



Northland
Shepherd's Center

Serving Clay and Platte Counties

Sep/Oct 2025

Celebrating
35 YEARS

of Aging with Excellence

Come Celebrate With Us!

HAPPY
Birthday

Northland Shepherd's Center
Is Turning 35!

Join us for cake & light lunch
October 29, 2025 | 11:30-1:30

R.S.V.P.

crissy@northlandsc.org



CLAY COUNTY SENIOR RESOURCE FAIR

9AM - 1PM
THURSDAY,
OCTOBER 9, 2025

NORTH KANSAS CITY YMCA
1999 IRON ST.
NORTH KANSAS CITY, MO

Coordinated by the
Northland Professionals
in Aging

SAVE THE DATE

Aging Mastery Program

Embrace the gift of longevity! This program helps you explore the new realities of aging and learn the importance of gratitude. You'll discover how the Aging Mastery Program can work for you through its core courses and daily practices. Most importantly, you'll make new friends, support your peers, and have fun along the way!

Join our new 10-week session!

When:

Thursdays, 1:30PM - 3:00PM, Beginning September 4, 2025

Graduation Celebration: Thursday, November 13

Where:

Beacon Mental Health
3100 NE 83rd Street, 2nd Floor
Kansas City, MO 64119

Cost: Free for ages 60+

\$39 for ages under 60 (Materials and snacks are included!)

Register:

Paula Zigmond, Clay County Senior Services
816-595-0086 or paula@claycoseniors.org



NKC Health™

Free Health Screening

Monday, September 8

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:

[NKchealth.org/events-search](https://nkchealth.org/events-search)

Walk-ins welcome too!

MISSOURI SHIP

State Health Insurance Assistance Program



Medicare Open Enrollment Part D and Medicare Advantage Plans

October 15 - December 7

Compare Plans
Check Coverage
Lower Costs

Counselors on-site Wednesdays
from 9:30 to 3:00.

Appointment required.

By calling 800-390-3330 or visit
Missouriship.org.

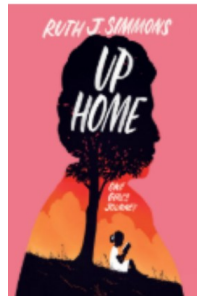
Missouri SHIP is a FREE service,
& does not sell insurance plans.

A Jazzy Little Book Club

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 816-452-4536. The book club meets on the second and fourth Wednesday at 1:00 pm. Books are provided by the Antioch Mid-Continent Public Library. Happy reading!

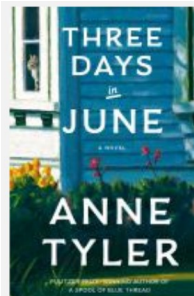
September 10

Up Home



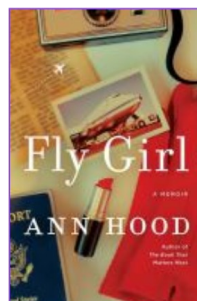
September 24

Three Days in June



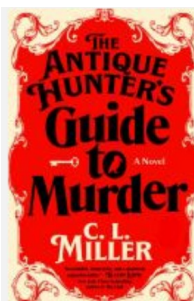
October 8

Fly Girl



October 22

The Antique Guide to Murder



Learning & Laughter

LEARNING & LAUGHTER

<p>SEPTEMBER 10</p> <p>ENTERTAINMENT: DEMENTIA LIVE</p> <p>ACTIVITY: BINGO W/ FOCUS HEALTHCARE</p> <p>LUNCH: ANGUS BITES, MASHED POTATOES, & CORN</p>	<p>SEPTEMBER 24</p> <p>SINGER: PAT BLYTH</p> <p>ACTIVITY: CRAFTS W/ PAM</p> <p>LUNCH: SMASH BURGERS, POTATO SALAD, FRESH VEGGIES</p>
<p>OCTOBER 8</p> <p>ENTERTAINMENT: DAVID G SCOTT CLEAN COMEDY</p> <p>ACTIVITY: TIE DYE</p> <p>LUNCH: SOUP & SAMMIES</p>	<p>OCTOBER 22</p> <p>SINGER: PAT BLYTH</p> <p>ACTIVITY: CRAFTS W/ PAM</p> <p>LUNCH: GRILLED CHICKEN SALAD, FRESH FRUIT, & DINNER ROLL</p>

\$10 donation for each L&L you attend.

