

Welcome to Solstice Senior Living at Guilford

Located in the heart of Guilford, Connecticut, our beautiful New England community boasts multiple social activities and a relaxing lifestyle. Our 80-acre nature preserve offers a tranquil, country setting not far from lively New Haven. Family members and caregivers find comfort in the availability of on-site personal care professionals and our proximity to the Yale-New Haven Hospital.

“Great food, friendly staff and beautiful grounds.”

The Solstice team is dedicated to senior living and engaging residents in an active, fun lifestyle so people can thrive as they age. That's why our Solstice motto is “Live. Life. Vibrantly.” 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.

201 Granite Road
Guilford, CT 06437
(475) 234-4202

SolsticeSeniorLivingGuilford.com

 [/SolsticeSeniorLivingGuilford](https://www.facebook.com/SolsticeSeniorLivingGuilford)



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**
- **Full Kitchens**
- **Utilities Included**
- **Cable TV**
- **Weekly Housekeeping**
- **Scheduled Local Transportation**
- **Pet-Friendly**
- **Lively™ Mobile Plus**
- **Updated health and safety measures**
- **MeMD Telehealth Services**

Community Spaces

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