



APRIL 2026 NEWS FROM THE FRIENDS

A message from the President – Marilyn Dearborn

April is Volunteer Recognition Month. What a perfect time to say thank you to the many volunteers who willingly give their time and energy to keep the Sea Captains' Thrift Shop and the Friends organization running like a fine-tuned engine.

Why do they give their time; what do they get for it? Studies show that volunteering is good for your mental and physical health. It counteracts stress, anger and anxiety and has a positive impact on your overall well-being. It is a chance to make new friends, too. Who wouldn't want these great benefits? Think about it – this might be the perfect time for you to join our volunteer ranks.

To all our current, exceptional volunteers, on behalf of the Board, I'd like to say THANK YOU for a job well done! Without you, the Friends could not continue our work for the benefit of Brewster seniors.

We will name our "Volunteer of the Year" in the May newsletter. Make sure you look for it so you can extend your congratulations. We will be honoring all of our volunteers in June at our Volunteer luncheon. Information will be sent to every volunteer at their home address. Hope you all can make it.

Your time is a very valuable asset – think about sharing it with us!



In Case You Missed It

Recently there was an article in AARP's "Ask Dr. Adam" entitled, "Can I strengthen my brain later in life?" The good news is that the answer was YES, we can even grow new cells under the right conditions.

While these will sound familiar, I know that I'm going to try and work on getting some new brain cells as heaven knows I can use all the help I can get!

- **Exercise:** even light activity for just 20 minutes a day each week can make a measurable difference.
- **Food:** we all know this: the Mediterranean or DASH diet is best and amazingly those who stuck closely to the diet had a 53% lower risk of developing Alzheimer's
- **Sleep:** we should be getting between 7-9 hours of sleep per night so your brain can rest up.
- **Curiosity:** take a class, learn a language or an instrument. Paint? it will help strengthen your brain
- **Connection:** stay engaged with family, friends and community!



Sea Captains' Thrift Shop

66 Harwich Road ~ 508.896.8180

Donna P. Bowie, Manager

We're Open
Monday-Saturday
10AM-4PM
Cash or Local Check only

"April is a moment of joy for those who have survived the winter." — Samuel Johnson

With the winter of '26 behind us, it's time to think about warmer weather, showers producing flowers and the greening up of Cape Cod. What a joyful time of renewal everywhere we look!

Sea Captains' Thrift is definitely ready to welcome the season with wardrobe offerings for our faithful full-time residents, our visitors and summer residents alike. All will find clothing and accessories for spring and summer. Caps, golf/polo shirts and windbreakers for our gentlemen clients are available. Sandals, capris, short sleeve tops, purses & totes for the ladies are stocked.

Our ANNEX has been reorganized for easier shopping. Like items are located together in dedicated areas. A large selection of tools, etc., household/kitchen equipment, gardening, craft & children's items are grouped together now for easier browsing.

Hosting Easter this year? You'll find beautiful stemware, gorgeous serving pieces, candleholders, candle & table linens to grace your table & fabulous faux florals and plants to freshen up your decor!

Our Wish List: costume jewelry, summer clothing and accessories (CLEAN-CURRENT-COMPLETE), beach items (beach towels & chairs, umbrellas, coolers, etc.), current novels and biographies and autobiographies (always in high demand for the beach goers, who'll soon be arriving).

New volunteers are always welcome, and information packets are available at our front desk. Have you considered joining the Sea Captains' volunteer corps? It's just 3 hours a week and a chance to give back to your community, meet wonderful visitors from near and far and have fun as well.

And the Moral of the Story is...

Once there was a little village where lived a blind man. He was totally blind and couldn't have been bothered by darkness at night. He did, however, always carry with him a lighted lamp when he went out at night. One fine night, he encountered a young group of travelers returning from supper. The travelers immediately noticed he was blind but were surprised he had a lighted lamp in his hand. They began making remarks about him and mocking him. Finally, one of them asked, "Hey, Man! Why do you have a lantern if you're blind?!"

"Yes," the blind man admitted, "I am blind and have no vision. And this lamp may not be of any use to me. But bright light being carried by me is for people like you who can see. At night the streets are dark, and you may not see the way. You may even not see the blind man coming and bump into me. That is why I am carrying this lantern." The young travelers apologized for their conduct.

(Before judging others, we should consider things from their perspective. Always be polite and open-minded).

Source: <https://alltimeshortstories.com>

Did You Get Your Tickets Yet?

Elvis will be IN THE ROOM on Mother's Day, May 10th at 3 PM. Will you?
Why not take Mom -- or someone else's Mom -- to enjoy a lively afternoon at the Cape Symphony at Barnstable HS in Hyannis? We have obtained a limited number of discounted tickets to attend this tribute to the "King of Rock & Roll."



When the concert is over, you can head out for an early dinner at any of the great Cape restaurants! Once registered and paid, you'll get an email about when to pick up your tickets at Sea Captains' Thrift Shop.

Name(s): _____

Email: _____ Day of event Phone: _____ (required)

_____ # tickets @ \$50/each (member) = \$ _____

_____ # tickets @ \$65 (non-member) = \$ _____

Additional Donation = \$ _____ Total Enclosed for Elvis \$ _____

Drop off your registration & payment (check payable to FOBS) at Sea Captains' Thrift Shop (66 Harwich Road) or mail to FOBS, PO Box 2310, Brewster MA 02631. You may also register online at www.FriendsOfBrewsterSeniors.org. All registrations must include payment and are on a **first come, first served** basis! Cutoff date is May 1, 2026.

"Do not bite at the bait of pleasure until you know there is no hook beneath it."

~ Thomas Jefferson

Great time at Jake Rooney's for the St. Paddy's Luncheon!



Memberships

Very special thanks to our wonderful members who have already submitted their forms and checks and many times included an extra donation! Your \$15 annual membership saves you money when buying tickets for lunches, concerts, plays and other paid events while it also helps support other Brewster seniors along with your donations. Know someone who should be a member? Let Kathy MacDonald know (khelenmack@comcast.net) and she'll reach out to them.

Some Upcoming Events

- ✚ Elvis! At CS
- ✚ Live Theatre
- ✚ Lobster Roll Cruise
- ✚ A Taste of Crosby
- ✚ Mansion 5th Anniv.
- ✚ Holiday Luncheon

Current 2026 Board of Directors

Donna Bowie, Thrift Shop ♦ Amanda Campbell ♦ Suzanne Dean ♦ Marilyn Dearborn, President
Ronnie Dickens ♦ Elizabeth "Sam" Gardiner, Secretary ♦ Alice Halla ♦ Jane Hester
Kathy Macdonald, Membership ♦ Maddyson McKay ♦ Jeanne Morcone, Events
Meg Morris, Treasurer/Newsletter ♦ Patti Roche

Open monthly meetings are held the 2nd Wednesday at 9:30 AM, Brewster Bible Alliance Church, Rte. 6A.
Contact Marilyn Dearborn, President (508-385-2881) for more info.

www.FriendsOfBrewsterSeniors.org ♦ email brewsterfriends@gmail.com ♦ visit our Facebook pages

Need to get in touch with the Council on Aging? Simply call 508-896-2737

The Friends of Brewster Seniors is a 501c3 nonprofit organization whose mission is to support, promote and enrich Brewster's senior residents and the Brewster COA through annual participant support, donations & fundraising. The Friends welcome you to become involved with our many activities and events. After all...

Everyone and Anyone Anywhere Can & Should be a Friend to Brewster Seniors!

Friends of Brewster Seniors
P.O. Box 2310
Brewster, MA 02631