others.

Program Highlights

Seniors Connect NS, Powered by Spencer House

In 2025, Seniors Connect NS grew into a province-wide “**seniors centre without walls,**” helping older adults stay connected, engaged, and supported from home. What began as a pilot project to reduce social isolation has evolved into a meaningful community.

2025 Program Highlights:

- Supported **75 seniors** across **7 Nova Scotia counties**
- Delivered **10 weekly programs** & approximately **6 hours of phone-based** programming each week
- Expanded into **a province-wide service model** with **6 regional connection groups**

2025 also focused on building a stronger foundation for future growth through enhanced volunteer training, safer communication systems, and new infrastructure to

support expanding outreach across Nova Scotia.

Beyond the numbers, the impact of Seniors Connect can be seen in the **relationships formed**. Seniors celebrated birthdays together, shared hobbies and resources, and built friendships that extended beyond weekly calls. Two participants who met through the program now meet regularly for Scrabble games, while another reported **significant health improvements** after following an exercise program given through the mail.

As one participant shared, “I would have nobody to talk to if it weren’t for this program.”

As Seniors Connect continues to grow, the program remains rooted in a simple but powerful idea: **connection does not always require transportation or technology. Sometimes, all it takes is a phone call.**

Program Highlights

Happy at Home Halifax

In 2025, the Happy at Home Halifax Outreach Program entered **a period of transition** as pilot funding ended and the partnership with Sagewell Association concluded. Yet one thing had become clear: older adults in Halifax Regional Municipality needed accessible, compassionate support – and that need was too important to lose.

Spencer House chose to continue the Happy at Home Halifax navigation line, ensuring seniors and caregivers still had somewhere to turn for guidance, connection, and reassurance.

2025 Program Highlights

- **Supported 1,263 seniors & community members** since launching in February 2024
- Completed more than **600 navigation phone calls** in 2025

- **Added weekly in-person navigation** appointments at Spencer House & Oasis sites
- Approximately **20% of calls** now come from healthcare professionals & senior-serving organizations seeking support & resources

Happy at Home Halifax helps people navigate housing, healthcare, transportation, technology, and community supports through a free service grounded in compassion and trust.

The continued growth of the program reflects something important: people trust this service because they know someone will listen and help them navigate difficult situations with dignity and care.

Program Highlights

Drop-in Program - “The Today Café”

Throughout 2025, the Spencer House Drop-In Program continued to be the heart of our organization. While many people first arrived for a meal, activity, or event, what they discovered was community.

2025 Program Highlights:

- **Welcomed 203 members**, including 44 new members
- **Delivered 572 program sessions** with **3,470 total visits**
- Maintained a **90% member retention rate**
- Averaged **120 participants each week**
- Served approximately **100 subsidized hot lunches weekly**
- Supported by **48 volunteers contributing 3,396 hours**

Programs ranged from fitness classes, Bingo, and crafting groups, to workshops, concerts, holiday celebrations, and performances by the *Two Houses Theatre Company* creating opportunities for older adults to stay active, continue learning, and build relationships.

And the meals at Spencer House - they are about **much more than food**. Every week, seniors and community members gather around the table for affordable, **homemade breakfasts and hot lunches** served in a warm, welcoming environment. For many, these **meals provide nutrition, as well as routine and connection**, especially for those living alone or facing barriers to cooking and food access.

In 2025, we expanded our capacity to **provide frozen take-home meals**, helping more people access nourishing food at home.

At the heart of the program is an incredible kitchen crew who prepare meals, bake, serve, clean, and greet everyone with care and kindness. Their dedication keeps the kitchen running and helps create the sense of community and belonging Spencer House is known for.

Morris Street Market

Community Impact Snapshot



\$5,169

In subsidized groceries distributed



300%+

Increase in sales from the first to the tenth market



326

Total shopping trips recorded



56%

Of purchases made in cash, supporting patrons without debit

“It feels like community. . . the selection helps me because I am on a limited income.”

