



Northland
Shepherd's Center

NEWSLETTER

MAY/JUNE 2026 EDITION



Serving with heart: Why we volunteer at the Northland Shepherd's Center

We chose to volunteer with Northland Shepherd's Center (NSC) because of its reputation for supporting seniors across the Northland. While I've volunteered through my church and schools, NSC's focus on food insecurity truly resonated with me. As a nurse, caring for others is second nature, and working with leaders like Kelly Creek has been an inspiration.

One major draw was NSC's accessibility; unlike many groups, there are no membership fees. We also valued the thorough security checks, which ensure a safe environment for everyone.

A Journey of Service

In late 2021, Tim and I began delivering for Meals on Wheels. We enjoyed it so much that we became the regular Friday team for Route 6. Delivering together is a special way to serve, allowing us to stay attuned to our clients' needs and provide a consistent, friendly face. We also step in to substitute for other drivers whenever vacations or family needs arise.

Growth and Community

During the pandemic, I assisted with food distribution until the Plate of Hope pantry opened in November 2022. Helping clients shop for their own needs with dignity is incredibly meaningful. We strive to accommodate specific dietary needs, like gluten-free options, whenever possible.

Through this work, we've formed deep friendships with fellow volunteers and clients alike. We support one another through both hard and good times. For us, NSC isn't just a place to serve—it's a community.

Tim & Jan Brooks



Deal Yourself Into the Fun!

Looking for a little friendly competition and a great way to meet new people? Grab a seat at the table and join us for our upcoming card games!

Five Crowns: Strategy Meets Luck

Join us on the first and third Thursday of each month for Five Crowns. It's an engaging, fast-paced game that's easy to learn and hard to put down. Whether you're a seasoned pro or have never picked up a deck, all skill levels are welcome!

When: 12:30 – 3:00 p.m.
First and third Thursday of the month

Friday Morning Bridge

End your week on a high note with a classic. Gather your friends (or come make some new ones) for a morning of Bridge.

When: 10:30 a.m.
Every Friday of the month

No matter your experience level, we'd love to have you.

We'll see you at the tables!



High Spirits and Holes-in-One: Seniors Visit the KC Wheel

Our adventurous seniors recently traded a quiet afternoon for a bird's-eye view of the city at the KC Wheel. This modern landmark in the Pennway Point district offered our group a fresh perspective on the Kansas City skyline.

As the climate-controlled gondolas lifted us high above the streets, the cabin filled with wonder. We spent the ride pointing out familiar landmarks and reflecting on how much our beautiful city has grown. "I've lived here my whole life," one participant noted, "but I've never seen it look quite like this."

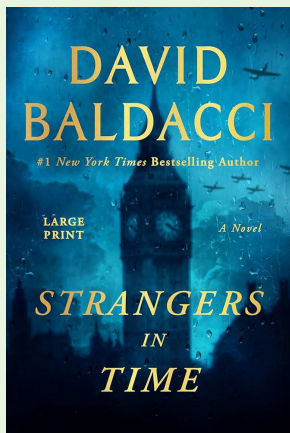
The fun continued back on solid ground at Pennway Putt, a 16-hole mini-golf course at the foot of the wheel. Competitive spirits came alive as we navigated the whimsical course, sharing plenty of laughter.

This outing was a wonderful reminder that a sense of play keeps us young at heart. Whether soaring through the air or putting on the green, it was a day defined by camaraderie and new memories.

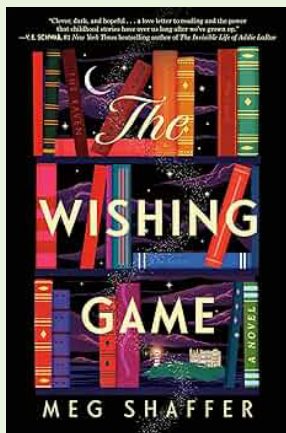


Jazzy Little Book Club

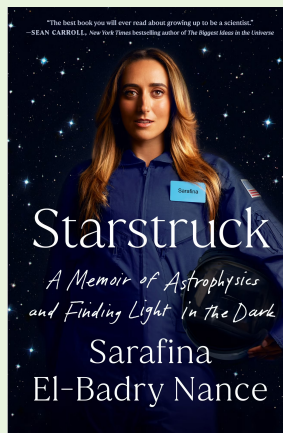
Jazzy little book club meets the 2nd and 4th Wednesday of each month at 1:00 p.m.



