

Wilshire Estates

GRACIOUS RETIREMENT
LIVING FOR SENIORS



WILSHIRE ESTATES
Gracious Retirement Living

301-246-8432

Living Amenities



Wilshire Estates is more than walls and windows - it's a place to renew your independence while enjoying chef-prepared meals, engaging activities, or a quiet evening with family and friends. We make it easy, safe, and secure while alleviating the challenges of living at home.



Our professional and compassionate staff members understand that each senior is unique. In addition to helping our residents regain independence by removing the difficulties of living alone, we recognize the need to rediscover or find new purpose. Wilshire Estates is a place where you'll feel loved and needed as an important part of our community of active seniors.



While our residents have the freedom to live as independently as they'd like, those in need of a helping hand can utilize outside assistance for various activities of daily living such as bathing, dressing, and medication reminders right here at our community.

The following amenities allow our residents to live the happy, healthy lives they deserve.



Three chef-prepared meals served each day



Caring live-in managers 24/7



Scheduled transportation and shopping excursions



Purposeful activities, events and day trips



Weekly housekeeping and linen service



State-of-the-art theatre



Fully equipped exercise room



Free laundry facilities



No buy-in fees or leases

Live-in Managers

In order to maintain our commitment to a gracious lifestyle, our management couples live on-site, in the community. This unique approach to round-the-clock availability allows Wilshire Estates to truly stand out among other independent living communities. Living in the community and sharing in the same living experience as our residents while staying available 24 hours a day, 7 days a week to answer questions or address emergency situations, promotes excellent quality.

In the event of an emergency, residents can pull a cord in their suite, which immediately notifies our managers so they can receive the assistance they need from individuals they know and trust.

Our compassionate managers are committed to helping their neighbors, they consider residents as cherished friends. Enjoy the peace of mind of knowing that our live-in managers are available when they're needed.



Culinary Services

At Wilshire Estates, residents enjoy three chef-prepared meals daily, served restaurant-style. We take great pride in our scratch-based program as our chefs make just about everything including soups, pasta sauces, and breads from scratch.

To ensure our meals are both delicious and nutritious, our company taste tests every meal in a test kitchen before sending it to a nutritionist for approval. A chef also pours coffee at every table at the end of each dinner meal to gauge resident feedback. In addition, our chefs host regular meetings for residents to gather suggestions and their favorite recipes so we can offer a customized, local alternative menu.

In addition to celebrating all holidays including Thanksgiving, Christmas, Mother's Day, and Father's Day through special meals and beautiful buffets, residents often celebrate birthdays and other special occasions with their families over family style dishes in our private dining room.



Activities

The well-balanced and diverse activities program at Wilshire Estates is influenced by the needs and wishes of our residents. Each and every day, residents can choose from a wide array of activities that promote lifelong learning as well as physical and mental health.

We offer guest lectures, health and wellness fairs, educational seminars, fitness classes, special holiday events, outings to exciting destinations within the local community, and so much more. Our goal is to engage residents with activities they enjoyed in the past while introducing them to new activities they may grow to love.

Whether a resident wants to join a knitting club, paint, garden, try a new restaurant, play the piano, or learn something new, they will have the opportunity to rediscover their purpose at Wilshire Estates. Our activities program feels tailor made to just about everyone.



Resident Life



At Wilshire Estates Gracious Retirement Living, we promote an active lifestyle by offering residents avenues through which to enjoy and participate in the arts, learn new skills, discuss current issues, as well as opportunities to travel. We offer a variety of intellectual and cultural activities which include creative writing classes, book and garden clubs, discussion groups, creative art projects, cooking demonstrations, and much more. Group outings are planned regularly where residents may visit museums and galleries or attend concerts and theater performances. We encourage our residents to take advantage of many opportunities to continue to learn and grow.



Next Steps

We understand that change is difficult. At Wilshire Estates we want to make this transition as smooth as possible. The first step to start preparing for this change is to begin thinking about the transition.

Considering Relocation:

When your current house is starting to feel big and empty, and you are starting to have a few challenges accomplishing tasks, it would be essential to start considering relocating to a more comfortable and safe place.

Planning Relocation:

When you have identified that it's time for a change, planning comes into place. Is it time to sell your house? Are you concerned about making a change? These are common concerns that we can address with you and help you make arrangements towards your goals.

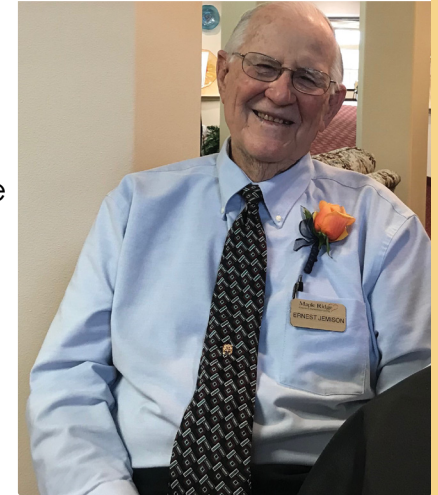
Time to Relocate:

Once you are done with all the planning, the most important part of this journey begins. It's time to find the perfect home! At Wilshire Estates, we don't want you to rush in making this decision. Please join us for a complimentary meal and experience our gracious retirement lifestyle yourself!

Resident Testimonials

"Three years after my wife passed away, I found myself feeling lonely and tired of doing all my own cooking and cleaning. My kids started encouraging me to move into a retirement community. This was the first place my daughter looked at and we knew we had found the perfect place right away. The staff is caring and capable. The building is beautiful and has everything I could need. The only thing I have to do is enjoy the people and do my own laundry. I feel secure knowing that I have my independence, but if I need anything, the loving staff will be there for me. Moving here was one of the best decisions of my life."

Ernest Jemison



thrive and live everyday happy and secure."

Jolene Weir

"We love that our mother lives here! It means so much to my brothers and me that our mom is safe and happy and not alone. She has stated numerous times that she feels like she's part of the world again. Coming to live here is not only an excellent lifestyle choice, but a chance to