

WHAT'S HAPPENING AT SPENCER HOUSE



Supper & Snacks Program

Thanks to the support of community Food Centres Canada and our volunteers we successfully finish our program. In total 860 meals were delivered to our members. We now have a Food Pantry at the Centre, which supports the increasing number of seniors experiencing food insecurity as inflation is hitting an all-time high.



Happy Saint paddy's day! May the luck of the Irish be with you.

What a great celebration we had dressed all green with our great live music provided by Don. Thank you to all Don and all of our volunteers who made this day so special. It was nice to have all the members back in to sing along to Irish songs.

2021 Impact Report

Spencer House held its 2021 AGM this month to honour all the joys and challenges that came our way last year, and to look with hope and enthusiasm for the year ahead. You can read our 2021 Impact Report here: [Impact report](#)

Volunteers are the Heart of Spencer House

In April, we celebrated Volunteer Appreciation Week. We are so very grateful for all the great energy our volunteers bring to the center. Our programs and events wouldn't be the same without their hard work and commitment, and bright smiles.

Monthly Birthday Bash

In partnership with Santas for Seniors we are again celebrating members' birthdays. On the last Thursday of each month, friends enjoy cake and ice cream, and gifts are given by community members who want to *spoil* friends on their special day.

Give65 is coming up and we have a very special wish!

For the Community, By the Community: An Age Friendly Community Space. The community spoke and we listened! We are reimagining and redesigning our outdoor space. It's now time to rebuild a community space that is open and accessible to all ages and abilities. Our Give65 Event July offers an opportunity for you to be a part of the dream and have your donation be matched by Home Instead Charities. You can check out our project plans: here [Outdoor project](#)

You can support our dream here: www.give65.ca/spencerhouseseniors



We have a new addition to the team!

Tess is a great addition to the team! She came all the way from Cape Breton and is our new Program Assistant! She has so much to share with the community and a lot of great ideas. She even started a new blog on our website! Please go check it out [Life at Spencer House](#)

It's not goodbye, but see you later ❤️

I have been working at Spencer House as the Media Coordinator for more than a year and it has been a pleasure to create this great newsletter for all of you. I was new to Canada and everything seemed so foreign. When I first started as a volunteer I learned that the center was more of a home away from home. I take with me a lot of great memories and a lot of good friends. I want to thank everyone for teaching me about your home and for opening your hearts. Thanks to Allison and the Board of Directors for trusting me with this great opportunity. I am thrilled to say I was accepted to the CRMBA at Dalhousie.

I will be going back to school!

I will miss you all.

-Natalia Gomez

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