-A market attendee

Powered by **Volunteers**



Our Saturday markets are powered by more than a dozen volunteers, and over 40 additional volunteers work during the week to prepare frozen meals & fresh produce that our patrons rely on.

What Makes Us **Unique**

Social Connection

Shoppers stay for coffee, conversation, & meaningful interaction which helps **reduce isolation.**

Community-Led

Volunteers, seniors, & neighbours shape the market **together.**

Affordable Access

All items offered at **60%** reduced cost to support seniors & low-income households.

Community

Intergenerational Connection

Some of the most joyful moments at Spencer House happen when generations come together. We do this by **inviting the children from South End Community Child Care Centre** to craft, play, and connect with Spencer House members.

These experiences:

- build empathy
- create joy
- reduce isolation
- strengthen community across generations

“It’s not just crafting with clay and paint, it’s crafting lasting memories and building bridges between hearts of all ages.” ~ Allison Davis, Executive Director

Volunteers: The Heart of Spencer House

Volunteers are at the centre of everything we do.

From preparing meals and serving coffee, to leading activities, decorating for holidays, and welcoming members at the front desk, volunteers create the warmth that defines Spencer House.

This year:

- **65+ volunteers** supported programming & events
- **12 corporate partners** donated time & expertise

Financial Stewardship

Growing with Purpose

Spencer House continued to grow significantly in 2025, both in reach and in impact.

As community needs increased, so did the demand for programs that support seniors to remain connected, healthy, independent, and engaged.

Through new partnerships, grant funding, expanded outreach initiatives, and continued community generosity, **Spencer House surpassed \$1 million in annual revenue for the first time in the organization's history.**

This growth reflects more than financial strength. It reflects trust from our community, confidence from our funding partners, and the growing role Spencer House plays as a seniors-serving hub in the HRM and beyond.

Spencer House also remains **committed to careful stewardship, transparency, and investing resources directly into programs and services** that improve the lives of seniors now and into the future.



Growing to Meet Community Need

Over the past three years, Spencer House has experienced **transformational growth** as new partnerships and outreach initiatives expanded our ability to support seniors both within Halifax and across Nova Scotia.

What began as a local seniors centre is evolving into a regional hub for community connection, healthy aging, outreach, navigation support, and innovative aging-in-place programs.

Revenue Growth: Growing to Meet Community Need

Over the past three years, we've experienced transformative growth as new partnerships and outreach initiatives expanded our ability to support seniors across Halifax and throughout Nova Scotia.

TOTAL REVENUE GROWTH 2023 – 2025



REVENUE
INCREASE 2023 – 2025

28% increase
2024 to 2025

172% total increase
over three years

Your generosity and the trust of our funding partners have helped us grow into a regional hub for connection, wellness, and community.

We Are Grateful For All Our Supporters

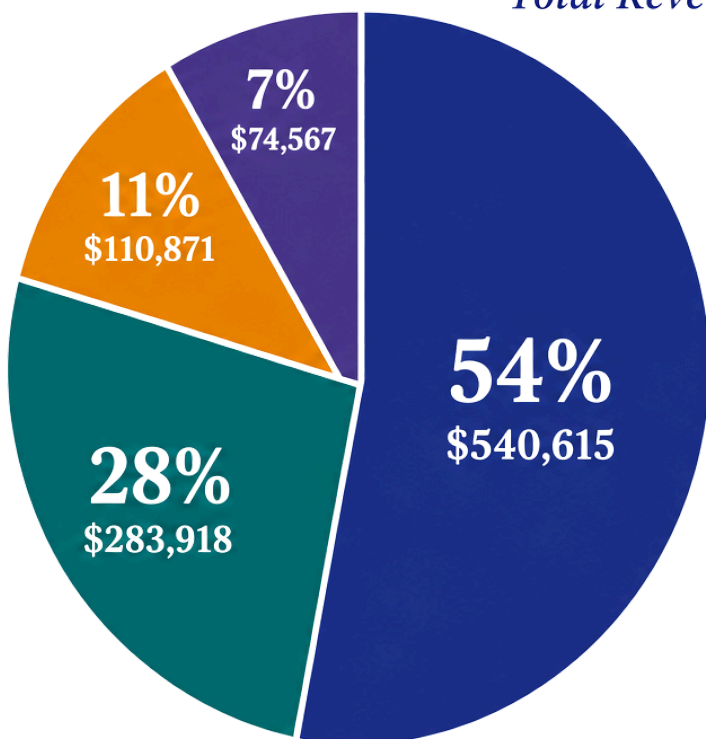
Spencer House **continues to diversify its revenue** sources to support long-term sustainability.

