

WHAT'S HAPPENING AT SPENCER HOUSE



Wellness Wednesdays

In February, we launched our exciting new initiative 'Wellness Wednesdays'. Each Wednesday is dedicated to all things health and wellness for seniors, including a healthy breakfast and lunch, exercise classes, foot care clinics, and weekly workshops featuring local organizations and health care professionals. With the Wellness Wednesday funding from HelpAge Canada, we were also able to purchase new equipment for the Centre, including exercise hand weights, hot and cold packs for each member, and a Defibrillator AED.



Valentine's Day!

Holidays always bring joy and excitement to Spencer House, especially when Valentine's treats are donated to our members. Valentine's Day was celebrated with a lovely dinner followed by a dance with music from the Comeback Band.



Thank you to McInnis Cooper for donating hand-written Valentine's cards for our members. Thank you to WAY Foundation & Rousseau Chocolatier's for the beautiful hand-made chocolates, and to Peter & Jen from Santa's For Seniors for donating special Valentine's treat boxes.



Connected Kitchens with ISANS

Connected Kitchens Program, funded by the New Horizons for Seniors Program, has partnered with the Immigrant Services of Nova Scotia (ISANS). Each week, members from Spencer House and ISANS work together to create local and cultural recipes using fresh ingredients.

Square Roots Bundles Program

The Square Roots Bundles Program provides members of our community with 10lbs of fresh, local produce. Produce varies depending on Nova Scotia's growing season. Recently we have enjoyed root vegetables, such as carrots, squash, turnip, and cabbage. This initiative is supported by the Anglican Diocese of NS & PE, Councilor Waye Mason, and MLA Lisa Lachance. You can learn more and order your bundle here: <https://sqrarootsbundleshfxsouth.com/>



Anne Murray Visits Spencer House!

Our Christmas Luncheon welcomed two very special visitors this year: Santa and Anne Murray!

Heartwarming Holidays Campaign

Our Heartwarming Holidays online giving campaign was a success, raising a total of \$6000! Donations made in honor of loved ones received a personalized, hand-written holiday card from Spencer House. We are so grateful for all of the support from our community!

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