



# SOLSTICE

SENIOR LIVING

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**LIVE LIFE VIBRANTLY**

[WWW.SOLSTICESENIORLIVING.COM](http://WWW.SOLSTICESENIORLIVING.COM)



## EXPERIENCE INDEPENDENT LIVING AT SOLSTICE

AT SOLSTICE SENIOR LIVING WE STRIVE TO INSPIRE VIBRANT LIFESTYLES FOR TODAY'S ACTIVE SENIORS. AS YOU VISIT OUR COMMUNITIES, YOU WILL SEE ENGAGED RESIDENTS, PASSIONATE ASSOCIATES AND ALL THE COMFORTS OF HOME.

INDEPENDENT LIVING IS JUST THAT, YOU LIVE INDEPENDENTLY ENJOYING THE COMPANY OF YOUR FRIENDS AND NEIGHBORS WHILE WE PROVIDE THE CONVENIENCE OF RESTAURANT-STYLE DINING, HOUSEKEEPING, LAUNDRY, TRANSPORTATION SERVICES AND MUCH MORE. WE BELIEVE YOU HAVE EARNED THE RIGHT TO A CARE-FREE LIFESTYLE. LET US DO THE DAILY CHORES SO YOU CAN DO THE DAILY FUN!

OUR ACTIVITY PROGRAM, VIBRANT LIFE®, ENHANCED DINING PROGRAM, ELEVATE, AND VARIOUS OTHER AMENITIES PROVIDE AN EXPERIENCE LIKE NO OTHER. COUPLED WITH OUR SIGNATURE PROGRAMS AND EXPERT LEADERSHIP, SOLSTICE SENIOR LIVINGS TOP PRIORITY IS TO DELIVER A MEANINGFUL LIFE EXPERIENCE FOR OUR RESIDENTS.



# ELEVATE

an enhanced culinary experience

## ELEVATE DINING EXPERIENCE

BY CREATING MEANINGFUL CONNECTIONS THROUGH CUISINE, ELEVATE TRANSFORMS THE DINING EXPERIENCE INTO A CULINARY CELEBRATION THAT INSPIRES THE ENGAGEMENT OF OUR RESIDENTS, FAMILIES, AND FRIENDS.

ELEVATE IS A CULINARY PROGRAM THAT GOES FAR BEYOND THE INDUSTRY'S TRADITIONAL CULINARY EXPERIENCE. ELEVATE BRINGS A NEW STANDARD TO THE INNOVATIVE LIFESTYLE INTEGRAL SENIOR LIVING ALREADY PROVIDES TO OUR RESIDENTS ON A DAILY BASIS. WE AT SOLSTICE SENIOR LIVING ARE ALL VERY EXCITED ABOUT THIS FANTASTIC PROGRAM AND LOOK FORWARD TO NOT ONLY ENRICHING LIVES OF OUR RESIDENTS, BUT ALSO OUR FAMILIES, FRIENDS, EMPLOYEES AND THE LOCAL COMMUNITY.

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- A RESTAURANT INSPIRED DINING EXPERIENCE
  - A CHEF CREATED MENU THAT FOCUSES ON RESIDENT AND REGIONAL FAVORITES
  - FOOD FOR THOUGHT MEETINGS PROMOTE OPEN COMMUNICATION BETWEEN THE RESIDENTS AND THE CULINARY TEAM TO ENHANCE THE COMMUNITY'S DINING PROGRAM

# Vibrant life®

BE VIBRANT. BE YOU.

VIBRANT LIFE® IS A CUTTING EDGE ACTIVITIES PROGRAM WITH AN INNOVATIVE APPROACH DESIGNED FOR ENHANCING AND ENRICHING RESIDENTS' LIVES ACROSS SEVEN CORE COMPONENTS FOR WELL-ROUNDED AND MEANINGFUL EXPERIENCES. THESE CORE COMPONENTS PROVIDE THE BALANCED STRUCTURE FOR IMPLEMENTING DIVERSITY ACROSS THE VIBRANT LIFE® PROGRAM, WHICH IS EMBRACED THROUGH SEVERAL SIGNATURE PROGRAMS.



## BE INSPIRED

GAIN A DEEPER SENSE OF SPIRITUALITY & FEED THE SOUL!



## BE WELL

INTELLECTUAL STIMULATION, GET MOVING & STAY ACTIVE!



## BE CHALLENGED

IGNITE COMPETITIVE SPIRIT, LEARN, GROW & MOTIVATE!



