

What the AARP!

News and Notes from AARP Michigan



Want to Save? Here are 99 Ways!

AARP's "99 Great Ways to Save" is back and better than ever to help you fight back against inflation.

[To learn more about how to keep money in your pocket, click here!](#)



Help Secure Your Social Security

Join our fight to protect Social Security. You've earned it, fight to keep it!

Learn more [here](#) and to sign the pledge, [click here](#).



Let's Talk About Gut Health

If you missed last month's highly-watched Ask the Doc event on gut health, no worries. This 45-minute information-packed session is available on YouTube.

[To watch, click here!](#)



Processed Foods Can Be Healthy Too!

We often associate all processed foods as bad, but some can be healthy and are convenient options for healthier living.

[Click here to learn 3 healthy processed food options.](#)

Don't Miss This!



Are You a Music Lover? Try SongTheme!

SongTheme is an exciting music sharing option for AARP members to pick songs and make a themed playlist. Create your own and listen to others.

[Start your theme playlist here!](#)

Movie & TV critics wanted

Have you watched a new movie or TV show? Share a brief one-paragraph review in this newsletter with a thumbs-up or thumbs-down rating.

Click [here](#) to send in your review

Volunteers Needed!

AARP Foundation's Property Tax-Aide program is a free program that helps eligible homeowners and renters apply for property tax relief. We're looking for volunteers to help with this program.

[Click here if interested.](#)

Disrupting Dementia: Empowering Minds and Inspiring Lives

Thursdays in October | 11 a.m. to noon

Join AARP Michigan for a virtual series on dementia and brain health.

🌸 **Oct. 5:** Demystifying Dementia and the Six Pillars of Brain Health

🌸 **Oct. 12:** Perspectives on Dementia Care

🌸 **Oct. 19:** Understanding Parkinson's Disease and Neurological Conditions

🌸 **Oct. 26:** Addressing Disparities in Dementia and Brain Health



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