



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.





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!



THE SOLSTICE WELLNESS PROGRAM

At Solstice, we believe resident choice is the key ingredient to quality senior living. We partner with a variety of health care agencies to empower seniors who need care services to live independently while paying only for the care they need. That's the Solstice Wellness Program.

The Solstice Guarantee: If you or a loved one is interested in learning more about The Solstice 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.

*The Solstice Wellness Program
benefits seniors who may be:*

- In need of some assistance but prefer an independent living setting.
- Not as confident or feeling lonely living at home alone.
- Participating in or exiting rehabilitation.
- Concerned about unplanned health care costs.
- Feeling burdened with homeownership.

All-inclusive, senior living is within your reach.

Be You. Live Life Vibrantly.



Welcome to Solstice Senior Living at El Cajon

Solstice Senior Living at El Cajon is a warm, welcoming, vibrant, engaging independent senior living community in the heart of the city. Enjoy adventure, entertainment and the beautiful outdoors. Family and friends find comfort with our on-site personal care professionals. We are close to Parkway Plaza Mall, restaurants, theaters and hospitals.

Need some extra care? We partner with home-duty, personal care professionals and home-care agencies to offer assistance with activities of daily living, like medication reminders, shower assist and more. You can stay in our community even if your care needs change.

If you or a loved one is looking for an independent living community that supports residents in living a vibrant life on their own terms, we'd love to meet you.



Solstice Senior Living at El Cajon
444 Prescott Avenue, El Cajon, CA 92020
(855) 712-6927
SolsticeSeniorLivingElCajon.com

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:

Living Spaces

Spacious Apartments – Plenty of room to personalize your home

Kitchenettes – Your place for your favorite treats

Utilities Included – No more surprise bills

Cable TV – You watch, we pay

Weekly Housekeeping – We take care of the cleaning, so you can enjoy life

Complimentary Laundry Facilities – No need for coins

Scheduled Local Transportation – Enjoy group outings or schedule a ride to an appointment

Personalized Home Health Care – Assistance with activities of daily living

Pet-Friendly – Sometimes our best friends have fur

Covered Parking – For your convenience

Lively™ Mobile Plus – 5Star Urgent Response Service from GreatCall®

Safety Measures – Touchless disinfection, touchless temperature scanners and air-purifying filtration

MeMD Telehealth Services – Access the expertise of medical professionals at your convenience

Community Spaces

Beauty Salon – To stay looking your best without having to go far

Fitness Center – Equipped with various machines to comply with all exercise levels

Media Rooms – Catch a flick with friends

Community Rooms – An extension of your home to entertain

Library – Cozy, intimate setting for reading a good book

Game and Activity Rooms – The whole community is your living room

Landscaped Gardens – Enjoy them from your window or on a walk

Private Dining Room – Continue family traditions

Restaurant-Style Dining with Dietitian-Approved Menus – Balanced and nutritious cuisine

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Floor Plans

Solstice Senior Living at El Cajon offers several floor plan choices to suit your needs.



Studio
510 SQ FT



Studio 2
510 SQ FT



One Bedroom
525 SQ FT



Two Bedroom
750 SQ FT

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