Jan/Feb 2026

Northland Shepherd's Center

Serving Clay and Platte Counties

AGING WITH EXELLENCE 35+ YEARS

Northland Shepherd's Center wants to thank those who participate in activities with us. Please continue to keep coming and bring a friend. Spread the word about all of the exciting things happening at THE Center. 2026 is looking to be bright and we will do our best to keep it that way!

Many Thanks!

The **Jazzy Little Book Club** is a fun community of readers eager to dive into new literary adventures. It's a wonderful way to connect with fellow book lovers and broaden one's reading horizons. For those looking to join, call us for more info at 816-452-4536; or just come to the next gathering! The book club meets on the second and fourth Wednesday each month at 1:00 pm. Books are provided by the Antioch Mid-Continent Public Library. Happy reading!

Technology Classes

RSVP for Calendar Tech Classes by calling 816-452-4536 or online at Northlandsc.org.

If you're a beginner or just need a few pointers, we've got you covered.

Tech Time Sessions

Get individualized sessions to answer your specific tech questions.
By appointment only.

Winter Weather Policy When the NKC School District is closed due to inclement weather so is Northland Shepherd's Center's **programming**; all activities, classes, Food Pantry and Meals on Wheels are cancelled. Our top priority is the safety of participants and volunteers. NSC weather closings are announced on our voice message, Facebook and your local TV news.

General Pantry Needs:

- Meats, Butter & Protein
- Soups-Chicken Noodle & Chunky Soups
- Canned Chicken
- Canned Fruit
- Condiments-Small Sizes
- Styrofoam egg cartons too!

Pantry shelves need to be restocked for the winter. We ask that you drop off donations between the hours of 9-3,
Mon -Fri main office lobby.

Boost Your Health

Boost your health and friendships! Our classes help you improve your balance, strength, and overall well-being. Exercising with others is a great way to connect and make new friends. We offer a variety of classes for all fitness levels.

- Chair Yoga
- LIFT
- Line Dancing
- Tai Chi

Card Games: Get in on the fun with card games! Join us on the first and third Thursday f each month at 12:30 pm for Five Crowns. This game is a great mix of strategy and luck, perfect for meeting new people. All skill levels are welcome.
We also play Bridge every Friday at 10:30 am. Gather your friends and let's play!

Financial Assistance Information

Social Security 1099's and 2026 benefit statements will be in the mail. Both are very important documents to keep handy in a secure location. Any mail from Social Security and Missouri Department of Social Services are potentially important and should be reviewed in case action is needed. If you have questions about their communications please call 816-256-8096.

The 2026 benefit statement is necessary to apply for all financial resource assistance.

Starting February 1, 2026 you can begin applying for the Missouri Property Tax Credit. Income eligibility limits for this credit are Your Social Security 1099 and paid property tax receipt or letter from your landlord with their tax ID, property name, address and phone number with their signature is required to apply for this credit. You must rent from a landlord who pays property taxes you may be eligible for the tax credit.

There will be an AARP tax preparer at Northland Shepherd's Center who will be available to prepare on Thursday afternoons. Please call to make an appointment.

Caring Connections

Join our community of caregivers on the 1st and 3rd Thursday of the month from 10:00-11:30 am. Caregiving is an ever-evolving role. Caring Connections is here to support you as you give so much of yourself to your care recipient/loved one. Caring Connections provides a community to share resources, experiences, understanding, and empathy.

BEACON MENTAL HEALTH

VOLUNTEERS NEEDED

We need your help to continue serving seniors in our community. If you have a few hours to spare, please consider these essential roles:

Breaktime Club: Help us provide companionship to seniors on Tuesdays from 9am-1pm.
Handyman: Use your skills to provide safety-related, minor repairs for low-income seniors.
Meals on Wheels Driver: We are **currently short five volunteer delivery drivers**. Without them, we cannot maintain our current level of service—leaving more seniors waiting for the support they depend on. If you have a little time and a big heart, please consider becoming a volunteer delivery driver. Your service can make an immediate and meaningful difference in the life of a Northland neighbor.
Transportation Driver: Provide rides to non-driving seniors for essential appointments.

Please contact the office at 816-452-4536 or email Volunteers@northlandsc.org

Breaktime Club

A respite program for caregivers; this program was created so we could provide an opportunity to support caregivers and their needs. Each week at Breaktime Club we enjoy crafts, bingo, and really fun entertainment. Not only is Breaktime Club a respite program for caregivers but it also a special time for our members, volunteers and entertainers.

Breaktime Club is for adults aged 60+ who may have cognitive or physical limitations or experience social isolation. Participants enjoy activities like exercise, crafts and lunch, plus social interaction, while their caregivers enjoy a respite. Breaktime Club meets Tuesdays in Gladstone and 1st & 3rd Thursdays in Platte City. To learn more or enroll your loved one,

Caregiver-Directed Respite Program

Looking for a break? This program lets you hire a person you choose to provide up to six hours of care per week. You'll be reimbursed for the cost, giving you a chance to rest and recharge. To find out if you're eligible and learn more about the program guidelines, please call 816-256-8096. This program is funded by Clay County Senior Services.

