



SPENCER HOUSE
here with friends

Spencer House Senior Moments

Welcome to the Spencer House Senior Moments July edition.

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



Summer is Blooming at Spencer House

Here at Spencer House, we've been buzzing with energy as each day brings another moment of joy, connection, and purpose. We are delighted that we keep active, have fun, and learn together – usually all at once!

Breakfast and lunch tables are the heart of our daily drop-in community. Over homemade food, members catch up, swap stories, and enjoy each other's company. These simple, shared moments mean the world to us. What seems so simple—a nutritious meal with friends—is actually a lifeline for many. Living alone can make it harder to prepare healthy meals, and for those on limited incomes or living with dental challenges or diabetes, regular access to good food can be a struggle. **At Spencer House, no one has to face that challenge alone.**

We've danced, sung, painted, and played. Our Music Bingo continues to bring laughter, while art and craft times light up the room. Whether you're tapping along to a song or setting brush to canvas, or a punch-needle to your own pattern, everyone's heart is in the moment. It's wonderful to see our members try their hand at different activities and discover new talents.

In June, we were fortunate to welcome a **volunteer team from CIBC for a Day of Caring organized through United Way Maritimes**. With sleeves rolled up and spirits high, they built beautiful planter boxes for our patio and the patios of participants of our Oasis Senior Supportive Living programs in Halifax and Dartmouth. With many of our members being renters or unable to tend a garden patch, these planter boxes are more accessible and easier to manage.

If you've been thinking about stopping by, now is the perfect time at a Friday BBQ. What better way to end the week than with good food and great company? **Our Friday BBQs are back and sizzling**. Whether you're here for a burger, a veggie dog, or just to soak in the lively atmosphere, it's become a favourite way to connect and celebrate the summer. **Join us – we start grilling at 11:30 and end around 12:30**. Thanks to the generosity of our community sponsors, lunch is by donation, and all proceeds go into supporting the work of Spencer House.

Come spend some time with us. You'll find friendly faces, open hearts, and a lovely deck to enjoy the sun.

With warmth and gratitude,

Alli

Allison Davis

Executive Director

P.S. Thank you to everyone who joined us for our Annual General Meeting in mid-May! We are proud to share our latest [Impact Report](#), which highlights the engagement of older adults we serve and the role you play in making it possible. If you have any questions, please reach out any time.

[Impact Report](#)



Gratitude for Our Friday BBQ Champions

Our Friday BBQs have been brining joy, laughter, and delicious food to the Spencer House deck—and it's all thanks to the incredible support of our community partners.

We extend our heartfelt thanks to the volunteers and sponsors from Atlantic Lottery, United Way Maritimes, Parkwood Home Care, TD Insurance, McInnis Cooper, BrokerLink, Parkland at the Gardens (Shannex), Grant Thornton, IG Wealth, and Home Instead. Thank you! Whether you were grilling, cleaning, chatting with members, or lending a hand where there's a need, your presence makes the BBQ feel extra special.

These BBQs aren't just about burgers—they're about belonging.





Supporting Community Where Seniors Live: Our Commitment to Oasis

Aging well isn't just about services—it's about feeling connected, having a sense of purpose, and knowing your community is there for you. That's why **we're proud to be the partner site for Atlantic Canada's first Oasis Senior Supportive Living Program**, helping older adults stay active, engaged, and independent in the places they already call home.

Oasis is based on a simple idea: support people where they live. It focuses on Naturally Occurring Retirement Communities (NORCs)—buildings or neighbourhoods where many older adults already live—and brings tailored programs right into those settings. The goal is to reduce isolation, promote good nutrition, and encourage physical activity.

Since 2023, Spencer House has supported two Oasis sites; The Belmont Arms in Halifax and Avonhurst Gardens in Dartmouth. With the help of our staff coordinator, local volunteers, and community partners, these sites have become lively places to gather, share, and connect. From balcony gardening and group fitness to art sessions and peer support, there's something for everyone.

