

Resident Spotlight



Allan

Allan has lived at The Sequoia since April and says that he enjoys all the staff, as they are very friendly. Allan says since moving here, he has gained a sense of security and feels safe and well taken care of. He enjoys all the live entertainment The Sequoia offers and looks forward to seeing who comes to play next. Allan grew up in San Diego and was in the Coast Guard Reserve for over 20 years! He was also a middle school special education teacher for most of his career.

Team Member Spotlight



Maria, Dining Services Aide

Maria has worked at The Sequoia for six years now! She says she enjoys helping the residents daily. She always greets our residents with a smile and lends a helping hand to the kitchen staff when it's needed. Maria is a mother to three daughters and grandmother to six grandchildren! In her free time, she enjoys going shopping. Thank you for all you do at our community, Maria!

moments captured



Veteran's Day Recognition: Boy Scout Troop 48 came to help honor our veteran residents by performing a flag ceremony during our pinning ceremony with Envision Hospice last month.



Blankets for a Cause (Bottom Right and Cover): Karon, Jane, and Cathy are seen here making tie blankets to donate to a local charity during our Winter Warm-Up event in January!

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December 2024

www.thesequoia-olympia.com

The Sequoia Standard

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



A Note from the Executive Director



Many of you shared how much you enjoyed the recent performance by Matt Gurley (whose photo is in our Moments Captured section) and we couldn't agree more! His music has been a highlight for many, and we're happy to hear many of you are looking forward to his return. We hope to have him back in the new year to perform!

Carolyn Driscoll, Executive Director As we wrap up the final month of the year, we'd like to take a moment to wish all of our residents and family members a joyful and peaceful holiday season. Thank you for being such an important part of our community and for making this year so special.

We hope you will enjoy a special holiday meal with us on Thursday, December 12th. After the buffet dinner, we will enjoy listening to a holiday favorite, the Victorian Carols.

"It's not how much we give but how much love we put into giving." –Mother Theresa

HAPPY Birthday

Residents

- Karen Y., December 1st
- Judy, December 12th
- David, December 12th
- Elizabeth, December 17th

