



**Northland
Shepherd's Center**

Break Time Club

A caregivers day out!

We provide a safe and enriching day of activities for the more frail older adult.

- Caregiver respite
- Companionship with peers
- Art Projects
- Gentle chair exercise
- Lunch
- Supervision, support & assistance
- Caring staff and volunteers

To find out if your loved one qualifies or to register,
contact Cindy at 816-452 4536

5601 NE ANTIOCH RD
SUITE 12
GLADSTONE, MO 64119
(MAIN ENTRANCE AROUND BACK)



816-452-4536
www.northlandsc.org

Northland Shepherd's Center



Learning & Laughter

Come for the laughter and "AHA" moments!
Twice a month, this program for able-bodied adults meets for a fun day of fellowship with peers.

- Lighthearted fun
- Socialization with peers
- Music
- Activities
- BINGO
- Entertainment
- Exercise & movement
- Lunch
- Caring staff and volunteers

To participate, you must register by calling us at 816-452-4536

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A \$10 donation is suggested.