



AARP Michigan
309 N. Washington Square, Suite 110
Lansing, MI 48933

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this March:

Staying Independent with Assistive Technology

Wednesday, March 3, 2021 | 10 a.m.

Ready, Set, Go - Design Your 2021 Action Plan!

Thursday, March 11, 2021 | 11 a.m.

Getting Up when You're Knocked Down

Wednesday, March 17, 2021 | 10 a.m.

Low Back Pain - Causes and Solutions

Thursday, March 18, 2021 | 1 p.m.

March Rhythm Circle

Saturday, March 27, 2021 | 11 a.m.

The Incredible Dr. Andrus

Tuesday, March 30, 2021 | 11 a.m.

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Join AARP Michigan for Virtual Events this March!

Discover new possibilities in your community
and get to know us and what we're doing
in Michigan.



Join AARP Michigan for these exciting virtual events in March!

Discover new possibilities in your community and get to know us and what we're doing in Michigan. See all of our events through the AARP Michigan virtual events page using the following link: <https://states.aarp.org/michigan/aarp-michigan-virtual-events>. We look forward to seeing you!

Follow us on Facebook at www.facebook.com/aarpmichigan

Unless otherwise indicated, all events are free to attend.

***A link to these live events will be mailed to all registrants 48 hours prior to the event start time.

Staying Independent with Assistive Technology

Wednesday, March 3, 2021
10 – 10:30 a.m.

Technology is advancing rapidly and people of all ages now use some form of technology in their daily lives. Tune in for this live, virtual event to learn how you can make the most of us this technology and how devices—like smart speakers—can help you manage everyday tasks. You'll be surprised at what you can do!



Register Here:

<https://aarp.cvent.com/LAL33>

Ready, Set, Go - Design Your 2021 Action Plan!

Thursday, March 11, 2021
11 – 11:30 a.m.

READY, SET, GO – A three part series to help you design your 2021 Personal Action Plan for what you want to do; return to work, start a business, live healthy, etc. In session #1 you will learn the six most essential steps to create a compel-

ling vision that gives you a better sense of your direction in the year ahead.

Register Here:

<https://aarp.cvent.com/Action311>

Getting Up When You're Knocked Down

Wednesday, March 17, 2021
10 – 10:30 a.m.

Resilience. It's a word we hear a lot lately, but do we really know what it means and how it applies to us? How do you persevere through life's obstacles? What can you do to get back on track after a setback? Explore how to build resilience when facing times of change or uncertainty.



Register Here:

<https://aarp.cvent.com/LAL317>

Low Back Pain—Causes and Solutions

Thursday, March 18, 2020
1 – 2:15 p.m.

Over 75% of people report experiencing back pain at some point in their life.



Join us to learn what causes back pain and how it can be prevented, plus when and from whom should you seek help.

Register Here:

<https://aarp.cvent.com/LowBackPain318>

March Rhythm Circle

Saturday, March 27, 2021

11 – 11:30 a.m.

Are you a music lover? Join us for a fun, interactive session where you'll learn some music history while making music yourself. No instrument? No problem! A cardboard box, large bowl, pot or pan and a pair of spoons will work. Virginia Caldwell, Board Certified Music Therapist will provide some background as she leads us in a virtual rhythm circle. All ages are encouraged to attend.



Register Here:

<https://aarp.cvent.com/Drumming327>

The Incredible Dr. Andrus

Tuesday, March 30, 2021

11 a.m. – 12 p.m.

AARP celebrates and recognizes the vital role women have played in American

history, culture and society. In honor of Women's History Month, we celebrate our founder, Dr. Ethel Percy Andrus. Dr. Andrus was a visionary and a formidable woman for her time: college student, educator, creator of the National Retired Teachers Association (NRTA), and founder of the American Association of Retired Persons (AARP). Join us to learn more about the Incredible Dr. Andrus!

Register Here:


<https://aarp.cvent.com/Andrus330>

Stay Connected in MI

AARP Michigan is working to bring you MORE opportunities to connect with our community and with people like you! Be among the first to know about these fun and unique events by connecting with us online at aarp.org/mi.

Follow us on:

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**Any information you provide the host organization is governed by its privacy policy.*