

President's Corner

~ Marilyn Dearborn

Hello everyone! We're into warmer temperatures, sunny skies and less pollen – hope you're taking advantage of our wonderful Cape Cod weather!

Children and adults descended upon the COA building on Friday, May 5th for our Annual Ice Cream Social (see page 2 for pictures). It seemed like everyone enjoyed a wonderful sundae and made some new friends. Thank you to all the "customers," and an even bigger thank you to the wonderful volunteers who planned and then scooped and served hundreds of sundaes resulting in a fun time for all!

June brings many things to celebrate – you may be attending a wedding or a graduation, swinging into Dunkin' for a treat on National Donut Day June 3rd or celebrating Best Friends Day on June 8th with a shout out to your best friends for always being there for you. June 14th is Flag Day – display your red, white & blue with pride for all our country stands for! June 21st is the 1st Day of Summer – use this opportunity to get your first clam roll of the season or stop by your favorite ice cream stand for a cone with the scoop of your choice!



Most importantly on June 18th we celebrate the fathers in our lives – whether our father, stepfather, father-in-law, grandfather, great grandfather or just a just someone who has been like a father in our lives. Thanks for all you have done and continue to do – hope you all have a wonderful day!

We're actively working to provide some great trips throughout the summer and fall. More info is always in this newsletter. Join us for one or all of these wonderful trips!

Yea! We're In!

Huh? Yes, you already know that the Friends are popular with the "in crowd" in Brewster, but the Friends will also be **in** the Computer Room at the COA to meet and greet you beginning on the 3rd Tuesday of June (June 20th) and continuing every 3rd Tuesday from 9:30am to 11:00am!

Whether you want to renew your membership or sign up as a new member; register for one of our trips (like the Whale Watch on July 18th); find out what you can do to become a more "active" member; have some questions; or just want to say "hello," we would love to meet you in person! Hope we see you soon!

Ice Cream Social...A Community Success!

Young and old alike enjoyed the hot fudge sundaes at the Ice Cream Social co-sponsored by the Friends and the COA.



Want to Feel Like a Kid Again?



Get out and get walking, especially after eating! This may seem like a repeat of a prior article, but the easiest and best way to help yourself -- at no cost -- is to walk as little as 20 minutes a day. More is better, of course! According to yet another article in the *AARP Bulletin*, the following is true:

Walking may help you grow new brain cells. Who among us couldn't use a few new ones?

Walking may boost your creativity. Why is that important? Creativity is a cognitive skill that is part of "problem-solving" according to the author. Just getting up and walking about can help generate ideas/solutions, even to puzzles or crosswords.

Walking may enhance your mood. Serotonin, dopamine, endorphins...they're all released when you take a nice walk outside. Considering 42% of us suffer from vitamin D deficiency, the vitamin D that you're getting outside, whether it's sunny or cloudy, helps boost your mood as well.

Walking may reduce the risk of cognitive decline. It takes only 4000 steps to have a healthier brain! Aerobic exercise increases the size of your hippocampus, which shrinks with age. But you can do something about that: get up, get out, take a walk.

Walking may decrease brain-damaging stress. Have too much stress in your life? As the Coach used to say, "Walk it off!" You want to get that cortisol level down as it may contribute to the dreaded Alzheimer's disease. Just a 20 minute walk has been shown to reduce stress.

C'mon. What are you waiting for? Finish reading and then get up and get out!



SEA CAPTAINS' THRIFT SHOP

66 Harwich Road ~ (508) 896-8180

June has arrived in glorious style. The azaleas and lilacs have come and gone; but rhododendrons and spectacular color! If only they lasted all summer

Another sure sign that summer has come to Cape Cod is the offerings at Sea Captains' Thrift. Our shop is filled with shorts, bathing suits, tank tops, sleeveless & short sleeve tops. Sandals, sneakers, flips and open toe dressy shoes are ready for your selection.

Whites are everywhere for women and men. Gorgeous pastels for every occasion line our walls and fill our racks. Looking for a beach hat or baseball cap? We have them. Beach bags and handbags, dressy and casual, are available.

If you're looking to replenish your summer home or rental, we have it all. Glassware, dishes, serving pieces, and home decor fill the ANNEX. Our eclectic assemblage of fabulous "stuff" awaits.

