

Resident Spotlight



Stephen

Sequoia shines its Resident Spotlight on Stephen. He has lived at The Sequoia for almost two years and considers himself our resident Chaplin. Stephens enjoys sharing his faith with others and says he is always available to sit and listen to those who need a kind ear. When he is not busy lending his support to others, Stephen can often be found in the activity room, tirelessly putting together puzzles! We are delighted to have Stephen as part of The Sequoia family.

Team Member Spotlight



Jessica, Housekeeper

Sequoia’s Employee Spotlight shines on Jessica this month. Jessica has been a member of the Housekeeping Team since 2022. Fellow staff and residents alike know they can count on Jessica’s smiling face and friendly demeanor as she works hard to keep The Sequoia clean and beautiful. Jessica is very reliable, with an excellent attendance record. Thank you, Jessica!



Joysong Victorian Carolers: Sequoia residents and their family and friends enjoyed spirit raising music song by the Joysong Victorian Carolers (pictured on cover page) after a delicious meal during our annual Holiday Dinner party!



Readers Theater: Readers Theater actors, seen above on the left, gave a fantastic performance of Christmas-themed plays for our residents!



A Note from the Executive Director

As we step into the new year, I’m grateful for all of the little kindnesses shown by residents, staff & family over the past year. It is all the little things that add up to make a meaningful life here at The Sequoia. Thank you & welcome to 2025!



Carolyn Driscoll,
Executive Director

Please join us for our **Winter Warm Up Friends and Family Night**. Come cozy up with a hot drink and warm smiles on **January 30th from 6 PM to 7:30 p.m.** Residents have hand-tied fleece blankets to help our neighbors stay warm. We will be sending that warmth forward by collecting new and gently used blankets, coats, hats, gloves, and socks for those in need. Bring your donations to the event on the 30th or drop them off with the front desk all month long.

“You are never too old to set another goal or to dream a new dream.”
C.S. Lewis

HAPPY Birthday
Residents

- Marlene, January 10th
- Jose, January 21st
- Colleen, January 24th
- Phyllis, January 25th
- Tony, January 25th
- Alan, January 27th
- Gaylene, January 31st

Staff

- Marilee, January 1st
- Michael, January 1st
- Maria B., January 2nd
- John, January 13th
- Camilla, January 19th
- Lizabeth, January 23rd
- Deanna, January 25th

