

What the AARP!

News and Notes from AARP Michigan



Reclaim the night

If sleep doesn't come easy for you, read these [7 helpful tips](#) and be sure to register for AARP's [June 6 free online event](#).



Memorial Day (May 29)

"May we never forget freedom isn't free."

- Author Unknown

How much do you know about Memorial Day? [Take this quiz and find out.](#)



Volunteer Spotlight

Congratulations to Dr. Geneva Williams for being the AARP MI volunteer spotlight of the month! Learn more about

Dr. Williams by [watching this video.](#)



Staying Sharp

Check out AARP's Staying Sharp program for fun challenges to exercise your brain, healthy recipes, articles and activities.

[Start here.](#)

The Fun Zone

➤ 10 Surprising Benefits of Sex After 50

It's true ... Sexual activities are linked to impressive health benefits!

[Learn More Here!](#)

➤ Sweet Spring Recipe

Looking for a yummy spring treat? Check out [Intern Raven's Strawberry Muffin Recipe.](#) Raven has been an AARP intern since last fall.

➤ FREE Game of the Month

Are you good at True or False? Test your knowledge. Play True! [Try it here.](#)



➤ May Movies and TV Shows

Watch free movie screenings from home, including some new releases and TV shows. [Click here.](#)

New AARP Series Debut in May

Scams and Shams

Featuring Guest Host

Dana Nessel
Michigan Attorney General



Trending Scams

Wednesday, May 3 | 2:30 – 3:15 p.m.

Learn how to spot warning signs of a scam, how to protect yourself and what to do if you've been scammed.

[Register here.](#)

Technology Safeguards

Wednesday, May 10 | 2:30 – 3:15 p.m.

Discover how to protect yourself while using cell phones, computers, smart TVs, mobile apps and more.

[Register here.](#)

Social Security Sack Lunch Series

Featuring Representatives

from the Social Security Administration

Top Retirement Tips

Thursday, May 4 | 11:30 – 12:15 p.m.

Prepare for retirement with Social Security's top 5 planning tips!

[Register here.](#)

Consider this before filing ...

Thursday, May 11 | 11:30 – 12:15 p.m.

Learn what to consider before filing for Social Security. Do you still plan to work? Are you eligible for benefits from an ex-spouse. Could you qualify for Social Security Income (SSI)? We'll discuss all this and more.

[Register here.](#)

Become an AARP Volunteer

Join our awesome team of volunteers. [Click here.](#)

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

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Share it with a friend!