



**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