

What the AARP!

News and Notes from AARP Michigan

Welcome to AARP Michigan's monthly newsletter featuring quick news, helpful tips, things to do and much more.

Happy New Year! Please enjoy AARP Michigan's monthly newsletter featuring quick news and helpful tips. To kick off 2024, this edition includes fun winter activities, advice on financial resolutions and a video dance party with Motown legend Martha Reeves!

View archived newsletters here:

ARCHIVE



Top 10 Fun Winter Activities in MI

This winter, embrace the cold with these ten fun winter activities. Whether it is ice skating, skiing or winter winery tours, there is something for everyone.

EXPLORE



Is DNA Testing Secure?

Before tracing back your family roots, review this article to read about the potential safety concerns of genetic testing.

LEARN MORE



Top 10 Books for Your 2024 Reading List

A new year means a new reading list! Dig into AARP's top ten favorite books.

READ NOW



Affordable Trips for Your Bucket List

Is traveling on your 2024 bucket list? If you're a budget-conscious traveler, these locations will keep money in your pocket while exploring new horizons.

CHECK IT OUT



Resolutions That Will Put Money in Your Wallet

Begin this new year on the right financial foot by reviewing these five ways to manage your money for a more prosperous 2024.

START NOW



These 6 Types of Drugs Could Cause Depression

Medications are supposed to help you feel better, but they also have risks, including depression. Learn about some of the common ones linked to depression.

LEARN



Join Us for a Motown Virtual Dance Party!

Are you ready to "dance to the music?" Take a trip down Motown memory lane with music, movin' and groovin' that's good for body and soul.

DANCE



Six Ways to Honor Dr. King on MLK Day

Communities around the country celebrate Martin Luther King, Jr. Day with acts of service. Here are some ways you can join in.

VOLUNTEER

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