

# Welcome to Solstice Senior Living at Columbia

Make the most of retirement living at Solstice Senior Living at Columbia, a welcoming, vibrant and engaging independent senior living community in the heart of Missouri. This peaceful community is an oasis of greenery and is near Women's and Children's Hospital and Boone Hospital Center. As we are located on 17 lovely acres, you or your loved one will enjoy the peaceful outdoors and exciting surrounding areas like the Missouri Theatre and Museum of Art and Archaeology.

“ I'm having a great time, have made many friends and find it very comfortable. Join us! ”

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

*Live. Life. Vibrantly.*

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[SolsticeSeniorLivingColumbia.com](http://SolsticeSeniorLivingColumbia.com)

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## *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. Your on-site chef pays masterful attention to detail, explores new seasonal dishes and accents your meals with the Solstice signature touch.

## *Come stay with us!*

Solstice Senior Living provides respite stays – temporary, all-inclusive retreats for seniors. Respite stays are a perfect measure for illness prevention, as our communities are equipped to keep residents safe, healthy and entertained during times when they are encouraged to stay home.



Solstice residents embrace independence and choice 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.

## **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.

## *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.

## *Solstice 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**
- **Kitchenettes**
- **Utilities Included**
- **Cable TV**
- **Weekly Housekeeping**
- **Scheduled Local Transportation**
- **Personalized Home Health Care**
- **Pet-Friendly**
- **Lively™ Mobile Plus**

### **Community Spaces**

- **Beauty Salon**
- **Fitness Center**
- **Media Rooms**
- **Library**
- **Game and Activity Rooms**
- **Landscaped Gardens**
- **Private Dining Room**
- **Restaurant-Style Dining With Dietitian-Approved Menus**
- **Worship Center**