Staff

- Dee, December 9th
- Stephanie, December 20th

SUN	MON	TUE	WED	THU	FRI	SAT
1 <div>10:00 Exercise</div> <div>10:00 NFL: Seahawks Vs Jets</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:30 Let's Stretch</div> <div>2:00 Left, Right, Center Dice Game</div> <div>3:00 Grace Church</div> <div>3:30 Fake Snow Sculptures</div> <div>5:20 NFL Football: 49ers Vs Bills</div>	2 <div>8:45 Shopping Trip</div> <div>10:00 Exercise</div> <div>10:45 Monday Manicures</div> <div>1:00 Pet Visits with Dillon & Shirley</div> <div>1:30 Scenic Drive</div> <div>2:00 BINGO!</div> <div>3:15 Trivia</div> <div>5:15 NFL: Browns Vs Broncos</div>	3 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>10:45 Movie Matinee: <i>Jingle All the Way</i></div> <div>11:00 Tuesday Lunch Bunch</div> <div>3:00 Live Performance by Pianist Alan Zaboski</div> <div>5:30 Music Playing in Bistro</div> <div>6:00 Resident-Led Small Talk Support Group</div>	4 <div>10:00 Catholic Services(Library)</div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:00 BINGO!</div> <div>2:30 Take Down Fall Décor & Put Up Winter Décor</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	5 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>1:00 Take Down Fall Décor & Put Up Winter Décor in Lobby</div> <div>3:15 Door to Door Pet Visits with Sitka & Bri</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	6 <div>10:00 Chair Yoga with Deniece Bleha</div> <div>10:30 Coffee & News</div> <div>1:00 Bible Study with Stephen</div> <div>2:00 BINGO!</div> <div>3:00 Live Theatrical Performance by Readers Theater</div> <div>6:00 Evening Flick with</div>	7 <div>10:00 Coffee & News</div> <div>1:30 Holiday Jammers</div> <div>3:00 Pokeno</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div> <div>Pick up your Brain Buster at the Front Desk</div>
8 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:05 NFL: Seahawks Vs Cardinals</div> <div>1:30 Let's Stretch</div> <div>2:00 Christmas Cards</div> <div>3:00 Grace Church</div> <div>3:30 Pasta Snowflake Craft</div> <div>5:20 NFL: Rams Vs Chiefs</div>	9 <div>8:45 Shopping Trip</div> <div>10:00 Exercise</div> <div>10:45 Monday Manicures</div> <div>1:00 Pet Visits with Dillon & Shirley</div> <div>1:30 Scenic Drive</div> <div>2:00 BINGO!</div> <div>3:15 Kings Corner Card Game</div> <div>5:15 NFL: Bengals Vs Cowboys</div>	10 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>10:45 Movie Matinee: <i>Christmas with the Kranks</i></div> <div>11:00 Tuesday Lunch Bunch</div> <div>3:00 Live Performance by Tom Mull the Ukulele Man</div> <div>5:30 Music Playing in Bistro</div> <div>6:00 Resident-Led Small Talk Support Group</div>	11 <div>10:00 Catholic Services (Library)</div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:00 BINGO!</div> <div>3:45 Put Up Winter Décor in Bistro/Dining Room</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	12 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>1:00 Making Blankets for a Cause-Keep all Warm!</div> <div>4:30 Friends & Family Holiday Buffet Dinner!</div> <div>7pm Victorian Christmas Carolers & Bells</div>	13 <div>10:00 Chair Yoga with Deniece Bleha</div> <div>10:30 Coffee & News</div> <div>1:00 Bible Study with Stephen</div> <div>2:00 BINGO!</div> <div>3:15 Happy Hour with Refreshments</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	14 <div>10:00 Coffee & News</div> <div>1:30 Resident-Led BINGO!</div> <div>3:00 Pokeno</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div> <div>Pick up your Brain Buster at the Front Desk</div>
15 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:25 NFL: Colts Vs Broncos</div> <div>1:30 Let's Stretch</div> <div>2:00 Yahtzee</div> <div>3:00 Grace Church</div> <div>3:30 Puzzle Piece Wreath</div> <div>5:20 NFL: Packers Vs Seahawks</div>	16 <div>8:45 Shopping Trip</div> <div>10:00 Exercise</div> <div>10:45 Monday Manicures</div> <div>1:00 Pet Visits with Dillon & Shirley</div> <div>1:30 Scenic Drive</div> <div>2:00 BINGO!</div> <div>3:15 Beading with Shirley</div> <div>5:15 NFL: Bears Vs Vikings</div>	17 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>10:45 Movie Matinee: <i>I'll Be Home for Christmas</i></div> <div>11:00 Tuesday Lunch Bunch</div> <div>3:00 Live Performance by Guitarist Joe Lawn</div> <div>5:30 Music Playing in Bistro</div> <div>6:00 Resident-Led Small Talk Support Group</div>	18 <div>10:00 Catholic Services (Library)</div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store (Staff Holiday Party - Activity Rm)</div> <div>4:00 Resident Dance with DJ Andrew Golden Light & Sound!</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	19 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>1:00 Hot Cocoa & Short Stories with Bri</div> <div>2:00 Making Blankets for a Cause - Keep all Warm!</div> <div>3:15 Door to Door Pet Visits with Sitka & Bri</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	20 <div>10:00 Chair Yoga with Deniece Bleha</div> <div>10:30 Coffee & News</div> <div>1:00 Bible Study with Stephen</div> <div>2:00 BINGO!</div> <div>3:00 Welcome Friends Holiday Happy Hour with Live Performance by Ron Rosenbloom</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	21 <div>10:00 Coffee & News</div> <div>1:30 Resident-Led BINGO!</div> <div>3:00 Pokeno</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div> <div>Pick up your Brain Buster at the Front Desk</div>
22 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:05 NFL: Vikings Vs Seahawks</div> <div>1:30 Let's Stretch</div> <div>2:00 Dominos</div> <div>3:00 Grace Church</div> <div>3:30 Candy Cane Reindeer</div> <div>5:20 NFL: Buccaneers Vs Cowboys</div>	23 <div>8:45 Shopping Trip</div> <div>10:00 Exercise</div> <div>10:45 Monday Manicures</div> <div>1:00 Pet Visits with Dillon & Shirley</div> <div>1:30 Scenic Drive</div> <div>2:00 BINGO!</div> <div>3:15 Baking with Shirley</div> <div>5:15 NFL: Saints Vs Packers</div>	24 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>10:45 Movie Matinee: <i>Frosty the Snowman</i></div> <div>11:00 Tuesday Lunch Bunch</div> <div>3:00 Christmas Party</div> <div>5:30 Music Playing in Bistro</div> <div>6:00 Resident-Led Small Talk Support Group</div>	25 <div>10:00 Catholic Services (Library)</div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:00 BINGO!</div> <div>3:30 Merry Christmas! Santa passes out gifts</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	26 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>1:00 Cocoa & Stories w/ Bri</div> <div>2:00 Resident Council Meeting</div> <div>2:00 Making Blankets for a Cause—Keep all Warm</div> <div>3:15 Door to Door Pet Visits with Sitka & Bri</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	27 <div>10:00 Chair Yoga with Deniece Bleha</div> <div>10:30 Coffee & News</div> <div>1:00 Bible Study with Stephen</div> <div>2:00 BINGO!</div> <div>3:15 Happy Hour with Refreshments</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	28 <div>10:00 Coffee & News</div> <div>1:30 Resident-Led BINGO!</div> <div>3:00 Pokeno</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div> <div>Pick up your Brain Buster at the Front Desk</div>
29 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:25 NFL: Cowboys Vs Eagles</div> <div>1:30 Let's Stretch</div> <div>2:00 Fact mor Crap Trivia Game</div> <div>3:00 Grace Church</div> <div>3:30 Snowflake Window Cling</div> <div>5:20 NFL: Dolphins Vs Browns</div>	30 <div>8:45 Shopping Trip</div> <div>10:00 Exercise</div> <div>10:45 Monday Manicures</div> <div>1:00 Pet Visits with Dillon & Shirley</div> <div>1:30 Scenic Drive</div> <div>2:00 BINGO!</div> <div>3:15 Phase Ten Card Game</div> <div>5:15 NFL: Lions Vs 49ers</div>	31 <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>10:45 Movie Matinee: <i>Mrs. Doubtfire</i></div> <div>11:00 Tuesday Lunch Bunch</div> <div>3:00 New Year's Eve Party!</div> <div>5:30 Music Playing in Bistro</div> <div>6:00 Resident-Led Small Talk Support Group</div>				



December 2024
upcoming events

Friends and Family
Holiday Dinner 12/12
from 4:30- 6 PM

Welcome Friends Happy
Hour 12/20
from 3:15-5 PM

Resident Council
Meeting 12/26 at 2 PM

Entertainment

Pianist Alan Zaboski
12/3 at 3 PM

Readers Theater
12/6 at 3 PM

Holiday Jammers
12/7 at 1 PM

Tom Mull, Ukulele Man
12/10 at 3 PM

Guitarist Joe Lawn 12/17
at 3 PM

