

Welcome to Solstice Senior Living at Point Defiance

Discover the beauty of the Pacific Northwest at Solstice Senior Living at Point Defiance, nestled in cozy and culture-filled Tacoma, Washington. Our community is situated on 28 acres of lush land, allowing our residents to enjoy the outdoors and explore nature with our pond, footbridges and paved walking path. Located just 45 minutes from Seattle, family members and caregivers find comfort in the availability of onsite personal care professionals and our proximity to MultiCare Tacoma General Hospital.

“Amazing community,
lovely environment and
great residents.”

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.



6414 North Park Way
Tacoma, WA 98407
(253) 649-2827

SolsticeSeniorLivingPointDefiance.com

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SOLSTICE

SENIOR LIVING

Live. Life. Vibrantly.



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 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.

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 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.

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**
- **MeMD Telehealth Services**

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**