What the AARP!

News and Notes from AARP Michigan

Happy National Puppy Month!

The Many Reasons to Celebrate Our Furry Friends

It is no wonder dogs are such loved sidekicks. Their companionship brings many health benefits.
Click here to learn more and be sure to **watch this puppy video** for some cuteness overload!

Strength & Coordination

Restore Agility Through 5 Exercises

Improve your strength and coordination by implementing these exercises into your health regimen.
Click here to get started.

10 Ways You're Wasting Money

And how to stop now

Get your budget back on track by identifying and eliminating 10 common money wasters.
Click here.

AARP 2023 Legislative Agenda

AARP has released its call to action for advancing issues that matter most to older Michiganders and their families.
Take a look.

FREE March Virtual Events

Register for Events

Caregiver Tips: Managing Medications
Wed., Mar. 1 at 10 a.m.
Learn how to manage meds for someone in your care.

Mental Health Hope and Healing
Wed., Mar. 1 at 1 p.m.
A mental health crisis or thoughts of suicide can be challenging. Hear stories of hope, resilience and healing.
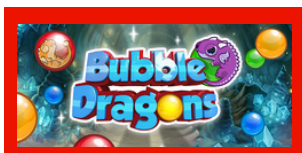
Fraud Watch
Tue., Mar. 14 at 11:30 a.m.
Find out how to spot and outsmart scammers.

Veterans and Spouses
Wed., Mar. 16 at 6 p.m.
Learn about employment opportunities for veterans and spouses through USAJOBS.

Become an AARP Volunteer

Join our awesome team of AARP volunteers!
Click here.

AARP Volunteer Corner Did you know ...

The mileage for AARP-related volunteer activities has increased for 2023.
Learn more.

Volunteers can find more news on the **Volunteer Portal.**

Like this newsletter? Share it with a friend!

The FUN Zone

Game of the Month

Bubble Dragons
Work to keep your brain active by playing a game of Bubble Dragons.
Click here to play.

St. Patrick's Day Quiz

Test your Irish knowledge with a quick 10-question quiz! Do ya' feel lucky?
Click here to take the quiz.

12 Best Irish-Themed Movies

Check out AARP's list of movies to stream in honor of St. Patrick's Day. Get ready to laugh and cry.
Check out the movies here.

AARP Michigan