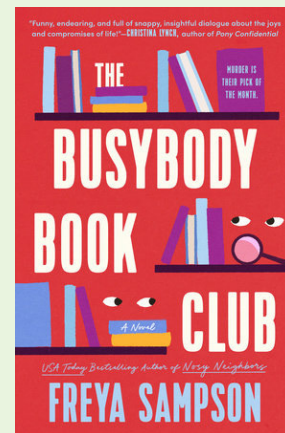
May 13
Strangers in Time
David Baldacci



May 27
The Wishing Game
Meg Shaffer



June 10
Starstruck
Sarafina El-Badry Nance



June 24
Busybody Book Club
Freya Sampson

Pick up May books April 22

Pick up June books May 27

Call 816-452-4536 to join!



PLATE OF HOPE

FOOD PANTRY NEEDS FOR MAY & JUNE

- Canned Carrots
- Canned Creamed Corn
- Tomato Sauce 15 oz.
- Canned Chicken
- Tuna
- Chicken Noodle soup
- Knorr Side packets
- Ranch or Italian Dressing
- Mayonnaise- smaller jars
- Ranch or Italian Dressing
- Toothbrushes (individually wrapped)
- Ziplock Sandwich Bags (for repackageing)

Growth & Gratitude

The Plate of Hope Pantry continues to grow, serving more neighbors and welcoming new volunteers every day! We are incredibly grateful for your dedicated support and for the food donations that make our mission possible.

To help us better track the resources required to run the pantry and to ensure we can properly thank you, we kindly ask that you fill out an In-Kind Donation Registration form each time you drop off items. Please include:

- A brief description of the items donated
- The estimated value of the donation
- Your current address

Thank you for your continued partnership in making the Plate of Hope a success!

Rebecca Brown | *Pantry Manager*



May/June 2026

Learning & Laughter

10 a.m. to 12 p.m.

May 13

ENTERTAINMENT
Dan Sturderant

ACTIVITY
Bingo

LUNCH
Smash Burgers, baked beans, & potato salad

May 27

ENTERTAINMENT
KC Zoo-Biomimicry

ACTIVITY
Crafts w/ Pam

LUNCH
Sub Sandwiches, chips, & dessert

June 10

ENTERTAINMENT
Miki P

ACTIVITY
Bingo

LUNCH
Grilled Chicken salad & fresh fruit

June 24

ENTERTAINMENT
Pat Blyth

ACTIVITY
Crafts w/ Pam

LUNCH
Soup & Sandwiches

\$10 for each Learning & Laughter session

RSVP the Friday before the session you want to attend.

Smokin' Success: NSC Takes First at the NKC Charity BBQ!

The smoke has cleared, and Northland Shepherd's Center is officially the champion of the North Kansas City Charity BBQ competition! Held annually on the Friday before the Snake Saturday parade, this victory marks a major milestone in our long history with the event.

NSC has participated in this community tradition since 1996, but this year's top honors feel especially sweet. Our success is due in large part to the talent of our pitmaster, Cory Booz, who has led our BBQ efforts almost every year. His dedication and expertise have made our organization a staple of the competition for decades.

This win is a wonderful celebration of our Northland spirit. The awareness raised helps us continue our mission of supporting local seniors, ensuring they can thrive right here at home.

Congratulations to Cory and the entire team!

