



Northland
Shepherd's Center

Serving Clay and Platte Counties

Jul/Aug 2025



Aging With Excellence



Northland
Shepherd's Center

Northland Shepherd's Center Annual Benefit

Harvesting **HOPE**

Celebrating 35 years of aging with excellence

SAVE THE DATE

September 13

Heritage Hall | Liberty, MO



Northland
Shepherd's Center

Ice Cream SOCIAL

30
JULY

11
AM

DON'T MISS OUT!!
REGISTER AT NORTHANDSC.ORG ON THE
CALENDAR

Come join us for a free fun-filled
afternoon of delicious ice cream
and great company! It's the
perfect chance to connect with
old friends and meet new ones,
all while enjoying some sweet
treats.

**TO DONATE OR VOLUNTEER CONTACT CRISSY@NORTHANDSC.ORG OR CALL
816-621-2083**

NKC Health™

Free Health Screening

NKC Health will be at Northland Shepherd's Center to offer FREE health screenings on **Monday, July 7th, from 9:00 to 11:00 AM**. A nurse will be available to conduct the screenings and provide personalized education based on your results.

Register online at:

NKChealth.org/events-search

Walk-ins welcome too!

- Fasting Blood Sugar
- Cholesterol
- HDL & LDL
- Triglycerides
- Blood Pressure



Harvesting HOPE

Northland Shepherd's Center Annual Benefit

September 13

Heritage Hall | Liberty, MO

Please join us for an evening filled with delicious food and drinks, inspiring stories, a silent auction, and live entertainment. Your support will help us raise vital funds to sustain and expand programs that empower older adults to live independently, age with dignity, and remain connected to their community.

Evening Casual
Appetizers, Dinner, and Dessert
Open Bar and Dancing

For Tickets & Sponsorship Opportunities Visit:
<https://givebutter.com/c/NSCFallEvent>

A Jazzy Little Book Club

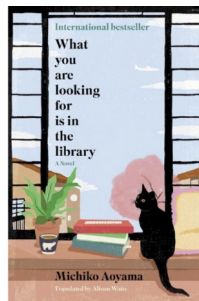
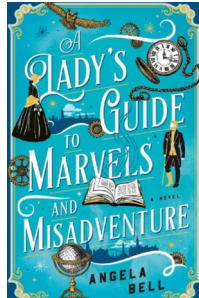
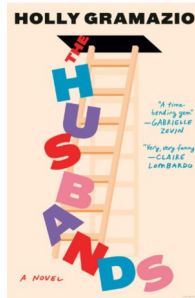
A fun community of readers eager to dive into new literary adventures. It's a wonderful way to connect with fellow book lovers and broaden one's reading horizons. For those looking to join, reach out to us by calling 816-452-4536. The book club meets the second and fourth Wednesday at 1:00 pm. Books are provided by the Antioch Mid-Continent Public Library. Happy reading!

July 9
The Husbands

July 23
A Lady's Guide to Marvels & Misadventure

August 13
Daisy Jones & the Six

August 27
What You Are Looking For is In the Library



Learning & Laughter



LEARNING & LAUGHTER

<p>JULY 9 SINGER: DEL SUTTON ACTIVITY: BINGO LUNCH: SOUP AND SAMMIES</p>	<p>JULY 23 ACTIVITY: WHITE ELEPHANT EXCHANGE CRAFTS WITH PAM LUNCH: GRILLED CHICKEN SALAD, FRESH FRUIT, DINNER ROLL</p>
<p>AUGUST 13 SINGER: PAT BLYTH ACTIVITY: BINGO LUNCH: BBQ PULLED PORK SANDWICH, BAKED BEANS, COLESLAW</p>	<p>AUGUST 27 ENTERTAINMENT: LAKESIDE NATURE CENTER ANIMALS ACTIVITY: CRAFTS WITH PAM LUNCH: LASAGNA, SALAD, AND GARLIC BREAD</p>

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Boost Your Health & Connect with Friends

Ready to boost your balance, build your strength, and enhance your overall health? Exercising with others isn't just great for your body; it's a fantastic way to connect and make new friends.

