



# 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.

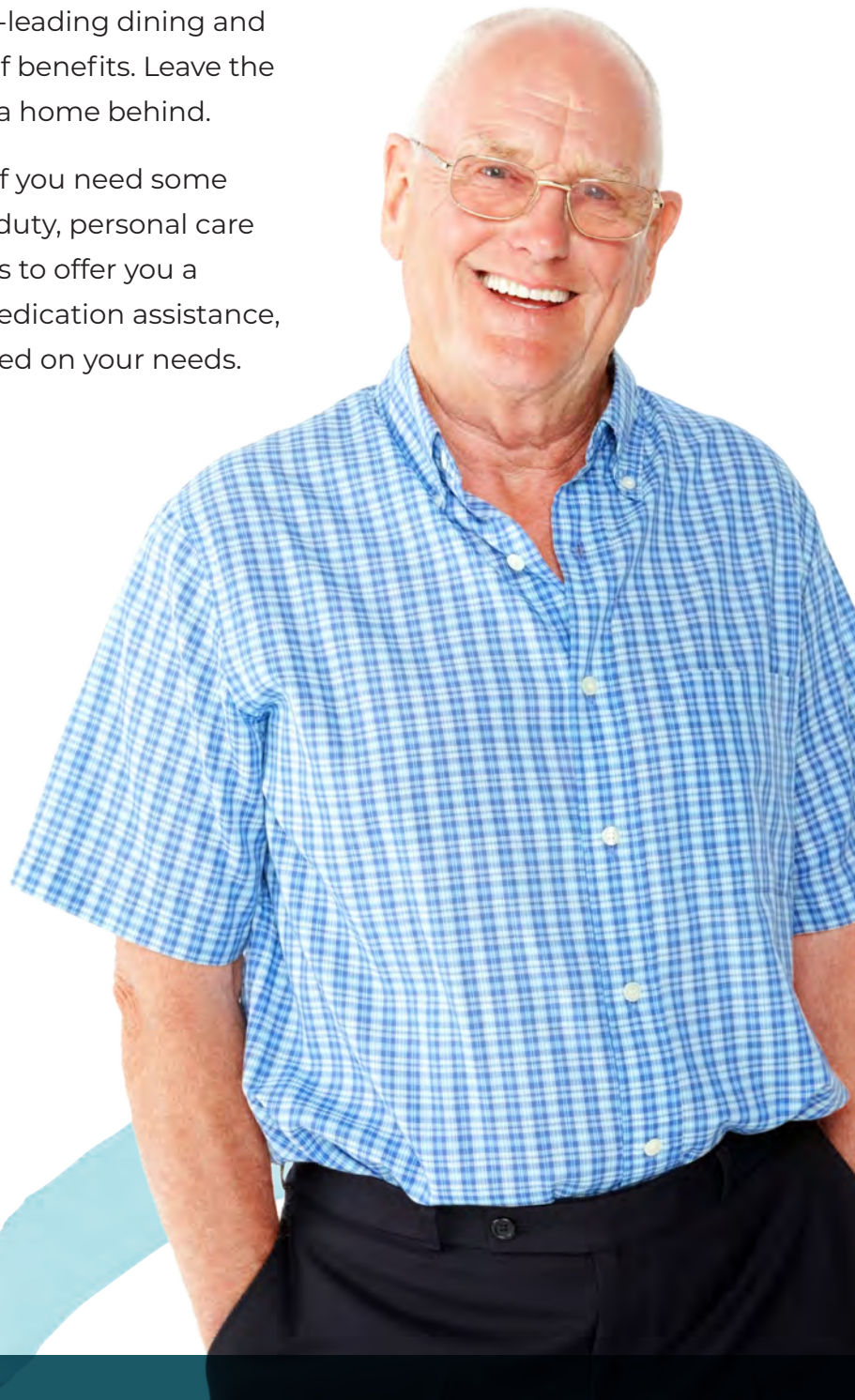
However you imagined retirement, it's waiting for you  
at Solstice.

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<sup>®</sup>

## BE VIBRANT. BE YOU.

Solstice residents embrace independence and choice while enhancing connections to family, friends, the community and personal passions with Vibrant Life<sup>®</sup>, 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<sup>®</sup> 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. Path to Wellness is a program that guides each resident's mind, body and spirit on their journey to wellness, providing opportunities for residents to stay fit, happy and healthy through three steppingstones:

- A series of challenges offered daily to residents to engage the brain
- 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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