May 2026



5601 NE Antioch Rd Ste 12 Gladstone MO 64119 Front door on back side of the building 816-452-4536 www.northlandsc.org

Monday	Tuesday	Wednesday	Thursday	Friday
				1
9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	9:30 Breaktime Club 9:30 Tai Chi Plate of Hope- by appt	9:30 Chair Yoga 2:00 Power In Motion	9:30 Tai Chi 10:00 Caring Connections Support 12:30 Five Crowns 2:00 Chair Dancing Plate of Hope – by appt	9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
4	5	6	7	8
9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	9:30 Breaktime Club 9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 2:00 Power In Motion	9:30 Tai Chi 11-12:00 Tech Time 2:00 Chair Dancing Plate of Hope – by appt	9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
11	12	13	14	15
9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	9:30 Breaktime Club 9:30 Tai Chi Plate of Hope – by appt	10:00 Learning & Laughter RSVP by 5/08 11-12:00 Tech Time 1:00 Book Club 2:00 Power In Motion	9:30 Tai Chi 11-12:00 Tech Time 2:00 Chair Dancing Plate of Hope – by appt	9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
18	19	20	21	22
9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	9:30 Breaktime Club 9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 2:00 Power In Motion	9:30 Tai Chi 10:00 Caring Connections Support 12:30 Five Crowns 2:00 Chair Dancing Plate of Hope – by appt	9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
25	26	27	28	29
Closed	No Breaktime Club 9:30 Tai Chi Plate of Hope – by appt	10:00 Learning & Laughter RSVP by 5/22 11-12:00 Tech Time 1:00 Book Club 2:00 Power In Motion	9:30 Tai Chi 11-12:00 Tech Time 2:00 Chair Dancing Plate of Hope – by appt	9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge

June 2026



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1 9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	2 No Breaktime Club Clay 9:30 Tai Chi Plate of Hope- by appt	3 9:30 Chair Yoga 2:00 Power in Motion	4 9:30 Tai Chi 10:00 Caring Connections Support 12:30 Five Crowns 2:00 Chair Dancing Plate of Hope – by appt	5 9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
8 9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	9 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope- by appt	10 10:00 Learning & Laughter RSVP by 10/03 11-12:00 Tech Time 1:00 Book Club 2:00 Power in Motion	11 9:30 Breaktime Club 9:30 Tai Chi 11-12:00 Tech Time 2:00 Chair Dancing Plate of Hope – by appt	12 9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
15 9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	16 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	17 9:30 Chair Yoga 2:00 Power in Motion	18 9:30 Tai Chi 10:00 Caring Connections Support 12:30 Five Crowns 2:00 Chair Dancing Plate of Hope – by appt	19 Closed
22 9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	23 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	24 10:00 Learning & Laughter RSVP by 10/17 11-12:00 Tech Time 1:00 Book Club 2:00 Power in Motion	25 9:30 Breaktime Club 9:30 Tai Chi 11-12:00 Tech Time 2:00 Chair Dancing Plate of Hope – by appt Mobile Food Pantry & CSFP	26 9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
29 9:30 Chair Yoga 10:30 Power in Motion 11:30 Line Dancing 2:00 Chair Dancing	30 No Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt			



We see more than a diagnosis
**We see beyond
the scan**

Care means finding real solutions and guiding you toward what's next. At NKC Health, formerly North Kansas City Hospital and Meritas Health, we don't just see a diagnosis, we see you.

To learn more, visit nkchealth.org.



NKC
Health™



Northland
Shepherd's Center

5601 NE Antioch Road, Suite 12
Gladstone, MO 64119

OUR SERVICES & PROGRAMS

- Meals on Wheels
- Plate of Hope
- Breaktime Club
- Aging with Excellence
- Community Aging Services
- Technology Center

northlandsc.org | 816-452-4536



Northland
Shepherd's Center

Become a Volunteer

Help Your Community — Help Your Neighbors!

Every weekday, Northland Shepherd's Center volunteers donate time and talents to fulfill a variety of needs such as transportation drivers, handy helpers, friendly call checks, Meals on Wheels drivers, Plate of Hope Food Pantry, event support, administrative support, and more.

Apply online at northlandsc.org/volunteer or call 816-452-4536

