

# WILSHIRE ESTATES

## Gracious Retirement Living

13716 New Hampshire Ave • Silver Spring, MD 20904 • Phone 240-257-3601 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

NOVEMBER 2020

## WILSHIRE ESTATES

Managers .....DEBRA SHONKA-BARTA  
& RICH BARTA

Executive Chef .....SETH CONNOLLY

Sous Chef .....LARRY LITTLEFORD

Activity Coordinator..... LEORA RASKAS

Bus Driver..... ERIK ROBERTS

## TRANSPORTATION

**Monday, 10 a.m.:** CVS Outing

**Tuesday, 9:30 a.m.-5:30 p.m.:** Appointments

**Wednesday, Times vary week  
to week:** Outings

**Thursday, 9:30 a.m.-5:30 p.m.:** Appointments

**Friday, 10 a.m.:** Target Outing

**HAWTHORN**  
SENIOR LIVING

## The Heart That Gives, Gathers

Our residents have been hard at work! When the ladies first met on September 10th in the Activities Room to make the wreath, they found a box filled with supplies and quickly started brainstorming. Jacqui Sutton and Louise Clark took charge. After wrapping the wreaths with burlap, they added leaves and flowers, and then did some problem solving when the wires stuck out the end by gluing pieces of burlap together to ensure that the burlap was wrapped tautly. Both wreaths were completed by late September, with Jacqui putting on the finishing touches to her wreath just as the fire truck arrived at our building on a cloudy Friday afternoon. The fire truck from Station 24 arrived and we were surprised to see more than a few firemen; six firemen arrived, all honored to receive the wreath that the residents presented. Reflecting on the experience, Louise noted that it was fun to work on a craft project for the first responders. "We appreciate all they (the firefighters) do for the community," she added, "Not just our community but the [entire] Colesville area."



*(Photos continued inside.)*





## The Heart That Gives, Gathers (Continued)



## Woodworking With Wayne

A former restaurant manager, a business owner, a super polar plunger and a Boy Scout troop leader, our Maintenance Technician Wayne is a jack-of-all-trades. Our residents were eager to



*Ready, set, saw!*



sign up for pinewood derby woodworking with Wayne, a multi part wood car building series that will culminate in a pinewood derby. After sketching an outline of the car on both sides of the woodblocks, residents shaped the woodblocks using handsaws, an experience they found to be rewarding and physically strenuous. When the wood reached the desired form, residents used sandpaper to make the surface of the car smooth, painted the exterior of the cars and added wheels. In the upcoming weeks, residents will put the finishing touches onto their cars.





## A Message From Debra and Rich

As the holiday season rapidly approaches, it becomes a reflective time in our lives, especially with 2020 being such a challenging year to many.

Even with the challenges we faced together, we are thankful for the following:

- The opportunity to live with wonderful residents here at Wilshire Estates
- Family near and far
- Dedicated staff that supports our residents
- Having a warm and loving home
- Wisdom that comes with age
- Freedom of speech and religion
- Great friends
- Health
- Laughter
- Love

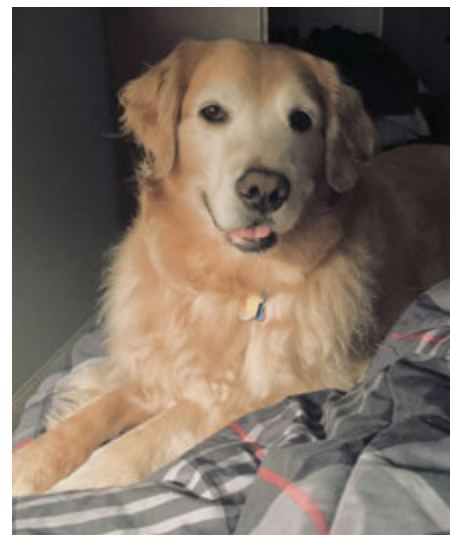
We heartily wish everyone a blessed and meaningful Thanksgiving! We are proud to be called the Managers of Wilshire Estates.