Need a ride? Call to see if you're in our bus zone.



Hello! My name is Brandie Mattox, and I'm thrilled to be joining Northland Shepherd's Center as the new Activities & Member Engagement Coordinator.

I'm originally from one of the charming small towns in Linn County, Missouri, and made the move to the Kansas City area in October 2021. I'm a proud mom to a grown daughter and a very lucky grandma to one amazing grandson.

Outside of work, you'll often find me spending quality time with my grandson, diving into a good book, painting, or getting creative with craft projects—my current labor of love is a t-shirt blanket I'm making for my brother.

I'm a big Kansas City Royals fan and have a personal goal to visit every Major League Baseball stadium. So far, I've checked four off my list... and I've got plenty more adventures ahead!

Card Games

Get in on the fun with card games!

Join us on the first and third Thursdays at 1:00 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!

Boost Your Health & Connect with Friends

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
- Line Dancing
- LIFT
- Tai Chi

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Labor Day Closed	NO Breaktime Club 9:30 Tai Chi Plate of Hope- by appt	9:30 Chair Yoga 1:30 Appy Hour – Google Apps 2:00 LIFT	9:30 Tai Chi NO BTC (Platte County) 10:00 Caring Connections Support 1:00 Five Crowns Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
8	9	10	11	12
9:00-11:00 NKC Health Screening 9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope- by appt	10:00 Learning & Laughter RSVP by 09/05 1:00 Book Club 2:00 LIFT	9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
15	16	17	18	19
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 1:30 iPhone Basics 2:00 LIFT	9:30 Tai Chi 10:00 Caring Connections Support 10:00-1:00 BTC (Platte County) 1:00 Five Crowns Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
22	23	24	25	26
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	10:00 Learning & Laughter RSVP by 09/19 1:00 Book Club 1:30 Android Basics 2:00 LIFT	9:30 Tai Chi 10:00-11:00 Doodlers Group NEW RSVP Plate of Hope – by appt Mobile Food Pantry & CSFP	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
29	30			
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	NO Breaktime Club 9:30 Tai Chi Plate of Hope – by appt			
September 2025				

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
October 2025				
6	7	8	9	10
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope- by appt	10:00 Learning & Laughter RSVP by 10/03 1:00 Book Club 1:30 Appy Hour-Facebook Selling 2:00 LIFT	9:30 Tai Chi NO BTC (Platte County) 10:00 Caring Connections Support Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
13	14	15	16	17
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 9:30-3:00 Medicare Open Enrollment Call 800-390-3330 to RSVP 1:30 iPhone Basics RSVP 2:00 LIFT	9:30 Tai Chi 10:00-1:00 BTC (Platte County) 10:00 Caring Connections Support Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
20	21	22	23	24
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	9:30-3:00 Medicare Open Enrollment Call 800-390-3330 to RSVP 10:00 Learning & Laughter RSVP by 10/17 1:00 Book Club 1:30 Android Basics RSVP 2:00 LIFT	9:30 Tai Chi 10:00-11:00 Doodlers Group RSVP Plate of Hope – by appt Mobile Food Pantry & CSFP	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
27	28	29	30	31
9:30 Chair Yoga 10:30 LIFT 11:30 Line Dancing	9:30 Breaktime Club Clay 9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 9:30-3:00 Medicare Open Enrollment Call 800-390-3330 to RSVP 11:30-1:30 NSC 35 th Birthday Party! NO LIFT	9:30 Tai Chi Plate of Hope – by appt	9:30 Chair Yoga 10:30 PEPPi 10:30 Bridge
Medicare Open Enrollment contact MissouriShip.org or 800-390-3330 – Appointment Required				

Tech Connect

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

Sept 3 - 1:30

Appy Hour-Google Apps

Sept 17 & Oct 15

iPhone Basics!

