

What the AARP!

News and Notes from AARP Michigan



Stories of Pride

Celebrate Pride Month with StoryCorps podcasts where you can hear people of all ages share their moving LGBTQ+ stories.

[Click here to listen.](#)



Feeling Invisible?

As we age, isolation and solitude can make those 50 and older feel invisible. To help, AARP offers these

[9 simple tips.](#)



What is Juneteenth?

Learn the amazing story of Juneteenth from Opal Lee, the woman known as the grandmother of this newest federal holiday.

[Click here to watch.](#)



Feel the beat!

Are you ready to jam? Join us for a virtual

Rhythm Circle

on **June 3 at 10 a.m.** where you can use household items to keep the beat!

Discover the benefits of music and brain health.

[Register here for this groovy jam session!](#)

The Fun Zone



Baseball Movies to Binge

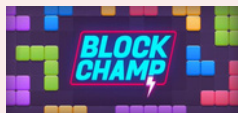
In honor of baseball season, summer and Father's Day, binge some iconic (and free!) baseball movies like *A League of Their Own*, *42*, *Bill Durham* and more.

[To begin your binge, click here!](#)



FREE Game of the Month

Want to play a fun and challenging game? This one is an AARP favorite. [Try it here.](#)



In the News...



Mammograms at 40

A national panel of experts recommends women start their breast cancer screenings at 40 rather than 50. [Read more.](#)

FREE Ask The Doc Series

Every Tuesday
in June at noon



Join special guest host **Dr. Octavia Cannon** and medical professionals for AARP's first-ever **Ask the Doc** summer series.

Listen in every Tuesday from noon to 12:45 p.m. for practical tips and insights on health issues that so many of us endure. Register with the provided links or call 877-926-8300.

June 6 DreamZzz: Reclaim the Night

Learn helpful tips for sleeping better at night! [Register here.](#)

June 13 Pain Points: Ease the Ache

Discover ways to reduce joint pain and improve joint health. [Register here.](#)

June 20 What You Need to Know About Gut Health

Learn practical strategies for common gut health conditions. [Register here.](#)

June 27 Gotta Go Right Now!

Gain insight on urinary incontinence and how to improve quality of life. [Register here.](#)

Become an AARP Volunteer

Join our awesome team of volunteers.

Current volunteers can find more news on the [Volunteer Portal.](#)

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Share it with a friend!