<div> <div>JANUARY 2025</div> <div> <div>The Sequoia</div> <div> <div>•</div> <div>825 Lilly Road NE, Olympia, WA 98506</div> <div>•</div> <div>360-491-0491</div> </div> </div> </div>						
SUN	MON	TUE	WED	THU	FRI	SAT
			<div>1</div> <div>New Year's Day</div> <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 Christmas Decorations & make way for the New Year!</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>2</div> <div></div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>1:00 Take down Christmas Decorations & make way for the New Year!</div> <div>3:15 Pet Visits with Sitka</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>3</div> <div></div> <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>	<div>4</div> <div></div> <div>1:30 BINGO!</div> <div>3:00 Resident-Led Pokeno</div> <div>6:00 Evening Flick with Friends and Fresh Popcorn</div> <div>Pick up your Brain Buster at the Front Desk</div>
<div>5</div> <div></div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:30 Let's Stretch</div> <div>2:00 3D Paper Tea Cups</div> <div>3:00 Grace Church</div> <div>3:30 S'no Jokin Winter Puns</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>6</div> <div></div> <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 Winter Mad Libs</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>7</div> <div></div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>10:45 PBS Bill Moyers presents Genesis: A Living Conversation</div> <div>11:00 Tuesday Lunch Bunch</div> <div>3:00 Live Performance by Jim Cockrell</div> <div>6:00 Resident-Led Small Talk Support Group</div>	<div>8</div> <div></div> <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>2:00 Bible Church with Danny</div> <div>3:00 Resident-Led Cribbage</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>9</div> <div></div> <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</div> <div>3:15 Pet Visits with Sitka</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>10</div> <div>Happy Birthday Marlene</div> <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 & Popcorn</div>	<div>11</div> <div></div> <div>1:30 BINGO!</div> <div>3:00 Resident Led Pokeno</div> <div>6:00 Evening Flick with Friends and Fresh Popcorn</div> <div>Pick up your Brain Buster at the Front Desk</div>
<div>12</div> <div></div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:30 Let's Stretch</div> <div>2:00 Trivia</div> <div>3:00 Grace Church</div> <div>3:30 Sock Snowman</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>13</div> <div></div> <div>8:45 Shopping Trip</div> <div>10:00 Exercise</div> <div>10:45 Monday Manicures</div> <div>1:00 Chef Chat with Rich</div> <div>1:30 Scenic Drive</div> <div>2:00 BINGO!</div> <div>3:15 Pet Visits with Dillon & Shirley</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>14</div> <div></div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>10:45 PBS Bill Moyers presents Genesis: A Living Conversation</div> <div>11:00 Tuesday Lunch Bunch</div> <div>3:00 Let's Talk Activities with Brianna</div> <div>6:00 Resident-Led Small Talk Support Group</div>	<div>15</div> <div></div> <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 Fall Prevention & Safety Planning with Chris from ALPT & Nurse Stephanie</div> <div>3:00 Resident-Led Yahtzee</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>16</div> <div></div> <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</div> <div>3:15 Pet Visits with Sitka</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>17</div> <div></div> <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 Welcome Friends & Family Happy Hour with Refreshments</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>18</div> <div></div> <div>1:30 BINGO!</div> <div>3:00 Resident-Led Pokeno</div> <div>6:00 Evening Flick with Friends and Fresh Popcorn</div> <div>Pick up your Brain Buster at the Front Desk</div>
<div>19</div> <div></div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>11:00 Little Sequoia Store</div> <div>1:30 Let's Stretch</div> <div>2:00 Fact or Crap Trivia Game</div> <div>3:00 Grace Church</div> <div>3:30 Cookie Decorating</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>20</div> <div>National MLK Jr. Day</div> <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>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>21</div> <div>Happy Birthday Jose</div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>10:45 PBS Bill Moyers presents Genesis: A Living Conversation</div> <div>11:00 Tuesday Lunch Bunch</div> <div>3:00 Men's Bagels and Buddies</div> <div>6:00 Resident-Led Small Talk Support Group</div>	<div>22</div> <div></div> <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>2:00 Bible Church with Danny</div> <div>3:00 Live Performance by The Prairie Fire Band</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>23</div> <div></div> <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</div> <div>3:15 Pet Visits with Sitka</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>24</div> <div>Happy Birthday Colleen</div> <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 & Popcorn</div>	<div>25</div> <div>Happy Birthday Phyllis & Tony</div> <div>1:30 BINGO!</div> <div>3:00 Resident-Led Pokeno</div> <div>6:00 Evening Flick with Friends and Fresh Popcorn</div> <div>Pick up your Brain Buster at the Front Desk</div>
<div>26</div> <div></div> <div>10:00 Exercise</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 Northern Lights Chalk Art</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>27</div> <div></div> <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>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>28</div> <div></div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>10:45 PBS Bill Moyers presents Genesis: A Living Conversation</div> <div>11:00 Tuesday Lunch Bunch</div> <div>3:00 Ladies Tea Time</div> <div>6:00 Resident-Led Small Talk Support Group</div>	<div>29</div> <div></div> <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>3:00 Resident-Led Kings Corner</div> <div>6:00 Evening Flick with Friends & Fresh Popcorn</div>	<div>30</div> <div></div> <div>10:00 Exercise</div> <div>10:30 Coffee & News</div> <div>1:30 Safety Talk with Brad</div> <div>2:00 Resident Council—All Are Welcome to Attend</div> <div>6:00-7:30 Winter Warm Up Family and Friends Night</div>	<div>31</div> <div>Happy Birthday Gaylene</div> <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 & Popcorn</div>	

January 2025

upcoming events

Recurring Events

Every Tues., 11 to 2 PM

Lunch Bunch Outing

Every Fri., 10 AM Chair Yoga with Deniece Bleha

Welcome Friends Happy Hour, Last Friday of the month at 3:15 PM

Events

Winter Warm Up Family Night and Clothing/Blanket Drive 1/30 from 6 to 7:30 PM

Welcome Friends Happy Hour 1/17 at 3:15 PM

Entertainment

Jim Cockrell 1/7 at 3 PM

Prairie Fire Band 1/22 at 3 PM

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