In 2025, **major investments in community-based programming came through partnerships and grants** supporting initiatives such as Oasis, Happy at Home, food access programs including the Today Café and the Social Food Market, along with community outreach.

Community generosity remained equally essential. Donations, sponsorships, investment income, and local partnerships helped sustain meals, staffing, programs, and community connection every day.

Where Funding Comes From 2025 Revenue Breakdown by Category

Total Revenue: \$1,009,971



Government & Program Grants

54%
\$540,615

Includes grants from philanthropic foundations as well as Provincial and Federal governments.



Community Support

28%
\$283,918

Includes individual donations, corporate giving partners, fundraising events, sponsorships, and memberships.



Investment & Sustainability Income

11%
\$110,871

Includes dividends, investment gains, and income from investments such as the Margaret Dingley legacy fund.



Self-Generated Revenue

7%
\$74,567

Includes revenue from lunch program, activities, and programs that help sustain our day-to-day operations.

Investing in Seniors & Community

Every dollar invested in Spencer House helps create opportunities for connection, wellness, dignity, and independence for seniors.

In 2025, Spencer House directed the majority of its spending toward:

- direct programming
- meals & nutrition
- outreach & navigation services
- wellness initiatives
- programming that reduces isolation & strengthens belonging
- staffing for program leadership & support

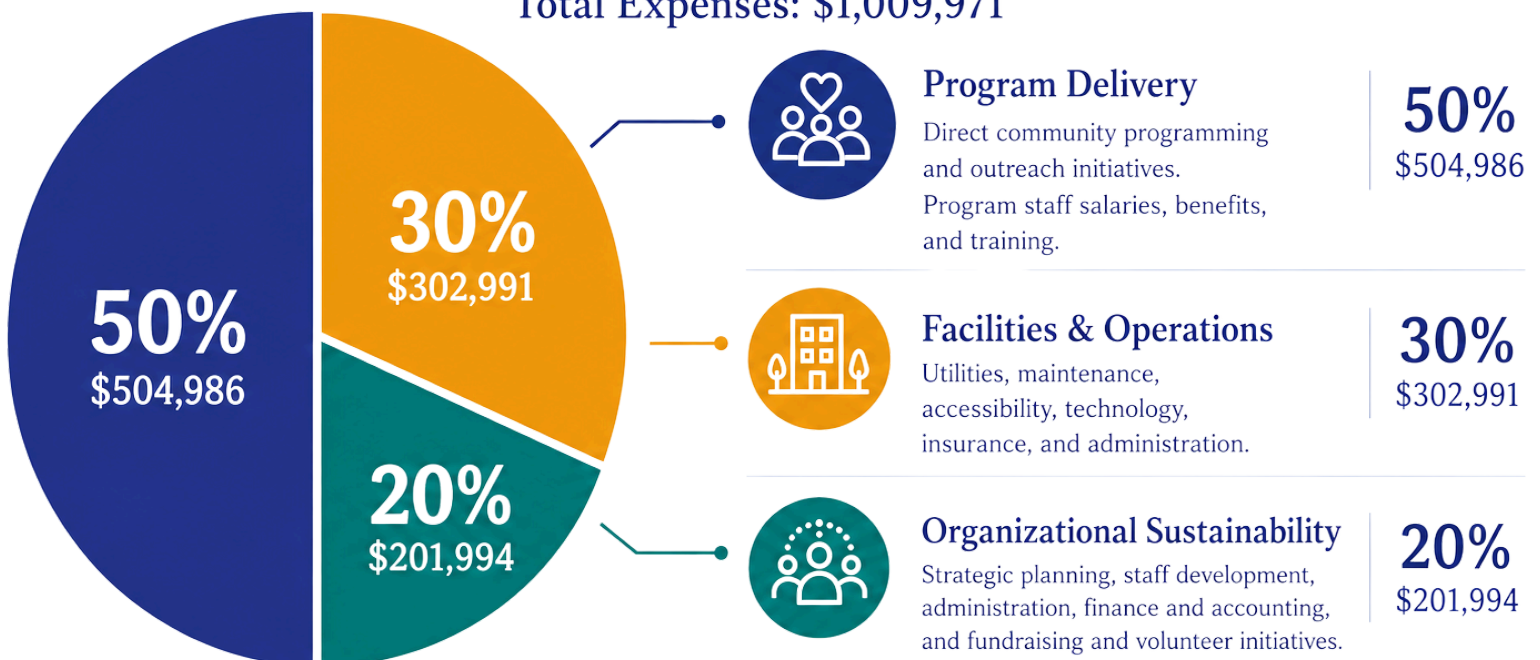
This included:

