

Resident Spotlight



Kathy

Kathy has been a resident at The Sequoia for two and a half years. During our last Resident Council election, Kathy was voted Sequoia's new President of Resident Council. In her free time, she enjoys knitting and reading. Kathy says that living at The Sequoia has made her feel safe and that the atmosphere here feels like family.

Team Member Spotlight



John, Server

John has worked at the Sequoia since March of 2024. He enjoys being able to interact with residents and staff and stated, "I like getting to know all the residents and see everyone's personalities. It's been fun to find out everyone's likes and dislikes when it comes to their food orders." John is striving to be a cook and is working towards being a dietary manager one day.



BBQ Fun: Chef Rich & Nurse Stephanie were caught making and serving delicious hamburgers and hot dogs to all of our residents and their families during our annual Father's Day BBQ!



Cheers for Father's Day: Bob is seen above enjoying a cold beer at our Father's Day BBQ



A Fathers Love: Dennis and his daughter, Holly, relax together after a big BBQ meal.



A Note from the Executive Director



**Carolyn Driscoll,
Executive Director**

I want to recognize the passing of Dennis Berchet, who lived at The Sequoia for over 13 years, serving as Resident Council President for many of those years. He tirelessly advocated on behalf of residents and could be counted on to attend most all activity programs. His daughters, Holly and Heather, have been volunteering to teach and play Pokeno with residents for years. A special thank you to Dennis and his daughters for their service to others.

The sun is shining and I encourage everyone to enjoy the beautiful courtyard. Please ask for assistance if you need help with sunscreen or staying hydrated. Don't forget your water!

I hope you'll join us for Stars & Stripes Bingo in the Courtyard on July 11th from 5:30-7 PM. Invite your friends and family for fun!

"Only a life lived for others is a life worthwhile." Albert Einstein


HAPPY Birthday


Residents

- Joyce, July 4th
- Jim F., July 22nd

Staff

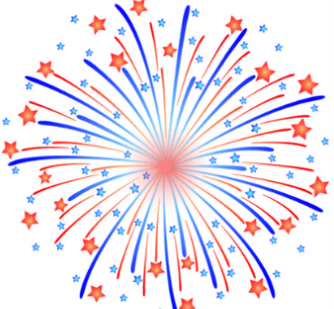
- Angj, July 4th
- Misty, July 9th
- Kiki, July 14th
- Leticia, July 25th