Debra and Rich



## Keely's Korner

Transitions can be difficult. I've moved several times, and in each of my new homes there has been so much to catch up on: The water bowl is in a new location, my home smells differently, and my parents walk me through unfamiliar, and sometimes confusing, areas. Moving was hard for me, but eventually I adjusted. Having watched people move in here over the past several months, here are some tips I have for you new human-folk:



1. Get Active. Be involved. Try something new. Your tastes might have changed over time, so be open to trying activities that you might have turned down in the past. Check the newsletter for upcoming events.
2. Check your mailbox to stay in the know. At the end of each month, you will find the next month's newsletter, which contains the next month's calendar of activities. Take a highlighter and highlight any activities that interest you. Be sure to check the easel located in front of the activities room for any last minute changes to the schedule; daily activities are listed for your convenience.
3. Ask your Ambassador questions. Over the first few days of your stay at Wilshire, your floor Ambassador will introduce himself or herself to you and offer you a tour and offer to eat a meal with you. Take them up on their offer! The Ambassadors are residents that know what it's like to be a new resident, and they can answer your questions or at the very least send you in the direction of someone who will know the answer.
4. Get a good alarm clock. You might not think you need one, that is, until you miss an outing because you overslept.
5. Attend every meal, even if you are not hungry. Attending regular meals not only helps keep your body nourished, it also allows you to be social with fellow residents and learn about upcoming events.
6. Attend every residents' meeting. Residents' meetings occur every other Tuesday at 10 a.m. Attending these meetings will help you keep up-to-date with any changes in building policies and will allow you to have a say in the community.

**NOV 2020**

**Birthdays**

Magaret Branner, 3rd  
Samuel Hoston, 11th

**Locations**

Activities Room, AR  
Atrium, AT  
Chapel, CH  
Dining Room, DR  
Fitness Room, FR  
Game Room, GR  
Library, LI  
Lobby, LO  
Movie Theater, MT