- community meals
- aging-in-place initiatives
- recreation & wellness programming
- social connection programs
- outreach support
- partnerships supporting seniors across Nova Scotia

How Our Resources Are Invested

2025 Expense Allocation

Total Expenses: \$1,009,971



Building Long-Term Sustainability

A generous legacy gift from the late Margaret Dingley continues to support the long-term sustainability of Spencer House. Managed through National Bank Financial, the internally restricted investment fund provides stable annual income while preserving long-term organizational capacity.

At the end of 2025, Spencer House investments totaled more than \$550,000.

This stewardship helps ensure Spencer House can continue adapting to the evolving needs of older adults for years to come.

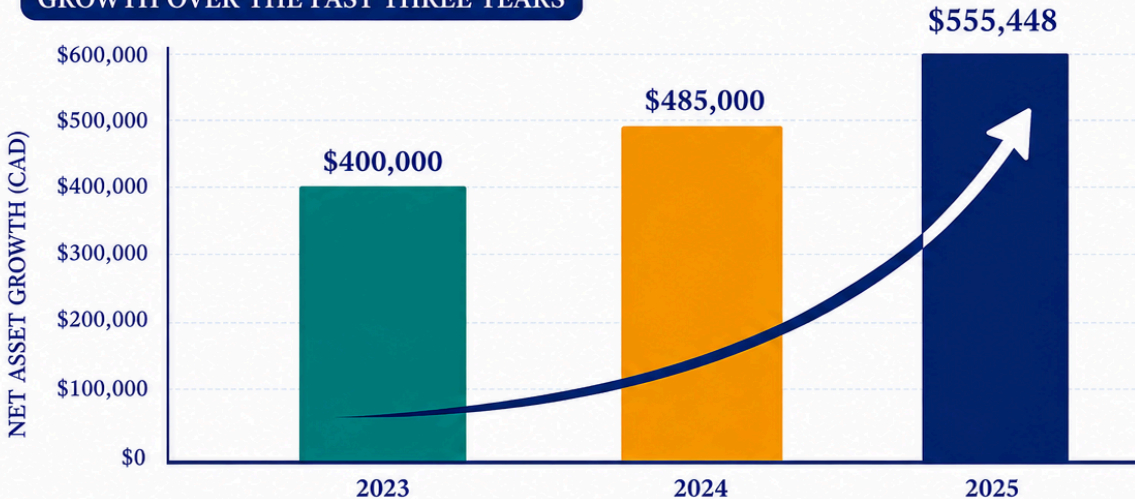
Net Asset Growth

Building a Strong Foundation for the Future

Through responsible stewardship and the generosity of our community, we continue to strengthen our financial foundation—ensuring we can adapt, grow, and support older adults for years to come.