SUN	MON	TUE	WED	THU	FRI	SAT
	1 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Pet Visit with Dillon & Shirley 1:30 Scenic Drive 2:00 BINGO! 3:15 Italian Sodas 5:30 Music Playing in Bistro	2 10:00 Exercise 10:30 Coffee and News 10:45 Movie Matinee: <i>Independence Day</i> 11:00 Picnic Lunch in the Park (Sign up at Front Desk) 2:00 Resident Lead Game Time: Scrabble 5:30 Music Playing in Bistro	3 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee and News 11:00 Little Sequoia Store 1:00 BINGO! 3:45 Resident Lead Game Time: Cribbage 5:30 Music Playing in Bistro	4 Independence Day 10:00 Exercise 10:30 Coffee & News 1:00 Walking Club 2:00 Independence Day Celebration with Refreshments & Games in the Courtyard 3:30 Pet Visits with Sitka 5:30 Music Playing in Bistro	5 10:00 Chair Yoga with Deniece Bleha 10:30 Coffee & News 1:00 Bible Study with Stephen 2:00 BINGO! 3:15 Happy Hour with Refreshments 5:30 Music Playing in Bistro	6 10:00 Coffee & News 1:15 Movie Matinee: <i>Big</i> 3:00 Pokeno with Holly & Heather 5:30 Music Playing in Bistro All Day/Resident Led: Open Games (Activity Room) Brain Buster (Front Desk)
7 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Beading with Shirley 3:00 Grace Church 3:30 Water Color Painting 5:00 Music Playing in Bistro	8 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Pet Visit with Dillon & Shirley 1:30 Scenic Drive 2:00 BINGO! 3:15 Root Beer Floats 5:30 Music Playing in Bistro	9 10:00 Exercise 10:30 Coffee and News 10:45 Movie Matinee: <i>Say Anything</i> 11:00 Picnic Lunch in the Park (Sign up at Front Desk) 2:00 Resident Lead Game Time: Checkers 5:30 Music Playing in Bistro	10 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee and News 11:00 Little Sequoia Store 1:00 BINGO! 3:45 Resident Lead Card Game: Hand and Foot 5:30 Music Playing in Bistro	11 10:00 Exercise 10:30 Coffee & News 1:00 Walking Club 1:30 Garden Club 5:30-7:00 Stars and Stripes Friends and Family BINGO Night	12 10:00 Chair Yoga with Deniece Bleha 10:30 Coffee & News 1:00 Bible Study with Stephen 2:00 BINGO! 3:00 Readers Theater Live Performance 5:30 Music in the Bistro	13 10:00 Coffee & News 1:15 Movie Matinee: <i>Walk the Line</i> 3:00 Pokeno with Holly & Heather 5:30 Music Playing in Bistro All Day/Resident Led: Open Games (Activity Room) Brain Buster (Front Desk)
14 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Paper Umbrella Craft 3:00 Grace Church 3:30 Trivia 5:00 Music Playing in Bistro	15 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Pet Visit with Dillon & Shirley 1:30 Scenic Drive 2:00 BINGO! 3:15 Baking with Shirley 5:30 Music Playing in Bistro	16 10:00 Exercise 10:30 Coffee and News 10:45 Movie Matinee: <i>Captain Phillips</i> 11:00 Picnic Lunch in the Park (Sign up at Front Desk) 2:00 Let's Talk Activities & Clubs with Brianna 5:30 Music Playing in Bistro	17 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee and News 11:00 Little Sequoia Store 1:00 BINGO! 3:45 Resident Lead Card Game: Pinochle 5:30 Music Playing in Bistro	18 10:00 Exercise 10:30 Coffee & News 1:00 Walking Club 1:30 Safety Talk with Brad 2:00 Garden Club 3:15 Pet Visits with Sitka 5:30 Music Playing in Bistro	19 10:00 Chair Yoga with Deniece Bleha 10:30 Coffee & News 1:00 Bible Study with Stephen 2:00 BINGO! 3:15 Happy Hour with Refreshments 5:30 Music in the Bistro	20 10:00 Coffee & News 1:15 Movie Matinee: <i>Where the Crawdads Sing</i> 3:00 Pokeno with Holly & Heather 5:30 Music Playing in Bistro All Day/Resident Led: Open Games (Activity Room) Brain Buster (Front Desk)
21 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Berry Sweet Gift Box 3:00 Grace Church 3:30 Shirt Stories with Shirley 5:00 Music Playing in Bistro	22 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Pet Visit with Dillon & Shirley 1:30 Scenic Drive 2:00 BINGO! 3:15 Popsicles in the Courtyard 5:30 Music Playing in Bistro	23 10:00 Exercise 10:30 Coffee and News 10:45 Movie Matinee: <i>Escape From the Planet of the Apes</i> 11:00 Picnic Lunch in the Park (Sign up at Front Desk) 2:00 Chef Chat with Rich 5:30 Music Playing in Bistro	24 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee and News 11:00 Little Sequoia Store 1:00 BINGO! 3:45 Resident Lead Card Game: Rummy 5:30 Music Playing in Bistro	25 10:00 Exercise 10:30 Coffee & News 1:30 Ladderball in Courtyard 2:00 Resident Council Everyone Welcome! 3:00 Live Music Performance by Christy Montermini 5:30 Music in Playing in Bistro	26 The Olympics 10:00 Chair Yoga with Deniece Bleha 10:30 Coffee & News 1:00 Bible Study with Stephen 2:00 BINGO! 3:15 Welcome Friends and Family Happy Hour Olympic Games Playing on Bistro TV	27 10:00 Coffee & News 1:15 Movie Matinee: <i>Volcano</i> 3:00 Pokeno with Holly & Heather 5:30 Olympic Games Playing on Bistro TV All Day/Resident Led: Open Games (Activity Room) Brain Buster (Front Desk)
28 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Paper Jelly fish Craft 3:00 Grace Church 3:30 Trivia 5:00 Olympic Games Playing on Bistro TV	29 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Pet Visit with Dillon & Shirley 1:30 Scenic Drive 2:00 BINGO! 3:15 Finish Jelly Fish Craft 5:30 Olympic Games Playing on Bistro TV	30 10:00 Exercise 10:30 Coffee and News 10:45 Movie Matinee: <i>Ferris Bueller's Day Off</i> 11:00 Picnic Lunch in the Park (Sign up at Front Desk) 2:00 Resident Lead Game Time: Chess 5:30—Olympic Games Playing on Bistro TV	31 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee and News 11:00 Little Sequoia Store 1:00 BINGO! 2:00 Garden Club 3:45 Resident Lead Game Time: Dominoes 5:30 Olympic Games Bistro TV			



July 2024

upcoming events



Recurring Events

- Every Tuesday
11:30 AM to 2 PM
Picnic in the Park
- Every Friday 10 AM
Chair Yoga with Deniece Bleha

Family Night

- Stars & Stripes Bn-go Night on 7/11, 5:30 PM to 7 PM

Entertainment

- Readers Theater
7/12 at 3 PM
- Guitarist & vocalist
Christy Montermini
7/25 at 3 PM

