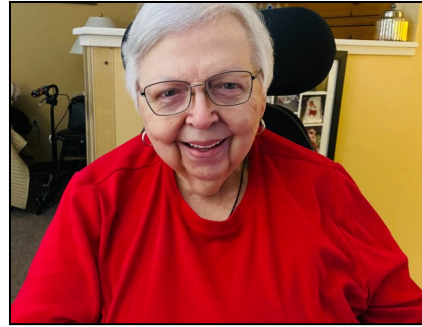


Resident Spotlight



Judy

Judy is a longtime resident of The Sequoia. She has been living here for the last eight years. Judy says she enjoys most of the people here, staff and residents included. Though her given name is Judy her family knows her as 'Weaza'. Judy is mother to two children and a grandmother to five grandchildren! She enjoys arts and crafts, and most board and card games, except the game of Cribbage.

Team Member Spotlight



Shirley, Life Enrichment Assistant

Shirley has worked at The Sequoia for 28 years, since it opened back in 1996. She ran the hair salon for many of those years, until a few years ago when she switched over to work in the activity department as a life enrichment assistant. Shirley says she really enjoys the staff and being able to work with the residents and do fun things with them, like crafts, baking and playing games.

moments captured



Independence Day Fun: Jane and Roberta enjoy the festivities on the Fourth of July in the lovely courtyard of The Sequoia!



Fourth of July Festivities: Many residents gather in the courtyard to celebrate Independence Day. We celebrated with red, white and blue foods, and played cards in the sun!



www.thesequoia-olympia.com



August 2024

The Sequoia Standard

Assisted Care | 825 Lilly Road NE | Olympia, WA 98506 | 360-491-0491



A Note from the Executive Director



Carolyn Driscoll,
Executive Director

I love summer's opportunities to be outside! I've been thinking about the camping and road trips my dad took us on when we were kids, such as to eastern Oregon, the Olympic Mountains, and driving Hwy 101 all the way down to San Diego to visit our cousins. What are your summer memories?

Our August Family Event will be a little different; it will be down the street on the front lawn at Garden Courte Memory Care. We will enjoy this summer event with residents and families from other Lilly Road communities. Our bus driver, Spencer, will be shuttling us from The Sequoia to this fun BBQ on August 9th from 3-6 PM, and we'd love for you to join us! There will be Rich's delicious cooking, live entertainment, and a chance to bid on raffle prizes to support Rebuilding Together Thurston County.

"Life is like a road trip; enjoy each day and don't carry too much baggage" ~ Unknown

HAPPY Birthday

Residents


- Clarice, August 11th
- Esther, August 13th
- Cathy, August 15th
- Carol Y., August 17th
- Bob, August 22nd
- Diana, August 29th
- Barbara, August 30th