*Stronger today.
Stronger tomorrow.
Here for our community.* 


GROWTH OVER THE PAST THREE YEARS



TOTAL GROWTH
2023 – 2025

+39%

Increase in Net Asset
over three years


A stronger foundation
means a stronger
future for the
people we serve.



Every gift. Every partnership. Every act of support.
Together, we are building a brighter future for seniors.

Thank you for helping us grow
our impact and our future.



Stewardship & Sustainability

As Spencer House grows, so does the complexity of our work.

Many of our recent funding increases are connected to time-limited grants supporting innovative community programs. While these investments have allowed us to expand services significantly, we know long-term sustainability requires diversified funding, strong partnerships, and thoughtful planning.

We continue working to:

- strengthen operational systems
- build fundraising capacity
- support staff wellbeing
- invest in infrastructure
- maintain responsible financial oversight

The Board of Directors and staff remain committed to transparency, accountability, and ensuring every dollar entrusted to Spencer House is used carefully and meaningfully.



Board of Directors

Maureen Donovan, Chair of the Board
Ward Skinner, Treasurer
Gavin Giles, Secretary
Judith Bonnell, Director
Mark DeWolf, Director
Glen Amirault, Director
Matt Gallant, Director
Adrian Mason, Director
Amber MacLean, Director
Allison Davis, Executive Director, Exofficio



Thank You!

To our donors, volunteers, sponsors, staff, members, and community partners, **thank you for believing in a community where older adults can thrive.**

Because of you:

- meals were shared
- crafts were made
- seniors found support
- outreach programs expanded
- friendships were formed
- music was danced to
- Bingo was played
- birthdays & other milestones were celebrated **together**

You helped make Spencer House a place where people can learn about aging well, feel cared for, engage in meaningful connections, and truly belong. Thank you!

Thank You!

The work we do at Spencer House is only possible because of the generosity and commitment of our donors, partners, funders, and supporters. We are deeply grateful to every individual and organization that chooses to stand alongside us in this work.

We recognize there are many worthy charities and nonprofits making a difference in our communities. Thank you for choosing to support Spencer House and for helping us create lasting impact together.

Aging Well NS
Anglican Diocese of NS & PEI
Anonymous
Armview Restaurant and Lounge
Atlantic Jewish Council
BrokerLink
Chebucto Links
Christian Public Service, Halifax
Community Foundation of NS
Credit Union Atlantic
Department of Community Services
Department of Seniors and Long-Term Care NS
Doane Grant Thornton
Earth Information Technologies
East Coast Credit Union
Feed NS
Good Companions

Government of Canada;
Employment & Social,
Development Canada & New
Horizons for Seniors
Halifax Regional Municipality
Halifax Friends
Halifax Seed Company
Hansen-MacDonald Family
Healthy Arts Society of Atlantic
Canada



Thank You!

HelpAge Canada
Home Instead Home Care
Killam Apartment REIT
Lisa Lachance, MLA
Lara Café
Councillor Laura White
McInnis Cooper Law
Medavie Foundation
Mental Health Foundation of NS
Northbridge General Insurance Corporation
NS Health Community Health Teams
NSLC
OPPA Branch 18
OSO Planning + Design
Paramount Management
Parkwood Home Care
Pink Larkin
Queen's University
RBC Together Fund
Recreation Nova Scotia
Remember When Home Care
Santa For Seniors
Shannon Miedema, MP
Shelburne County Mental Health & Wellness Association
SmallMoves HFX

Southwest Properties
Speedy Bridgewater
TD Insurance
The Berkeley
The Christina and Hedley G. Ivany Charitable Foundation
The late Margaret Dingley Estate
The Spatz Foundation
Councillor Trish Purdy
True Karma Foundation
United Way Maritimes
Westwood Group
Windsor Foundation





**Spencer House Seniors Centre
5596 Morris Street
Halifax, NS
B3J 1C2**

**Tel: (902) 421-6131
Email: ed@spencerhouse.ca
Website: www.spencerhouse.ca**

Business No: 119159374RR0001