We're excited to expand the Oasis program in Fall 2025. More locations mean more older adults will have access to welcoming, low-barrier programs right where they live. And we'll keep focusing on what makes Oasis work—neighbours helping neighbours, activities that feel meaningful, and the understanding that thriving in later life starts with strong community ties.

To learn more about Oasis, [visit Oasis Aging Well](#). If you would like to

talk more on Spencer House's partnership with Oasis please email or call Allison Davis at ed@spencerhouse.ca or (902) 421-6131.



Planting Hope. Growing Community.

Thanks to you, this past Spring we raised well over \$5,000 to support the programs and services that make Spencer House such a special place. And your generosity is still coming in! Thank you. We're truly touched by your kindness and commitment to our members and seniors in the HRM.

Because of you, older adults like *Linda no longer feel invisible. With your help, Linda found connection, purpose, and joy. She heard her name spoken with kindness, shared laughter over lunch, and discovered new passions in the Creative Craft Café. These simple moments matter more than you know.

You didn't just give a donation. You gave someone a reason to smile, to belong, and to feel seen.

Spencer House feels welcoming because of people like you. Your gift of time, skills, and finances, says you care about dignity, inclusion, and the kind of community where everyone feels welcome.

Thank you for believing in this work, and in the people we serve. You are planting hope and helping something beautiful grow here every day.

**Not her real name.*



Donate Today

You can help keep older adults connected and supported. [Donate online here](#) or mail your cheque to Spencer House, 5596 Morris Street, Halifax, N.S. B3J 1C2.

Thank you! Together we can make a difference.

Celebrating a Year of Learning, Wellness, and Connection

At Spencer House, Wednesdays became a little brighter, thanks to **a year of inspiring Lunch and Learns made possible by the support of the Department of Seniors and Long-Term Care**. Each week, we welcomed community partners who shared their knowledge, their stories, and their hearts with us, turning ordinary afternoons into something truly special.

Thanks to this generous funding, our members explored everything from nutrition and emotional wellness to memory care, personal safety, and joyful creativity. Each session helped build not only knowledge, but also connection, a cornerstone of healthy aging.

We're especially grateful to the incredible presenters who made this year so meaningful:

- **Community Health Teams** shared practical advice on stress, nutrition, and mental health, even leading a hands-on “leisure basket” session.

- **ElderDog Canada** brought Brody and Cole to visit, along with heartfelt stories and reflections on the lifelong bond between people and their pets.
- **Alzheimer Society of Nova Scotia** returned with a much-appreciated talk on dementia and brain health, sparking important conversations.
- **Concerts in Care** filled our Centre with music from talented local artists, turning many Wednesdays into concerts full of smiles.
- **We Are Young** inspired us to dream big, helping members envision wishes and experiences they still hope to fulfill.
- **Autism Nova Scotia, Nova Scotia Bird Society**, and the **Dalhousie University Dental Hygiene Clinic** educated and engaged us with timely, thoughtful presentations.
- **Bob Hunsley from the Oxford Seniors Club** explained hearing health with clarity and warmth.
- **The Arthritis Society of Canada** answered a highly requested topic with helpful tips for daily living.
- And our own **Rob Carr** taught a fun and empowering self-defense class with great enthusiasm and a few surprises!

Each guest brought something special, but the real magic came from our members. The engaging questions, laughter, and curiosity made these Wednesdays thoughtful and valuable.

From all of us at Spencer House, thank you to the Department of Seniors and Long-Term Care for believing in lifelong learning, community wellness, and the joy of coming together.



Save the Date

Have you made a financial gift to Spencer House? Perhaps a gift-in-kind? Or maybe your organization or work place sponsors Spencer House? If so, you are invited to save the date for our annual **Donor Appreciation** event taking place **Thursday, October 23 from 5:00 - 7:00pm**. More details to come.

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

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