



SOLSTICESM

A Provincial Senior Living Community

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 amenities. 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.*



Schedule of Fees

Solstice at El Cajon
444 Prescott Avenue | El Cajon, CA 92020
619.444.9470
SolsticeAtElCajon.com



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Floor Plans

Solstice at El Cajon offers two floor plans choices to suit your needs.



One Bedroom 525 SQ FT

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Two Bedroom
750 SQ FT



The joy of an all-inclusive lifestyle is 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

Housekeeping – We take care of the cleaning, so you can relax

Complimentary Laundry Facilities – No need for coins

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

Personalized Home-Care Services – Assistance with activities of daily living provided by 3rd party

Pet-Friendly – Sometimes our best friends have fur

Covered Parking – For your convenience

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

Community Spaces

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

Fitness Center – Equipped with various machines and a variety of exercise classes for all 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

Path to Wellness – Take in the beauty of nature while participating in our walking club or enjoy it from the comfort of your apartment

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Welcome to Solstice at El Cajon

Solstice 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 third-party personal care professionals. We are close to Parkway Plaza Mall, restaurants, theaters and hospitals.

Need some extra care? We partner with 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.



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