WHAT'S HAPPENING AT SPENCER HOUSE







Summer Healthy Food Programs

With the support of Help Age Canada, we have introduced a Breakfast Program summer. Three days a week, breakfast includes a variety of fruits, smoothies, healthy grains and proteins, with the added bonus of having breakfast with friends. Thanks to the United Way Healthy Food Fund, every Friday, members enjoyed local fruits and vegetables to take home delivered by The Mobile Food Market and whole grain bread from Stone Hearth Bakery.

The Buddy Project

Inspired by the lived experience of newcomer staff at Spencer House, Buddy Project connects older adults and newcomers based on similar interests and hobbies. They are given an allowance to enjoy activities in the community covering all costs, transportation, and translation services, if required. This is a partnership of Spencer House and EngageNS, and the program was developed with the help of seniors and newcomers from YMCA Centre for Immigrant Programs and Saint Mary's University.





Technology Upgrade

We completed a full technology upgrade to the Centre by installing acoustic sound panels in our dining area, thanks to the support of the Windsor Foundation. There are 10 sound panels on the walls and 2 on the ceiling, which help to help to absorb and reduce sound in the large space. A huge thank you to Ward, Glen, Tony, and Zach for making this happen!

Garden Project

We were thrilled to receive a grant from the CUA's Community Investment Grant Program. We raised Painted Lady Butterflies! Our centre watched as the butterflies grew, and when they were ready, we gathered with the children from the South End Community Day Care to release them. Our Garden Club has been enjoying planting herbs and tomatoes, and preparing fresh salads together. We have also purchased a Tower Garden for our kitchen. Thanks to this investment, we have purchased a tower garden for our kitchen that is ready to grow up to 32 veggies at one time, to be enjoyed during lunch!







THANK YOU FOR HELPING US BUILD A STRONGER COMMUNITY. TOGETHER. BE WELL, ALLI, SHIVANI, ERIN, AND TESS

Give65

This year's Give65 Event was our biggest yet! Thanks to our donors and their generous support, we were able to raise \$16,956. We received \$5,000 in matching grants and a bonus grant for most money raised in our category. These donations will directly support our Age-Friendly Accessible Outdoor Space. We are very grateful for the friends and family that are part of Spencer House. We have submitted our work permit and are hoping to begin construction any day. We will keep you updated! You can check out our project plans:

www.give65.ca/spencerhousesenior

If you missed our GIVE65 Event and would like to make a donation, please click:

<u>Outdoor project</u>