

## MOVIE MATINEE

# Soul

Eighty percent of seniors who responded to a Home Instead Senior Care survey say they fear isolation and loneliness\*. So what could be more fun than an afternoon at the movies? Check the movie listing and call a friend to go along with you and your mom.

*(If dad is hard-of-hearing, remember his hearing aids or choose a closed-captioned movie.)*

If your loved one can't get out, plan a movie at your house by renting or ordering a DVD. Or dig into your parents' old collection of John Wayne or Doris Day movies.

***Don't forget  
the popcorn!***