We offer a variety of classes designed for all fitness levels, so you can participate comfortably and at your own pace. Come try:

- Chair Yoga
- LIFT
- Line Dancing
- Tai Chi

Check out our monthly calendar for dates and times. No need to register—simply stop by and try a class. We can't wait to see you there!

Card Games

Join us on the 1st & 3rd Thursdays for Five Crowns card game at 1:00 pm. Five Crowns is a perfect blend of strategy and luck, and a great way to meet new people and have some fun. Whether you're a seasoned player or new to the game, everyone is welcomed.

We also play Bridge every Friday at 10:30 am. So, gather your friends, and let the games begin!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>June 30</p> <p>Plate of Hope- by appt</p> <p>9:30 Chair Yoga</p> <p>10:30 LIFT</p> <p>11:30 Line Dancing</p>	<p>1</p> <p>NO Breaktime Club</p> <p>NO Plate of Hope</p> <p>9:30 Tai Chi</p>	<p>2</p> <p>9:30 Chair Yoga</p>	<p>3</p> <p>9:30 Tai Chi</p> <p>10:00 Caring Connections Support</p> <p>1:00 Five Crowns</p> <p>NO Breaktime Club Platte</p> <p>Plate of Hope - by appt</p>	<p>4</p> <p>Independence Day Closed</p>
<p>7</p> <p>9:00-11:00 Health Screening</p> <p>9:30 Chair Yoga</p> <p>10:30 LIFT</p> <p>11:30 Line Dancing</p>	<p>8</p> <p>9:00 Breaktime Club Clay</p> <p>9:30 Tai Chi</p> <p>Plate of Hope- by appt</p>	<p>9</p> <p>10:00 Learning & Laughter RSVP 07/03</p> <p>1:00 Book Club</p> <p>1:30 Appy Hour-Painting Apps</p>	<p>10</p> <p>9:30 Tai Chi</p> <p>Plate of Hope – by appt</p>	<p>11</p> <p>9:30 Chair Yoga</p> <p>10:30 PEPPi</p> <p>10:30 Bridge</p>
<p>14</p> <p>9:30 Chair Yoga</p> <p>10:30 LIFT</p> <p>11:30 Line Dancing</p>	<p>15</p> <p>9:00 Breaktime Club Clay</p> <p>9:30 Tai Chi</p> <p>Plate of Hope – by appt</p>	<p>16</p> <p>9:30 Chair Yoga</p> <p>1:30 iPhone Basics</p>	<p>17</p> <p>10-1 Breaktime Club Platte City</p> <p>9:30 Tai Chi</p> <p>10:00 Caring Connections Support</p> <p>1:00 Five Crowns</p> <p>Plate of Hope – by appt</p>	<p>18</p> <p>9:30 Chair Yoga</p> <p>10:30 PEPPi</p> <p>10:30 Bridge</p>
<p>21</p> <p>9:30 Chair Yoga</p> <p>10:30 LIFT</p> <p>11:30 Line Dancing</p>	<p>22</p> <p>9:00 Breaktime Club Clay</p> <p>9:30 Tai Chi</p> <p>Plate of Hope – by appt</p>	<p>23</p> <p>10:00 Learning & Laughter RSVP 07/18</p> <p>1:00 Book Club</p> <p>1:30 Android Basics</p>	<p>24</p> <p>9:30 Tai Chi</p> <p>Plate of Hope – by appt</p> <p>Mobile Food Pantry & CSFP</p>	<p>25</p> <p>9:30 Chair Yoga</p> <p>10:30 PEPPi</p> <p>10:30 Bridge</p>
<p>28</p> <p>9:30 Chair Yoga</p> <p>10:30 LIFT</p> <p>11:30 Line Dancing</p>	<p>29</p> <p>NO Breaktime Club</p> <p>9:30 Tai Chi</p> <p>Plate of Hope – by appt</p>	<p>30</p> <p>9:30 Chair Yoga</p> <p>11:00 Summer Event: Ice Cream Social</p>	<p>31</p> <p>9:30 Tai Chi</p> <p>Plate of Hope – by appt</p>	
				<p>July 2025</p>

