



# 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 Normandy Park*

Solstice Senior Living at Normandy Park is nestled between Burien and Des Moines, offering our residents nearby shopping centers, art galleries and local restaurant options. Our residents enjoy carefree living with housekeeping, meals, transportation, and a robust program of activities and events all taken care of for them.

Need some extra support? We partner with a home-care agency and rehab specialist to offer on-site assistance with activities of daily living, like medication reminders, shower assistance, physical therapy and more. You can stay here, at home, 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 Normandy Park  
17623 First Avenue S., Normandy Park, WA 98148  
(844) 335-1458  
[SolsticeSeniorLivingNormandyPark.com](http://SolsticeSeniorLivingNormandyPark.com)

# Benefits

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

**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

**Complimentary Laundry Facilities** – No coins required

## 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

**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** – Balances and nutritious cuisine

**Worship Center** – Continue your spiritual and religious well-being

# Floor Plans

Solstice at Senior Living at Normandy Park offers several floor plan choices to suit your needs.



**A1**  
444 SQ FT



**A2**  
516 SQ FT



**B1**  
562 SQ FT



**B6**  
601 SQ FT

Two bedroom units available.  
Floor plan to come.

**Above is from  
website. Do we  
have it yet?**