



SOLSTICE

SENIOR LIVING

Live. Life. Vibrantly.



All-inclusive, senior living is within your reach.

New hobbies. No chores. Local adventures. No dishes.
Volunteering with your favorite nonprofit.

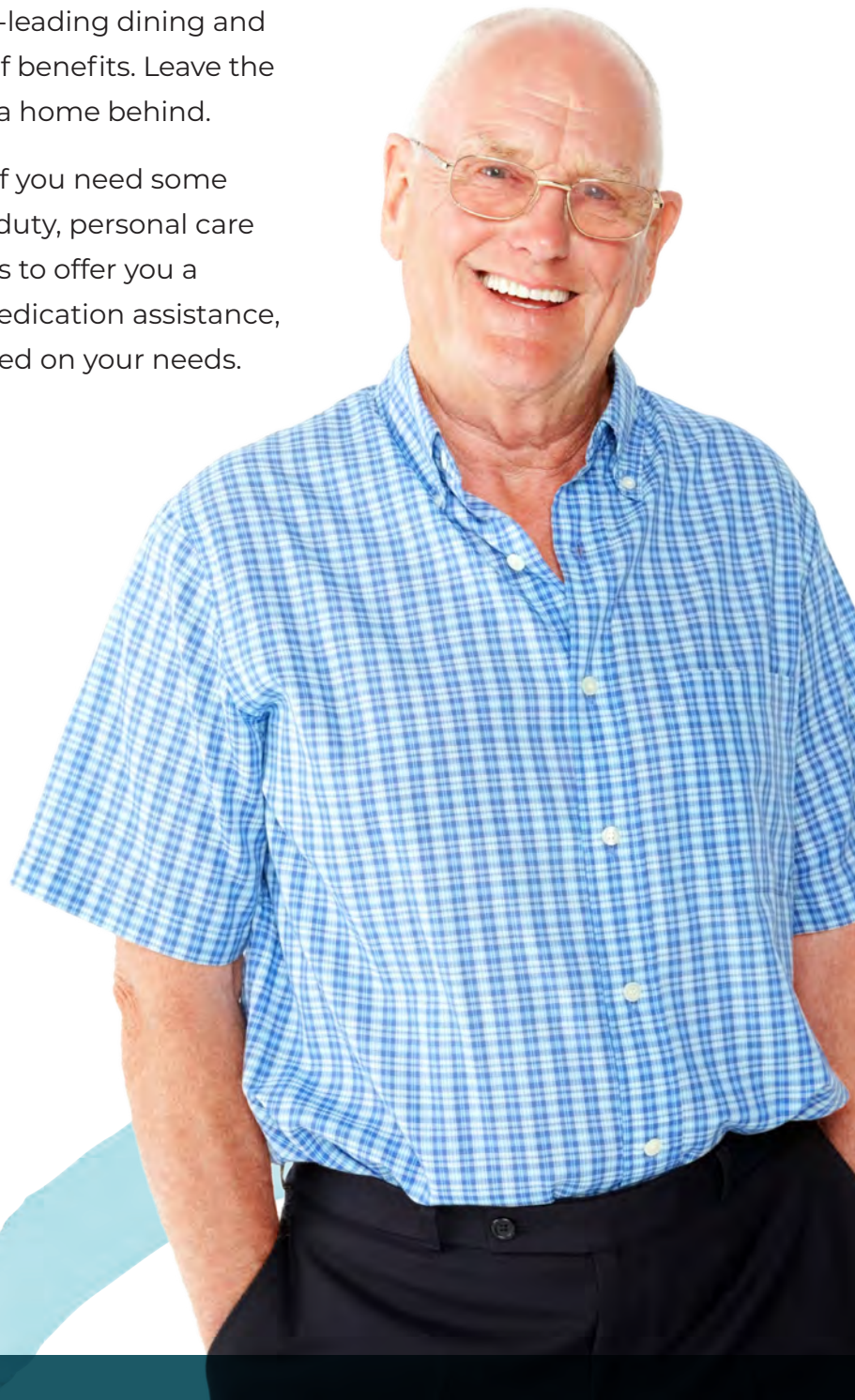
However you imagined retirement, it's waiting for you
at Solstice.

Solstice residents enjoy a carefree environment shaped
by our all-inclusive approach, industry-leading dining and
activities programs, and our long list of benefits. Leave the
normal burdens of owning or renting a home behind.

You'll keep your independence, even if you need some
help. We proudly partner with home-duty, personal care
professionals and home-care agencies to offer you a
range of personal care services like medication assistance,
transportation, therapy and more based on your needs.

Say yes ...

you deserve it.





ELEVATE®

an enhanced culinary experience



Dining makes a difference.

Our Elevate® dining program combines traditional and contemporary cooking with your favorite local and home-style meals to ensure your dining experiences are innovative and engaging. Enjoy a warm and comfortable dining room staffed by an experienced culinary team. Your on-site chef pays masterful attention to detail, explores new seasonal dishes and accents your meals with the Solstice signature touch.

We create delightful dining experiences based on your personal tastes by creating unique, flavorful menus with a variety of scratch-made options.



Vibrant life®

BE VIBRANT. BE YOU.

Solstice residents embrace independence while enhancing connections to family, friends, the community and personal passions with Vibrant Life®, our industry-leading resident engagement program.

Our host of optional day trips and activities allows you to expand your interests, routines and abilities. At Solstice, you will be as inspired, challenged and adventurous as you wish.



Seven Components of a Vibrant Life® at Solstice Senior Living



BE INSPIRED

Gain a deeper sense of spirituality and feed the soul!



BE WELL

Intellectual stimulation, get moving and stay active!



BE CHALLENGED

Ignite competitive spirit, learn, grow and be motivated!



BE ADVENTUROUS

Try something new every day, explore and experience the unique!



BE FAMILY

Cherish family connections, share and continue family traditions!



BE SOCIAL

Embrace friendships, celebrate the moments, talk, laugh and listen!



BE CONNECTED

Engage in meaningful community involvement, share experiences and expertise!

Path to

Wellness

Program

At Solstice, we believe resident choice is the key ingredient to quality senior living. Our signature Path to Wellness program focuses on holistic wellness to support residents every step of the way with daily program offerings, group fitness activities and a supportive community. The Path to Wellness program provides opportunities for residents to stay fit, happy and healthy through three steppingstones:

- Challenging the mind by completing word puzzles, reading and more
- Working on physical fitness through walking groups and group exercise classes
- Spending time practicing mindfulness each day with meditation and self-reflection

In addition to our Path to Wellness program, Solstice works with health care partner agencies to provide home care services and on-site rehabilitation and physical therapy to support residents in living independently, even if they need a little help.

The Solstice Path to Wellness program benefits seniors who may be:

- Looking to stay active throughout the aging process
- Seeking an individualized program for rehabilitation, fitness and wellness, and education
- Participating in or exiting rehabilitation
- In need of some assistance but prefer an independent living setting
- Concerned about unplanned health care costs
- Feeling burdened with homeownership

The Solstice Guarantee: If you or a loved one is interested in learning more about the Solstice Path to Wellness program, we will schedule a meeting in the next 24 hours to discuss in detail the home care services available in our community via our partner agencies.

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Be You. Live Life Vibrantly.