Monday	Tuesday	Wednesday	Thursday	Friday
				1
August 2025				
4	5	6	7	8
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:00 Breaktime Club Clay 9:30 Tai Chi Plate of Hope- by appt	9:00 Chair Yoga 9-12 Tech Time	9:30 Tai Chi 10:00 Caring Connections Support 10-1 Breaktime Club Platte City 1:00 Five Crowns Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
11	12	13	14	15
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:00 Break time Club Clay 9:30 Tai Chi Plate of Hope – by appt	10:00 Learning & Laughter RSVP 08/08 1:00 Book Club 1:30 Appy Hour-AI	9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
18	19	20	21	22
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:00 Break time Club Clay 9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 1:30 iPhone Basics	9:30 Tai Chi 10:00 Caring Connections Support 10-1 Breaktime Club Platte City 1:00 Five Crowns Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
25	26	27	28	29
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:00 Break time Club Clay 9:30 Tai Chi Plate of Hope – by appt	10:00 Learning & Laughter RSVP 08/22 1:00 Book Club 1:30 Android Basics	9:30 Tai Chi Plate of Hope – by appt Mobile Food Pantry & CSFP	

Tech Connect

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

July 9

Painting with Apps

July 16 & August 20

iPhone Basics!

July 23 & August 27

Android Basics

August 13 - 1:30

Appy Hour-Etsy



Tech Connect Wednesdays!

Call for an individualized appointment (Tech Time) with a helpful tech coach. Learn something new!

Food Pantry



THANK YOU!

A big thank you for keeping the pantry well stocked with food, paper products & personal care items!

Assistance League
North Cross UMC
Avondale UMC Pantry
Well Sky
Starbucks
Nedra Fjoser
Randy Gore
Julie Conn
Susan Olson & Sister
Bob Gossey & Son
Tom & Machele Boling
Jan Brooks
Maureen Dailey
Sheryl Raineri
Steve & Phyllis Ehmke
and others I may have inadvertently left off!



Breaktime Club

Breaktime Club is 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.



Tuesdays
Gladstone Location
9:00am - 1:00pm

1st and 3rd Thursdays
Platte City Location
9:00am - 1:00pm

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. To learn more or enroll your loved one, please call 816-452-4536.

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. If you would like to join, but can't make it in person, please email annk@beaconmh.org, or call 816-468-0400 x 330.



New Grief Support Group:

On Your Terms: Coping with Life Transitions and Grief.

Helpful Information:

- 60 years old and older
- Clay and Platte County Residents
- Limited Space
- Beacon Mental Health (3100 NE 83rd Street-KC, MO 64119)

Questions: Contact annk@beaconmh.org (816)-468-0400 x330

Caregiver Directed Respite Program: This program allows you to choose and hire your own respite care provider. You can receive reimbursement for up to 6 hours of respite care per week. Program guidelines apply. To learn more about eligibility, please contact NSC at 816-256-8096. (Funding for this program is provided by Clay County Senior Services.)





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

Volume 35 No. 4

Or Current Resident

THANK
YOU!

Our sincere thanks go out to Chris! He's always ready to help with tech coaching, assists in our monthly Android basics class, and is available in a pinch. We hope you get a chance to meet him soon!

A Heartfelt Thanks to Our Sponsors!

NKC Health™

Providing A **BETTER** Way
LIFESCAPE
LAW & DEVELOPMENT
A Life Care Planning Law Firm
Providing Elder Care & Estate Planning Services

Serving Northland Citizens Aged 60 & Better

Life 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
- **VOLUNTEERS NEEDED!**

Life Enrichment

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