**“Thanksgiving  
just gets me all  
warm and tingly  
and all kinds  
of wonderful  
inside.”**

**—Willard Scott**

Magaret Branner, 3rd  
Samuel Hoston, 11th

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SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<b>DAYLIGHT SAVING TIME ENDS</b> 1		10:00 CVS Outing, LO 2	10:00 Blood Pressure Readings (By Appointment)	<b>ELECTION DAY</b> 3		10:00 Museum of African American History Outing, LO 4		10:00 Balance Training with Legacy, AR 5		10:00 Target Outing, LO 6		9:15 Congregation Beth El Service (Online), AR 7	
10:00 Cedar Ridge Community Church (Online), AR		11:30 Dyna band resistance band exercise class, AR	2:00 Article of the Month Club, AR	10:00 Tech Tuesday: Create a Google Email Account, AR		3:30 Leave Your Politics in Your Apt Ice Cream Social, DR		11:30 Crafting Club, AR		11:30 Yoga, AR		10:00 Word Searches, DR	
10:00 19th Street Baptist Church (Online), MT		2:00 Article of the Month Club, AR	3:30 American Sign Language Lessons with Shanna, AR	11:30 Yoga, AR		6:45 To Catch a Thief (1955), MT		2:00 Ted's Choice: Australia (2008), MT		2:00 Poetry with Evelyn, AR		2:00 The Best of the Dean Martin Variety Show, MT	
11:00 Church of the Redeemer Service (Online), AR		6:30 Ice Cream Social, AR		2:00 Retail Store, AR				3:00 Pinewood Derby with Wayne, AR		3:00 Gingerbread House Planning Committee, AR			
				2:30 Bean Bag Baseball, AR						5:30 Shabbat Dinner, AR			
8		10:00 CVS Outing, LO 9	10:00 Blood Pressure Readings (By Appointment)	10:00 Resident Meeting, AR 10		<b>VETERANS DAY</b> 11		10:00 Balance Training with Legacy, AR 12		10:00 Target Outing, LO 13		9:15 Congregation Beth El Service (Online), AR 14	
10:00 Cedar Ridge Community Church (Online), AR		11:30 Dyna band resistance band exercise class, AR	2:00 Volleyball, AR	11:30 Yoga, AR		2:00 Bingo, AR		11:30 Crafting Club, AR		11:30 Yoga, AR		10:00 Word Searches, DR	
10:00 19th Street Baptist Church (Online), MT		2:00 Volleyball, AR	3:30 American Sign Language Lessons with Shanna, AR	2:00 Retail Store, AR		3:00 Veterans Day Service Project: Baking for Bc4 F, AR		2:00 Ted's Choice: Hereafter (2010), MT		3:00 Rebel without a Cause, MT		2:00 The Best of the Dean Martin Variety Show, MT	
11:00 Church of the Redeemer Service (Online), AR		6:30 Ice Cream Social, AR		2:30 Bean Bag Baseball, AR		4:30 Happy Hour		3:00 Pinewood Derby with Wayne, AR		3:00 Gingerbread House Planning Committee, AR			
				4:00 Tech Tuesday: Intermediate Email, AR				4:00 March of the Penguins (2005), MT					
15		10:00 CVS Outing, LO 16	10:00 Blood Pressure Readings (By Appointment)	10:00 Tech Tuesday: Apps you will want to download, AR 17		18		10:00 Balance Training with Legacy, AR 19		10:00 Target Outing, LO 20		9:15 Congregation Beth El Service (Online), AR 21	
10:00 Cedar Ridge Community Church (Online), AR		11:30 Dyna band resistance band exercise class, AR	2:00 Volleyball, AR	11:30 Yoga, AR		9:00 Scenic Drive, LO		11:30 Crafting Club, AR		11:30 Yoga, AR		10:00 Word Searches, DR	
10:00 19th Street Baptist Church (Online), MT		2:00 Volleyball, AR	3:30 American Sign Language Lessons with Shanna, AR	2:00 Retail Store, AR		2:00 Bingo, AR		2:00 Ted's Choice: Unfaithful (2002), MT		2:00 Music with Erma, AR		2:00 The Best of the Dean Martin Variety Show, MT	
11:00 Church of the Redeemer Service (Online), AR		6:30 Ice Cream Social, AR		2:30 Bean Bag Baseball, AR		4:00 Seated Cardio, AR		2:00 Cooking Demo, AR		3:00 Gingerbread House Planning Committee, AR			
				4:00 Health Talk with Legacy, AR				3:30 Spanish with Diana, AR		3:30 Chess Club			
22		10:00 CVS Outing, LO 23	10:00 Blood Pressure Readings (By Appointment)	10:00 Resident Meeting, AR 24		25		<b>THANKSGIVING</b> 26		10:00 Target Outing, LO 27		9:15 Congregation Beth El Service (Online), AR 28	
10:00 Cedar Ridge Community Church (Online), AR		11:30 Dyna band resistance band exercise class, AR	2:00 Volleyball, AR	11:30 Yoga, AR		9:00 Outing, AR		11:00 Thanksgiving Brunch, DR		11:30 Yoga, AR		10:00 Word Searches, DR	
10:00 19th Street Baptist Church (Online), MT		2:00 Volleyball, AR	3:30 American Sign Language Lessons with Shanna, AR	2:00 Retail Store, AR		2:00 Bingo, AR		2:00 You've Got Mail (1998), MT		2:00 The Price Is Right on Black Friday, AR		2:00 The Best of the Dean Martin Variety Show, MT	
11:00 Church of the Redeemer Service (Online), AR		6:30 Ice Cream Social, AR		2:30 Bean Bag Baseball, AR		3:30 History with Rich, AR		3:30 Bocce		3:00 To Kill a Mockingbird, MT			
				4:00 The National Cathedral's Space Window (Virtual), AR		4:30 Happy Hour				3:00 Gingerbread House Planning Committee, AR			
29		10:00 CVS Outing, LO 30	10:00 Blood Pressure Readings (By Appointment)										
10:00 Cedar Ridge Community Church (Online), AR		11:30 Dyna band resistance band exercise class, AR	2:00 Volleyball, AR										
10:00 19th Street Baptist Church (Online), MT		2:00 Volleyball, AR	3:30 American Sign Language Lessons with Shanna, AR										
11:00 Church of the Redeemer Service (Online), AR		6:30 Ice Cream Social, AR											





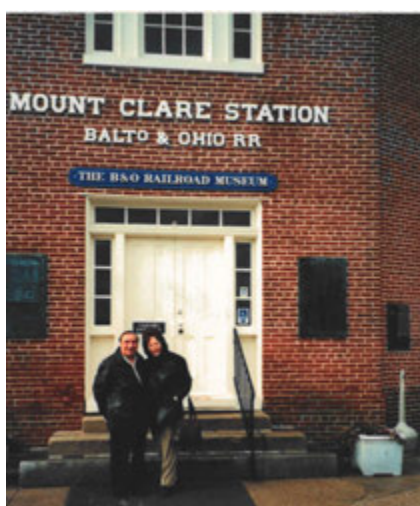
## Spotlight on Vince Guglielmi

Vince Guglielmi (GOO-YELL-ME) was born on January 31, 1927 in Washington, D.C. near Union Station. He is one of six children: three boys and three girls. Both of his parents immigrated from Italy in 1921. He attended Eastern High School and was drafted into the US third Army Military Police in 1946 where he was stationed in Bamberg, Germany. When he returned to the United States, he attended Columbia Technical Institute in DC at night, working in the daytime in the shop of a woodworking company. At the Columbia Technical Institute, he took courses in Architectural Drafting and Blueprint Reading and Estimating. Over the course of his career, he rose to Vice President at Galliher & Huguey Incorporate (later Associates), left to work at Annandale Millwork and then returned to Galliher & Huguey as Vice President. He then was hired by the Winchester Woodworking Corporation, where he worked for 25 years as a millwork estimator. He retired in 2014.