As the days grow warmer, our faithful friends from near and far return. Familiar voices fill our rooms, as we welcome so many returning customers. New people are constantly finding us and they usually express surprise at our look and the quality of our offerings. So many note how welcoming and helpful the Sea Captains' staff is when they are greeted. Yay Team!

Statement and everyday jewelry pieces are on display. Craft items, CD's and current books fill the Book Nook shelves. Our regular donation days for all other items are Tuesday and Thursday, 11-2 at the rear door...summer clothing ONLY.

June Wish List: YARN, CURRENT BOOKS

We anticipate a busy summer season and the need for additional volunteers is urgent. Won't you consider giving just 3 hours per week (10-1 or 1-4) to support the Friends mission through volunteering? You'll be part of a fabulous corps of Brewster residents who give back to their community through volunteer work. **Call (508-896-8180) or come by the shop for a volunteer packet & application form.**

All are most certainly welcome.

Donna Bowie, Manager

What's our next adventure? A Whale Watch from Provincetown on July 18th!

Who doesn't love the chance to see these majestic creatures in their natural habitat right here on Cape Cod? We'll be purchasing reduced-price tickets and providing a bus so you don't have to deal with the traffic. Drinks and food are available for purchase on the boat cruise, so all you need to bring is yourself, some sunscreen, a hat and a jacket! Sign up forms will be available at the Sea Captains' Thrift by June 15th; at our new "office" in the COA on June 20th; and in the July 2023 newsletter, so save your money, but don't wait! Past experience shows that discounted tickets for a Whale Watch sell out fast! Want a form by email? Send an email to fobenewsletter@gmail.com!

Bocce Has Begun



Bocce enthusiasts are meeting Mondays at 4 PM at the COA Bocce Courts. Come join us! Interested in learning how to play? It really isn't hard! For more information, please contact fobenewsletter@gmail.com.

Pickleball Anyone?

The Friends organization is again offering the chance to learn, re-learn or just practice pickleball with wonderful instructors and fun Friends members. Interested? Please contact Nancy at mathlc@aol.com for more details.



Supporters News - One Reason You Should Join

By associating yourself with the Friends, you can invest yourself in your community, help the people who are in need, and work for a cause you truly believe in: better senior living. You only have to do as much as you want but you'll have the opportunity to contribute to something meaningful in Brewster.

Contact [Kathy Macdonald](mailto:khelenmack@comcast.net) khelenmack@comcast.net
or just stop by Sea Captains' Thrift for Application

Upcoming
Events:

- ◆ June 6 - Volunteer Luncheon
- ◆ July 18 - Provincetown Whale Watching Cruise
- ◆ August 24 - Cape Cod Rail Tour leaving from Hyannis
- ◆ September TBD - Lobster Roll Cruise
- ◆ September 24 - Crosby Mansion Social
- ◆ October 12 - Visit Boston Museum of Fine Arts

If you have the time and desire to help, please contact Marilyn Dearborn @ 508-385-2881

2023 Friends Board Members

Donna Bowie, Thrift Shop ❖ Suzanne Dean ❖ Marilyn Dearborn, President
Ronnie Dickens ❖ Elizabeth "Sam" Gardiner, Secretary
Jane Hester, Treasurer ❖ Jim King, Website ❖ Kathy Macdonald, Membership
Jeanne Morcone ❖ Meg Morris, Newsletter ❖ Joyce O'Neil ❖ Linda Wood

Open monthly meetings are held on the second Wednesday monthly at 9:30 AM, Brewster Bible Alliance Church, Rte. 6A.

www.friendsofbrewsterelders.org ❖ [email brewsterfriends@gmail.com](mailto:brewsterfriends@gmail.com) ❖ [visit our Facebook pages](#)

The Friends of Brewster Seniors is a 501c3 nonprofit, charitable organization whose mission is to support, promote and enrich Brewster's senior residents and the Brewster Council on Aging, through annual participant support, donations and fund-raising. The Friends welcome Brewsterites to become involved with our many activities and events.

Friends of Brewster Seniors
Post Office Box 2310
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Happy Summer!