

Love of art brings Sheldon Edelstein new friends and time for reflection

Boredom. It's a feeling that Sheldon Edelstein does not like. So when the retired interior designer decided to move out of his house to a senior apartment complex he thought he would have a more active life.

"Was I wrong," Sheldon said. "Although I had neighbors, we were all isolated. There were no organized activities and I didn't interact with my neighbors much. Everyone did their own thing. Then my son, who lives in the Los Angeles area, suggested Kingsley Manor. Living here changed my life. I'm a different person!"



An amateur artist for more than 20 years, Sheldon quickly took advantage of his new home. "I love being around people," he said. "Here, there are concerts, lectures, classes and nice people that I have a lot in common with. The atmosphere is so charming. The surroundings inspire me to paint." Sheldon began painting at age 60 after seeing some fine art work that his uncle painted. "I was inspired," Sheldon said. "I thought if my uncle could do it, so could I. It was that simple."

Sheldon became friends with a local artist who mentored him for more than 20 years. Sheldon's media are watercolor, oil, acrylic and tempera. His subjects range from still life, landscapes, nature, portraits and everything in between. He is currently painting a portrait of his late wife.

"Painting is the only time I like to be alone," Sheldon said. "I like to be enveloped in my work. Painting time is a time of meditation and reflection for me. But, I also like interacting with people. That's what makes teaching fun. Living at Kingsley has given me the opportunity to do that. I teach a painting class a couple of times a week and love it!"