

Resident Spotlight



Lex Ann

Our Sequoia Resident Spotlight this month shines on Lex Ann Madsen. Lex Ann has lived at The Sequoia for one year. She enjoys reading, dogs, horses, and visiting with her family. In the past, Lex Ann trained horses and had an Arabian named Ga'nissa, who is memorialized in a painting in her apartment. Lex Ann says that she appreciates the care team because they are so nice. We are thankful to have Lex Ann as part of our community!

Team Member Spotlight



Carrie, Administrative Assistant

Carrie joined The Sequoia team in August 2024. Since then, she has embraced her role with enthusiasm and a passion for helping others. In her free time, Carrie enjoys exploring her creative side through photography and graphic design. Over the course of her time at the Sequoia, Carrie has developed a deep appreciation for the opportunity to support and assist those around her.

moments captured



Live Performance: Guitarist Jim Cockrell returned to The Sequoia to once again share his musical talent, delivering a captivating performance that brought joy to our residents. We hope to have him visit us again soon!



Fall Prevention & Safety Planning: Our guest speaker from AL Physical Therapy, along with our Wellness Director, shared expert advice and practical tips to help attendees stay safe and maintain a trip-free living environment.



www.thesequoia-olympia.com



February 2025

The Sequoia Standard

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



HAPPY Birthday

Residents

- Norman, February 9th
- Lex Ann, February 15th
- Rody, February 16th
- Alice, February 25th

Staff

- Briley, February 12th
- Brad, February 21st
- Heather, February 27th

A Note from the Executive Director

February is American Heart month. Not only can we make a goal to move our bodies more, but also to fill our hearts with connection to others. Challenge yourself to try something new this month, such as attending an exercise class or reducing your isolation by attending a movie or resident-led support group. Look over the activities calendar and choose something new. There are some great opportunities to join with others this month, such as for the Sop Hop Dance on Valentine's Day when we'll enjoy 50's tunes with Song Man Dan. Watch the Super Bowl with others or come to Friends and Family Happy Hour and listen to Matt Gurley perform.


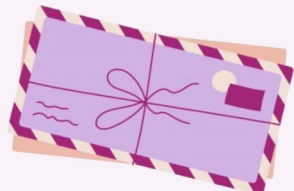


Carolyn Driscoll, Executive Director

"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace." -The Dalai Lama

FEBRUARY 2025

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

SUN	MON	TUE	WED	THU	FRI	SAT
						1 10:00 Chair Cardio 11:00 Short Stories with Erika 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends and Fresh Popcorn Pick up your Brain Buster at the Front Desk
2 Groundhog Day 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 3:00 Grace Church 3:30 Crafting with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	3 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 Fill in the Blank with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	4 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 2:00 Travel Club 3:30 4,000 Questions—Getting to Know You 6:00 Resident-Led Small Talk Support Group	5 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:00 Bible Church with Danny 3:00 Resident-Led Cribbage 6:00 Evening Flick with Friends & Fresh Popcorn	6 10:00 Exercise 10:30 Coffee & News 1:00 Show & Tell 2:00 Valentines Arts & Crafts 4:00 Baby Boomer Trivia 6:00 Evening Flick with Friends & Fresh Popcorn	7 10:00 Chair Yoga with Deniece Bleha 11:00 Coffee & News 1:00 Bible Study with Stephen 2:00 BINGO! 3:15 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Popcorn	8 10:00 Chair Cardio 11:00 Short Stories with Erika 1:30 BINGO! 3:00 Resident Led Pokeno 6:00 Evening Flick with Friends and Fresh Popcorn Pick up your Brain Buster at the Front Desk
9 Super Bowl 59 Happy Birthday Norman! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Trivia 3:00 Grace Church 3:30 Super Bowl 59 Party 6:00 Evening Flick with Friends & Fresh Popcorn	10 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 Cooking with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	11 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 2:00 Travel Club 3:00 Let's Talk Activities with Erika 4:00 Hearts & Hugs: A Valentine's Celebration 6:00 Resident-Led Small Talk Support Group	12 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 3:00 Resident-Led Yahtzee 6:00 Evening Flick with Friends & Fresh Popcorn	13 10:00 Exercise 10:30 Coffee & News 1:00 Show & Tell 2:00 Romantic Keys: Performance by Pianist & Vocalist Charlie Siabel 4:00 Baby Boomer Trivia 6:00 Evening Flick with Friends & Fresh Popcorn	14 Valentine's Day 10:00 Chair Yoga with Deniece Bleha 11:00 Coffee & News 1:00 Bible Study with Stephen 2:00 BINGO! 3:15 Sock Hop Dance with Live Performance from Song Man Dan 6:00 Evening Flick with Friends & Fresh Popcorn	15 Happy Birthday Lex Ann! 10:00 Chair Cardio 11:00 Short Stories with Erika 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends and Fresh Popcorn Pick up your Brain Buster at the Front Desk
16 Happy Birthday Rody! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Fact or Crap Trivia Game 3:00 Grace Church 3:30 Crafting with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	17 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! 6:00 Evening Flick with Friends & Fresh Popcorn	18 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 2:00 Travel Club 3:30 4,000 Questions—Getting to Know You 6:00 Resident-Led Small Talk Support Group	19 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:00 Bible Church with Danny 3:00 Resident-Led Card Games 6:00 Evening Flick with Friends & Fresh Popcorn	20 10:00 Exercise 10:30 Coffee & News 11:00 Thank a Caregiver: Card Making 1:00 Show & Tell 2:00 Musical Walking Chairs 4:00 Baby Boomer Trivia 6:00 Evening Flick with Friends & Fresh Popcorn	21 National Caregiver Day! 10:00 Chair Yoga with Deniece Bleha 11:00 Coffee & News 1:00 Bible Study with Stephen 2:00 BINGO! 3:15 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Popcorn	22 10:00 Chair Cardio 11:00 Short Stories with Erika 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends and Fresh Popcorn Pick up your Brain Buster at the Front Desk
23 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Left Right Center Dice Game 3:00 Grace Church 3:30 Crafting with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	24 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 Cooking with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	25 Happy Birthday Alice! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 2:00 Travel Club 3:30 Ladies Tea Time 6:00 Resident-Led Small Talk Support Group	26 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 3:00 Resident-Led Kings Corner 6:00 Evening Flick with Friends & Fresh Popcorn	27 10:00 Exercise 10:30 Coffee & News 1:00 Show & Tell 2:00 Resident Council—All Are Welcome to Attend 4:00 Baby Boomer Trivia 6:00 Evening Flick with Friends & Fresh Popcorn	28 10:00 Chair Yoga with Deniece Bleha 11:00 Coffee & News 1:00 Bible Study with Stephen 2:00 BINGO! 3:15 Welcome Friends & Family Happy Hour (Special Performance by Matt Gurley) 6:00 Evening Flick with Friends & Popcorn	



February 2025

upcoming events

Tuesdays at 6 PM:
Resident-Led Small Talk Support Group

Feb. 9 at 3:30 PM:
Superbowl 59 Party

Feb. 11 at 4 PM:
Hearts & Hugs Valentine's Celebration

Feb. 13 at 2 PM:
Romantic Keys, Performance by Pianist and Vocalist Charlie Siabel

Feb. 14 at 3:15 PM:
Valentine's Day Sock Hop with Live Performance by Song Man Dan

Feb. 27 at 2 PM:
Resident Council

Feb. 28 at 3:15 PM
Welcome Friends & Family Happy Hour with Performance by Matt Gurley



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