Sept 24 & Oct 22

Android Basics

Oct 8 - 1:30

Appy Hour-Facebook Marketplace

Nov 5 - 1:30

Appy Hour-Air Fryer Demo

New



Come doodle away some stress! No artistic ability required

Doodlers Group

4th Thursday of the Month
Beginning September 25
10am to 11am

Please RSVP

5601 NE Antioch Rd. Ste 12
Gladstone, MO 64119

 Northland Shepherd's Center

Food Pantry

Pantry Needs

- Canned Fruit
- Canned Chicken
- Jello: box mix or Ready to Eat
- Strawberry Jelly
- Toothpaste
- Toilet Paper & Paper Towels
(multi packs are great!)

We can accept cases/boxes/bags of paper goods or detergent pods that we can break down into smaller packaging for distribution to our clients.

Volunteer Needs

We're looking for a team of volunteers to help with our grocery bus service, which runs every other Friday. Your main responsibilities would be calling riders to let them know the bus is on its way and helping them carry groceries. You don't have to commit to every run—just sign up for a day here and there when you have the time. Call 844-3868 to learn more, shadow or apply.

LIHEAP

Low-Income Home Energy Assistance Program

Do you need help with your heating utilities? To qualify for LIHEAP assistance, you must meet each of these requirements:

- Be responsible for paying home heating and cooling costs;
- Be a United States citizen or have been legally admitted for permanent residence;
- Have \$3,000 or less in bank accounts, retirement accounts, or investments; and
- Meet specific income guidelines that vary according to household size (\$2535 per month for single or \$3315 per month for couple).

Applying for this could save you hundreds of dollars. Contact our Resource Desk at 816-256-8096, leave a message with your name and phone number to get a return call.



Breaktime Club

Breaktime Club is a respite program that offers caregivers a much-needed break. The program provides a social and engaging club where caregivers can leave their loved ones in a safe and entertaining environment. Each week at Breaktime Club we enjoy crafts, bingo, exercise, entertainment, social interaction and lunch. Not only is Breaktime Club a respite program for caregivers but it's also a special time for our members, volunteers and entertainers.

To be eligible, an individual must be an adult aged 60 or older who has cognitive or physical limitations, experiencing social isolation, and can manage their own personal care. To learn more or enroll your loved one, please call 816-452-4536.

Gladstone Location
Tuesdays
9:30am - 1:00pm

Platte City Location
1st and 3rd Thursdays
10:00am - 1:00pm

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.



2025 Connections in Care Conference

September 23rd, 2025
9:00am - 3:00pm
Northland Cathedral
101 NW 99th St
KCMO 64155

GUEST SPEAKER



DR. LAURA JANUSIK, PHD, MBA
Listening to Change

What to Expect
Local Exhibitors
Breakout Sessions
Door Prizes
Food & Refreshments
provided

Event is Free
Registration is Required
Ann Kinney, MS, QMHP
816-468-0400 ext. 330 or
annk@beaconmh.org

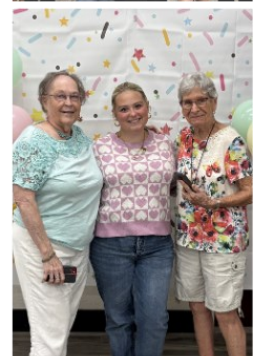


Looking for a break? The Caregiver-Directed Respite Program can help. This program lets you hire a person you choose to provide up to six hours of care per week. You'll be reimbursed for the cost, giving you a chance to rest and recharge. To find out if you're eligible and learn more about the program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



Why should you bring
your umbrella to the
ice cream social?

In case it "sprinkles"!





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. 5

Or Current Resident

THANK
YOU!

A heartfelt thank you to Tana! Our Tuesdays just wouldn't be the same without you. Your dedication to keeping us on track with data entry is a lifesaver. You're an essential part of our team, not *just* a volunteer, but staff at heart! Thank you again for 13 incredible years of service. We appreciate you more than you know.

Serving Northland Citizens Aged 60 & Better

Life Services

- Aging Resource Solutions
- 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
- Book Nook & Puzzle Play
- Breaktime Club
- Card Games
- Caring Connections
- Chair Yoga
- Health Screenings
- Healthy Living Seminars
- Learning & Laughter
- Line Dancing
- Smartphone Classes
- Strength & Stretching
- Tai Chi

A Heartfelt Thanks to Our Community Partners!

NKC Health™