Staff

- Diquan, August 6th
- Spencer, August 28th

AUGUST 2024

The Sequoia • 825 Lilly Road NE, Olympia, WA 98506 • 360-491-0491

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10:00 Exercise 10:30 Coffee & News 1:00 Walking Club 1:30 Courtyard Popsicles 2:00 Garden Club 2:30 Veterans Pictures 3:15 Pet Visits with Sitka 5:30 Music Playing in Bistro	2 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	3 10:00 Coffee & News 1:15 Movie Matinee: Day After Tomorrow 3:00 Pokeno 5:30 Music Playing in Bistro All Day/Resident Led Open Games (Activity Room) Brain Buster (Front Desk)
4 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Watercolor Circle Art 3:00 Grace Church 3:30 Chocolate Chip Cookies for Chocolate Chip Cookie Day 5:00 Music Playing in Bistro	5 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Pet Visits with Dillon & Shirley 1:30 Scenic Drive 2:00 BINGO! 3:15 Ice Cream Sundaes 5:30 Music Playing in Bistro	6 10:00 Exercise 10:30 Coffee and News 10:45 Movie Matinee: What's Eating Gilbert Grape? 11:00 Picnic in the Park 2:00 Resident Lead Yahtzee 5:30 Music Playing in Bistro	7 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 Bridge 5:30 Music Playing in Bistro	8 10:00 Exercise 10:30 Coffee & News 1:00 Walking Club 1:30 Courtyard Popsicles 2:00 Garden Club 3:15 Pet Visits with Sitka 5:30 Music Playing in Bistro	9 10:00 Chair Yoga with Deniece Bleha 10:30 Coffee & News 1:00 Bible Study with Stephen 3:00-6:00 Garden Party At Garden Courte!	10 10:00 Coffee & News 1:15 Movie Matinee: Taps 3:00 Pokeno 5:30 Music Playing in Bistro All Day/Resident Led Open Games (Activity Room) Brain Buster (Front Desk)
11 Happy Birthday Clarice 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Flower Tealight Craft 3:00 Grace Church 3:30 Peanut Butter Bacon Banana Sandwiches for Elvis Week 5:00 Music Playing in Bistro	12 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Chef Chat with Rich 1:30 Scenic Drive 2:00 BINGO! 3:15 Pet Visits with Dillon & Shirley 5:30 Music Playing in Bistro	13 Happy Birthday Esther 10:00 Exercise 10:30 Coffee and News 10:45 Movie Matinee: Elvis 11:00 Picnic in the Park 2:00 Elvis Trivia 5:30 Music Playing in Bistro	14 10:00 Catholic Services (Library) 10:00 Buddies and Bagels Men's Group 10:30 Coffee and News 11:00 Little Sequoia Store 1:00 BINGO! 3:45 Resident Lead Hand and Foot 5:30 Music Playing in Bistro	15 Happy Birthday Cathy 10:00 Exercise 10:30 Coffee & News 1:00 Walking Club 1:30 Courtyard Popsicles 2:00 Garden Club 3:15 Pet Visits with Sitka 5:30 Music Playing in Bistro	16 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	17 Happy Birthday Carol Y. 10:00 Coffee & News 1:15 Movie Matinee: The DaVinci Code 3:00 Pokeno 5:30 Music Playing in Bistro All Day/Resident Led Open Games (Activity Room) Brain Buster (Front Desk)
18 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Tie Dye in the Courtyard 3:00 Grace Church 3:30 Beetle Dice Game 5:00 Music Playing in Bistro	19 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Pet Visits with Dillon & Shirley 1:30 Scenic Drive 2:00 BINGO! 3:15 Baking with Shirley 5:30 Music Playing in Bistro	20 10:00 Exercise 10:30 Coffee and News 10:45 Movie Matinee: The Music Man 11:00 Picnic in the Park 2:00 Let's Talk Activities & Clubs with Brianna 5:30 Music Playing in Bistro	21 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 Scrabble 5:30 Music Playing in Bistro	22 Happy Birthday Bob 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	23 10:00 Chair Yoga with Deniece Bleha 10:30 Coffee & News 1:00 Bible Study with Stephen 2:00 BINGO! 3:00 Live Performance By Susan Markcity 5:30 Music Playing in Bistro	24 10:00 Coffee & News 1:15 Movie Matinee: Dirty Dancing 3:00 Pokeno 5:30 Music Playing in Bistro All Day/Resident Led Open Games (Activity Room) Brain Buster (Front Desk)
25 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Pinwheel Craft 3:00 Grace Church 3:30 Root Beer Floats 5:00 Music Playing in Bistro	26 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 Pet Visits with Dillon & Shirley 1:30 Scenic Drive 2:00 BINGO! 3:15 Trivia 5:30 Music Playing in Bistro	27 10:00 Exercise 10:30 Coffee and News 10:45 Movie Matinee: The Parent Trap 11:00 Picnic in the Park 2:00 Resident Lead Pinochle 5:30 Music Playing in Bistro	28 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 Kings Corner 5:30 Music Playing in Bistro	29 Happy Birthday Diana 10:00 Exercise 10:30 Coffee & News 1:30 Courtyard Popsicles 2:00 Resident Council Everyone Welcome! 3:00 Live Performance By Gary Liden 5:30 Music Playing in Bistro	30 Happy Birthday Barbara 10:00 Chair Yoga with Deniece Bleha 10:30 Coffee & News 1:00 Bible Study with Stephen 2:00 BINGO! 3:15 Welcome Friends Happy Hour! 5:30 Music Playing in Bistro	31 10:00 Coffee & News 11:00 Learn about Labor Day 1:15 Movie Matinee: Sound of Music 3:00 Pokeno 5:30 Music Playing in Bistro All Day/Resident Led Open Games (Activity Room) Brain Buster (Front Desk)



August 2024 upcoming events



Recurring Events

Every Tuesday from 11:30 AM to 2 PM
Picnic Lunch in the Park

Every Friday at 10 AM
Chair Yoga with Deniece Bleha

Family Night

Garden Party at Garden Court, 8/9 from 3-6 PM

Entertainment

Vocalist Susan Markcity 8/23 at 3 PM

Guitar Gary Liden 8/29 at 3 PM



Our mission is to create and maintain comfortable, caring environments for those who depend on us.