Clay County SENIOR SERVICES

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **New Year's Day** **Closed**	2 9:30 Chair Yoga No Chair Stretch & Strength (PEPPI) 10:30 Bridge
5 9:00-11:00 NKC Health Screening 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	6 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope- by appt	7 9:30 Chair Yoga 1:00 Learn Libby by (MCPL) 2:00 LIFT	8 9:30 Tai Chi 10:00 Caring Connections Support 12:30 Five Crowns Plate of Hope – by appt	9 9:30 Chair Yoga 10:30 Chair Stretch & Strength (PEPPI) 10:30 Bridge
12 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	13 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	14 10:00 Learning & Laughter RSVP by 1/09 1:00 Book Club 11:00 – 12:00Tech Time 2:00 LIFT	15 9:30 Tai Chi Plate of Hope – by appt 11:00 – 12:00Tech Time	16 9:30 Chair Yoga 10:30 Chair Stretch & Strength (PEPPI) 10:30 Bridge
19 **Martin Luther King, Jr. Day** **Closed**	20 No Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	21 9:30 Chair Yoga 11:00 New Theatre & Restaurant Trip 2:00 LIFT	22 9:30 Tai Chi 10:00 Caring Connections Support 12:30 Five Crowns Plate of Hope – by appt Mobile Food Pantry & CSFP	23 9:30 Chair Yoga 10:30 Chair Stretch & Strength (PEPPI) 10:30 Bridge
26 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	27 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	28 10:00 Learning & Laughter RSVP by 1/23 1:00 Book Club 11:00 – 12:00Tech Time 2:00 LIFT	29 9:30 Tai Chi Plate of Hope – by appt 11:00 – 12:00Tech Time	30 9:30 Chair Yoga 10:30 Chair Stretch & Strength (PEPPI) 10:30 Bridge

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	3 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope- by appt	4 9:30 Chair Yoga 2:00 LIFT	5 9:30 Tai Chi 10:00 Caring Connections Support 12:30 Five Crowns Plate of Hope – by appt	6 9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
9 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	10 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope- by appt	11 10:00 Learning & Laughter RSVP by 2/06 11-12:00 Tech Time 1:00 Book Club 2:00 LIFT	12 9:30 Tai Chi Plate of Hope – by appt 11-12:00 Tech Time 1:00 Social Media and You RSVP	13 9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
16 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	17 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	18 9:30 Chair Yoga 2:00 LIFT	19 9:30 Tai Chi 10:00 Caring Connections Support 12:30 Five Crowns Plate of Hope – by appt	20 9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
23 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	24 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	25 10:00 Learning & Laughter RSVP by 2/20 11-12:00 Tech Time 1:00 Book Club 1:30 Android Basics RSVP 2:00 LIFT	26 9:30 Tai Chi 11-12:00 Tech Time Plate of Hope – by appt Mobile Food Pantry & CSFP	27 9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge

February 2026

Introducing NKC Health

Care that empowers. A future that inspires.

What happens when a beloved hospital and a leading physician network come together under one name, one mission and one powerful promise? You get NKC Health, formerly North Kansas City Hospital and Meritas Health.

As an independent and community-focused health system, NKC Health is redefining what it means to care — today and for generations to come.

To learn more, visit **nkchealth.org/Together.**

MAYO CLINIC
Care Network
Member

NKC Health™

Explore
KANSAS CITY

REGISTER TODAY

April 24th - 11:00am

Day trip:

- Ride on the Ferris wheel
- Miniature golf
- Meal Voucher

PRICE
$40/PERSON
OR $45
BUS RIDER*

MORE INFO :
Register by calling 816-452-4536 or email Brandie at brandie@northlandsc.org or online.

*limited seating on the bus - Bus leaves at 10:30am.

Northland Shepherd's Center
Serving Clay and Platte Counties

5601 NE Antioch Road, Suite 12
Gladstone, MO 64119

Hours: Mon-Fri, 9:00 - 3:00
816-452-4536

Visit us at:
www.Northlandsc.org
Facebook & YouTube

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Or Current Resident

Clay County SENIOR SERVICES

NKC Health™

Serving Northland Citizens Aged 60 & Better

Resources & Services

- Aging Resource Solutions
- Book Nook & Puzzle Play
- Call Check
- Computer Lab
- Information & Resources
- Market Bus
- Meals on Wheels
- Medicare & Medicaid Help
- Minor Home Repair
- Plate of Hope Food Pantry
- Technology Help & Training
- Transportation
- Volunteer Opportunities

Enrichment

- Aging with Excellence
- Breaktime Club
- Caring Connections
- Chair Yoga
- Healthy Living Seminars
- Learning & Laughter
- Matter of Balance Workshop
- NKC Health Screenings
- Smartphone Classes
- Strength & Stretching
- Tai Chi