



Northland Shepherd's Center

Serving Clay and Platte Counties

Mar/Apr 2026

Celebrating
35 YEARS
of Aging with Excellence

Highlighted 2025 Survey Results

Because of their experience with Northland Shepherd's Center:

- 92% of volunteers feel a greater sense of purpose
- 100% of our Meals on Wheels and Plate of Hope clients report eating healthier food
- 73% of individuals that attend exercise classes stay more active more often
- 100% of individuals coming in for benefits reporting having better access to community resources

*Please visit our website for full survey results

Meals On Wheels



27,596

Meals on Wheels Delivered

239 People Received Meals on Wheels

116 Meals on Wheels Volunteer Drivers

Breaktime Club Caregiver Respite

2228

Hours of Respite Provided

183

Respite Volunteer Hours

Plate of Hope Food Pantry

3853 Visits

71,000+ Pounds of Food Distributed

Health and Exercise

380 Exercise Classes

105 Individual Health Screenings

96 Social Club Meetings

Technology

32 Tech Classes



Community Aging Resources

275 Individuals Served

\$560,000+ Saved by Seniors

Transportation

1199 Rides



VOLUNTEERS NEEDED



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: Deliver meals one day a week to seniors in the Northland.

Transportation Driver: Provide rides to non-driving seniors for essential appointments.

Bus Assistant: Help our bus driver and riders with lifting and carrying groceries every other Friday.

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

Technology Corner

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

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

2nd and 4th Wednesdays are **walk in Tech Time sessions** at 11:00 AM. First come first served. If it will require longer than 15 minutes, please make an appointment.

Upcoming classes you might be interested in:
April 23 1:00 **Instant Pot Demo RSVP**

Did you miss these Presentations?

Romance Scams or Identity Theft Protection

- Come pick up a flyer or other helpful information left by the presenters that will help you stay aware of threats.



Plate of Hope

March Food Pantry Needs

- Canned Pineapple
- Canned Mandarin Oranges
- Canned Chicken
- 5# bags of potatoes
- Gravy packets
- Taco & Chili packets
- Tuna
- Cream of Chicken Soup
- Sensodyne Toothpaste



Irish Kitchen Prayer

"Bless us with good food, the gift of gab, and hearty laughter.
May the love and joy we share be with us ever after. Amen".



Northland
Senior's Center
5601 NE Antioch, Gladstone, MO 64119
Main Office (816-452-4536)
Open M-F 9-3



Meet Mandy!



MOVING w/MANDY Chair Dance Class:

Based on the Stay Strong, Stay Healthy Program. A safe strength-training program for older adults. It's an evidenced-based program designed to increase strength & improve balance. Each session has sets of upper and lower body strengthening exercises.

*Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build their strength & improve their balance.

MANDY adds GREAT music & humor, and she ends w/a relaxation technique to relieve stress & pain. This program will motivate you and you'll have FUN!

You will be encouraged to just "DO YOUR BEST & HAVE FUN"!!

Classes are Mondays at 2:30pm & Thursdays at 2:00pm



Some of my Favorites:

- My favorite food is Pizza
- My favorite drink is an Old Fashioned
- My favorite activity is riding bikes & dancing

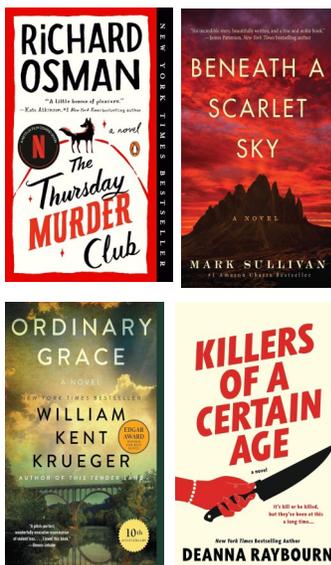
The **Jazzy Little Book Club** is a fun community of readers eager to dive into new literary adventures. It's a wonderful way to connect with fellow book lovers and broaden one's reading horizons. For those looking to join, call us for more info at 816-452-4536; or just come to the next gathering! The 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!

March 12
Thursday Murder Club

March 26
Beneath A Scarlet

April 9
Ordinary Grace

April 23
Killer of a Certain Age



LEARNING & LAUGHTER

March/April 2026

<p style="text-align: center; background-color: #4a7c59; color: white; padding: 5px;">March 11</p> <p>Entertainment On the Road with the Royals*</p> <p>Activity Bingo</p> <p>Lunch Baked Potato Bar</p>	<p style="text-align: center; background-color: #4a7c59; color: white; padding: 5px;">March 25</p> <p>Entertainment Cooking demo</p> <p>Activity Crafts with Pam</p> <p>Lunch Chili, fresh veggies, & crackers</p>
<p style="text-align: center; background-color: #4a7c59; color: white; padding: 5px;">April 8</p> <p>Entertainment Frank Dolce</p> <p>Activity Bingo</p> <p>Lunch Beef Angus Bites, mashed potatoes, veggie, & roll</p>	<p style="text-align: center; background-color: #4a7c59; color: white; padding: 5px;">April 22</p> <p>Entertainment Del Sutton</p> <p>Activity Crafts with Pam</p> <p>Lunch Carlos's Smash Burgers, baked beans, & potato salad</p>

*Time frame: 10:30-12:00

\$10 for each L&L you attend.