## BE ADVENTUROUS

TRY SOMETHING NEW EVERY DAY, EXPLORE & EXPERIENCE THE UNIQUE!



## BE FAMILY

CHERISH FAMILY CONNECTIONS, SHARE & CONTINUE FAMILY TRADITIONS!



## BE SOCIAL

EMBRACE FRIENDSHIPS, CELEBRATE THE MOMENTS, TALK, LAUGH & LISTEN!



## BE CONNECTED

ENGAGE IN MEANINGFUL COMMUNITY INVOLVEMENT, SHARE EXPERIENCES & EXPERTISE!

# EXPERIENCE SOLSTICE



# LIVE LIFE VIBRANTLY

# WELCOME TO SOLSTICE

## EXPERIENCE SOLSTICE SENIOR LIVING

LIFE AT SOLSTICE SENIOR LIVING AT POINT DEFIANCE STARTS WITH A VIBRANT, WELCOMING AND WARM ENVIRONMENT THAT IS COUPLED WITH EXCEPTIONAL AND SUPPORTIVE ASSOCIATES.

AT SOLSTICE SENIOR LIVING, INDIVIDUAL CHOICE AND PERSONAL PREFERENCES ARE PARAMOUNT. OUR INDIVIDUALLY TAILORED PROGRAMS PROVIDE THE ATTENTION AND SECURITY NEEDED FOR THE INDEPENDENCE OUR RESIDENTS DESIRE. AT SOLSTICE SENIOR LIVING, OUR ACTIVITY PROGRAM, VIBRANT LIFE®, ENHANCED DINING PROGRAM, ELEVATE, AND VARIOUS OTHER AMENITIES PROVIDE AN EXPERIENCE LIKE NO OTHER. COUPLED WITH OUR SIGNATURE PROGRAMS AND EXPERT LEADERSHIP, SOLSTICE SENIOR LIVING'S TOP PRIORITY IS TO DELIVER A MEANINGFUL LIFE EXPERIENCE FOR OUR RESIDENTS.

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6414 NORTH PARK WAY, TACOMA, WA 98407 - 253.759.8908  
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# SERVICES & AMENITIES

THE JOY OF AN ALL-INCLUSIVE LIFESTYLE IS WRITING JUST ONE CHECK A MONTH AND HAVING LIFE'S DAILY DETAILS TAKEN CARE OF FOR YOU. HERE ARE SOME OF THE THINGS YOUR SOLSTICE EXPERIENCE WILL INCLUDE:

SPACIOUS APARTMENTS - PLENTY OF SPACE TO PERSONALIZE YOUR HOME

KITCHENETTES - A PLACE TO KEEP YOUR FAVORITE TREATS

UTILITIES - NO MORE SURPRISING BILLS

WEEKLY HOUSEKEEPING - WORRY-FREE LIFESTYLE

CABLE TV - YOU WATCH, WE PAY

LANDSCAPED GARDENS - TRANQUIL VIEWS FROM YOUR WINDOW

RESTAURANT-STYLE DINING - DINING ELEVATED TO ITS FINEST

INTRIGUING EDUCATIONAL PROGRAMS - CONTINUED LIFELONG LEARNING

WORSHIP CENTER - CONTINUE YOUR SPIRITUAL AND RELIGIOUS WELL-BEING

SCHEDULED TRANSPORTATION - LEAVE THE DRIVING TO US

PRIVATE DINING ROOM - CONTINUE FAMILY TRADITIONS

BEAUTY SALON\* - ALWAYS LOOK YOUR BEST

VIBRANT LIFE PROGRAM - LIVE LIFE VIBRANTLY

LIBRARY, GAME AND ACTIVITY ROOMS - THE WHOLE COMMUNITY IS YOUR HOME

MEDIA ROOMS - CATCH A FLICK WITH YOUR FRIENDS

PET-FRIENDLY - BECAUSE EVERYONE NEEDS THEIR BEST FRIEND

FITNESS CENTER - ENJOY A HEALTHY LIFESTYLE

ON-SITE COMPLIMENTARY LAUNDRY FACILITIES - NO COINS REQUIRED

\*ADDITIONAL FEES APPLY

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# FLOOR PLANS



**STUDIO**  
410 - 500 SQ.FT



**1BD**  
ONE BEDROOM  
589 - 650 SQ.FT



**1BD**  
ONE BEDROOM  
589 - 650 SQ.FT



**2BD**  
TWO BEDROOM  
880 - 945 SQ.FT



**2BD**  
TWO BEDROOM  
880 - 945 SQ.FT

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