Vince has many hobbies including: Bowling, attending the opera, playing bridge, traveling and his newest hobby, bean bag baseball. His longtime bowling alley, White Oak Bowling, is located just down the street from Wilshire Estates and Vince continues to attend league events. A self-described workaholic, Vince attributes his passion for travel to his late wife Mae, who he was married to for 33 years. He estimates that he took 15 to 20 trips with her around the world, and has visited Italy and the Great Wall of China. Since moving to Wilshire Estates, Vince has taken on a new hobby — bean bag baseball, a game that is a cross between cornhole and traditional baseball. He recently led his team to a 14-5 bean bag baseball victory.



*Vince proudly displays the first of two books in a series that he has compiled about his life.*



*Vince completed the woodwork for the restoration of the B&O Museum. In this photo, he stands proudly next to his wife, Mae.*

## Greetings From Black Hill Regional Park

Wilshire Estates is located in Montgomery County, Maryland. Montgomery County is the most populous county in Maryland, yet still retains large swaths of natural reserves with a third of Montgomery County designated as Agricultural Reserves. For our residents, this means that they have both the benefits of living in a suburban area and the peacefulness of rural areas and nature reserves just a few miles away, not to mention the benefits of living right outside our nation's capital.

Our residents have been amazed by the local parks that we have visited including Brookside Gardens and Lake Needwood where the residents enjoyed the local scenery. Another trip that stands out was the afternoon that we spent playing bingo at Black Hill Regional Park in early autumn.

With the exception of one lone tree with reddish-orange leaves near the visitors, the trees had yet to change color. The weather was mild, about 70 degrees, with a slight breeze that signaled that colder temperatures were on the horizon.

The bus was parked right by the water. Residents sat on the sprawling park benches; benches that were likely constructed long before the term social distancing





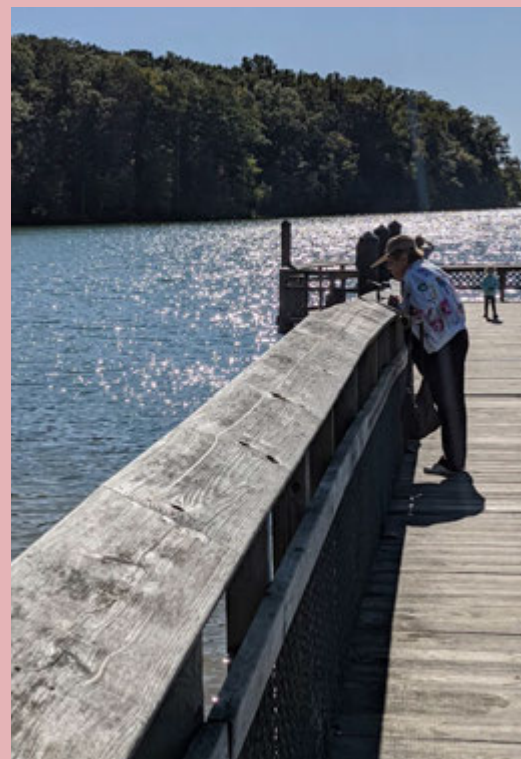
entered our vocabulary but were nonetheless six feet apart. Leora, Wilshire's Activities Coordinator, called out the bingo numbers and prizes were awarded to the winners upon return to Wilshire Estates. After two rounds of bingo, residents explored the park, walking on the dock, chatting with one another and looking over the water. Third floor resident Diana Wimmer enjoyed watching the different boats pass by the pier. She called Black Hill Regional Park beautiful and the lake serene, two apt descriptions for a place that left our residents feeling rejuvenated and invigorated.



*Walking at a brisk pace, Ann Capedero agreed to pause for second and smile at the camera.*



*Erma basks in the rays of the sun as she looks towards the pier.*



*Sitting in a gazebo beside the water, Bob Coyne enjoys a placid moment.*





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Gracious Retirement Living

13716 New Hampshire Ave  
Silver Spring, MD 20904

A still life photograph of autumn harvest items including several pumpkins (orange and white), ears of corn, and gourds.

# Fall in love...

## With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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