Northland Shepherd's Center
Serving Clay and Platte Counties

NKC Health™

Free Health Screening

Monday, March 2
9:00AM - 11:00AM
NKC Health will be at Northland Shepherd's Center to offer FREE health screenings. A nurse will be available to conduct the screenings and provide personalized education based on your results.

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

Register online:
NKHealth.org/events-search

Walk-ins welcome too!

Come Move With Us

We offer many opportunities to exercise with other senior adults. Our classes help to improve balance, strength and overall health. It is also helpful to exercise with others. Check out our calendar or stop in to see our classes. No registration is required. These classes are for all fitness levels.

Card Games: Get in on the fun with card games! Join us on the first and third Thursday of 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!

Missouri Property Tax Credit Program

This program provides financial relief to eligible residents by offering credits for a portion of the real estate taxes or rent paid. The maximum credit amounts are \$750 for renters and \$1,100 for homeowners who owned and occupied their home. Income limits apply.

A volunteer is available Thursday afternoons by appointment only to prepare the filing for those who need assistance. Call 816-452-4536 to schedule.

Reminder: To Clay County Residents enrolled in Senior Tax Credit - SB190. If you already submitted your payment prior to the due date, be assured that late fees, penalties, and interest do not apply to you. They are being removed from the Collector's system.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing 2:30 Chair 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 2:00 Chair Dancing 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 2:30 Chair Dancing	10 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope- by appt	11 10:00 Learning & Laughter RSVP by 3/06 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 2:00 Chair Dancing	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 2:30 Chair 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 2:00 Chair Dancing 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 2:30 Chair Dancing	24 9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	25 10:00 Learning & Laughter RSVP by 3/20 11-12:00 Tech Time 1:00 Book Club 2:00 LIFT	26 9:30 Tai Chi 11-12:00 Tech Time 2:00 Chair Dancing Plate of Hope – by appt Mobile Food Pantry & CSFP	27 9:30 Chair Yoga 10:30 Chair Stretch & Strength 10:30 Bridge
30 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing 2:30 Chair Dancing	31 No Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt			

March 2026

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		1	2	3
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6	7	8	9	10
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13	14	15	16	17
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20	21	22	23	24
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27	28	29	30	
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				April 2026

Breaktime Club

Breaktime Club is a dedicated respite program designed to support the needs of caregivers. It's more than just a break! Participants (our "Clubbers") enjoy a social sanctuary where they build lasting friendships and deep emotional bonds with their peers. Our incredible, dedicated volunteers make this mission a reality every single day.

To help you determine if Breaktime Club is the right fit for your family, here is what you should know:

- Adults that are 60 years and older
- Cognitive or physical limitations
- Experiencing loneliness or isolation
- Loss of ability to drive
- Must be able to eat and bathroom independently
- Must be able to interact in a group setting

If you still are not sure this would be a good fit for your loved one, call us and we would be happy to answer any questions or concerns you may have. You can visit the group before deciding as well!



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.



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



with heartfelt sympathy



It is with a heavy heart that we share some very sad news. We received news that Jim has recently passed away. Jim was much more than just a bus driver to us; he was a friend, a helping hand, and a bright spot in the day for so many of our riders. We know how much our bus riders relied on his kindness, his steady presence, and the genuine care he showed every time someone stepped onto the bus.

Working together.

We think that's the key to better healthcare for you and your family. And now the doctors and specialists at NKC Health and Mayo Clinic are joining forces. We will work together to resolve your hard-to-solve medical problems and to find better answers at no additional cost. For you that means peace of mind, and access to the finest medical knowledge available. Right here at home. NKC Health and Mayo Clinic. Working together. Working for you.

NKC
Health™



To learn more, visit [nkchealth/Mayo](https://nkchealth.com/Mayo).



5601 NE Antioch Road, Suite 12
Gladstone, MO 64119

Or Current Resident

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

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

Volume 36 No. 1

Now Hiring a part-time Bus Driver to transport seniors to the grocery store every other Friday (12 hrs/month). This physical role involves lifting & assisting passengers. Flexibility to sub for other drivers is required. Interested? Call 816-452-4536.

THANK YOU!

A BIG THANK YOU to those who have brought in donations for the food pantry in the past two months. Some of which we weren't able to get names, addresses and dollar amounts for our records. Again thank you for your generosity!



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