

Resident Spotlight



Marlene

Marlene has been a proud resident of Sequoia for just over a year and has quickly become a beloved member of the community. She truly enjoys meeting new people. Marlene is particularly fond of the entertainment and performers that visit Sequoia, always eager to attend and share the experience with others. A strong advocate for staying active, she also encourages fellow residents to participate in the exercise classes, believing they're a fun and vital way to stay healthy and engaged.

Team Member Spotlight



Letty, Caregiver

Letty has been a dedicated caregiver at the Sequoia for nearly seven years, where she finds great joy in caring for residents. She can be found singing and dancing in the hallways with residents and is incredibly reliable. Outside of work, she enjoys staying active through workouts and reading. Letty is passionate about her role and takes pride in making a positive impact on the lives of those she cares for.



moments captured



Groove & Move for Flexibility and Strength: Deniece brings energizing morning routines and fun playlists to the Sequoia, helping residents kickstart their Friday with flexibility, strength, and a smile!



Hoops, snacks, and March Madness fun! Residents came together for a night of friendly competition, tasty treats, and basketball trivia—making memories one shot at a time!

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@SEQUOIAASSISTEDLIVING

April 2025

The Sequoia Standard

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



HAPPY Birthday

Residents

- Maxine, April 15
- Gary, April 15
- Maria, April 19
- Carolyn, April 19
- Myra, April 22
- Peggy, April 25
- Sally, April 26

Staff

- Nelly, April 2
- Shirley, April 9
- Jerome, April 26

A Note from the Executive Director

With Spring comes many outings and a reminder for **your safety**. Please use the **Resident Sign Out and In Book** when leaving and returning to the community, **every time**. Should we not be able to find you, the sign out/in book is the first place we look.



Carolyn Driscoll, Executive Director


To **celebrate Spring**, we have a **great event** for friends, family, and anyone interested in learning what The Sequoia has to offer. Our **Spring Showcase Open House** is on **Saturday, April 5th from 12-5 pm**. Enjoy delicious appetizers, a local craft fair & Prairie Fire Band, all while raising funds to

fight cancer (*Relay for Life* raffle basket). Tours of the community will be available all afternoon and can be scheduled in advance.

"In the Spring, I have counted 136 kinds of weather inside of 24 hours," Mark Twain

APRIL 2025

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 11:00 Tuesday Lunch Bunch 2:00 Travel Club 3:00 Let's Go for a Walk 6:00 Resident-Led Small Talk Support Group	2 Do It Yourself (DIY) Day 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 Yahtzee 6:00 Evening Flick with Friends & Fresh Popcorn	3 10:00 Exercise 10:30 Coffee & News 11:00 Practice Shooting Hoops 1:00 Flower Arranging 3:00 Sequence Board Game 6:00 Evening Flick with Friends & Fresh Popcorn	4 10:00 Groove & Move for Flexibility & Strength 10:30 Coffee & News 1:00 Bible Study with Stephen 1:30 BINGO! 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	5 10:00 Exercise 11:00 Short Stories 12:00-5:00 Spring Open House with Special Performance by Prairie Fire Band, Relay for Life Raffle Basket, & Craft Fair! INVITE YOUR FAMILY & FRIENDS 6:00 Evening Flick with Friends & Fresh Popcorn
	6 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 3:00 Grace Church 3:30 Crafting 6:00 Evening Flick with Friends & Fresh Popcorn	7 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Fill in the Blank with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	8 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 1:30 Garden Club 3:00 Let's Bake Brownies 6:00 Resident-Led Small Talk Support Group	9 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 3:00 Resident-Led Cribbage 6:00 Evening Flick with Friends & Fresh Popcorn	10 10:00 Exercise 10:30 Coffee & News 11:00 History Trivia 1:00 Challenges & Joys in Living: What to Expect in Each Decade Beyond Age 65 with Guest Presenter Marty Worcester 3:00 Sequence Board Game 6:00 Evening Flick with Friends & Fresh Popcorn	11 10:00 Exercise 10:30 Coffee & News 12:30 Live Performance by Pianist Paul Edwards 1:00 Bible Study with Stephen 1:30 BINGO! 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn
13 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 Crafting 6:00 Evening Flick with Friends & Fresh Popcorn	14 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Cooking with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	15 Happy Birthday Maxine & Gary! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 1:00 Chef Chat with Rich 2:00 Travel Club 3:00 Courtyard Games 6:00 Resident-Led Small Talk Support Group	16 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 Yahtzee 6:00 Evening Flick with Friends & Fresh Popcorn	17 10:00 Exercise 10:30 Coffee & News 11:00 Easter Egg Fun 1:00 Arts & Crafts 3:00 Sequence Board Game 6:00 Evening Flick with Friends & Fresh Popcorn	18 10:00 Exercise 10:30 Coffee & News 1:00 Bible Study with Stephen 1:30 BINGO! 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	19 Happy Birthday Maria & Carolyn! 10:00 Exercise 11:00 Short Stories 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends & Fresh Popcorn
20 Easter 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Easter Egg Hunt 3:00 Grace Church 3:30 Easter Craft 6:00 Evening Flick with Friends & Fresh Popcorn	21 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Tabletop Games with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	22 Happy Birthday Myra! Earth Day 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 1:30 Garden Club 3:00 Let's Bake Cookies 6:00 Resident-Led Small Talk Support Group	23 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 3:00 Live Performance by Prairie Fire Band 6:00 Evening Flick with Friends & Fresh Popcorn	24 10:00 Exercise 10:30 Coffee & News 11:00 Spring Poems 1:00 Show & Tell 2:00 Resident Council—All are Welcome to Attend 3:00 Sequence Board Game 6:00 Evening Flick with Friends & Fresh Popcorn	25 Happy Birthday Peggy! 10:00 Groove & Move for Flexibility & Strength 10:30 Coffee & News 1:00 Bible Study with Stephen 1:30 BINGO! 3:30 Celebrate Spring Friends & Family Happy Hour with Entertainer Gary Liden 6:00 Evening Flick with Friends & Fresh Popcorn	26 Happy Birthday Sally! 10:00 Exercise 11:00 Short Stories 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends & Fresh Popcorn
27 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch 2:00 Resident-Led Card Games 3:00 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	28 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Painting with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	29 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch 2:00 Travel Club 3:00 Courtyard Games 6:00 Resident-Led Small Talk Support Group	30 Intl. Jazz Day 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 Kings Corner 6:00 Evening Flick with Friends & Fresh Popcorn			Note for Saturdays: Pick up you Brain Buster at the front desk!



April 2025 upcoming events

- Tuesdays at 6 pm
Resident-Led Small Talk Support Group
- Wednesdays at 10 am
Catholic Services (Library)
- Sundays at 3 pm
Grace Church

4/5 from 12-5 pm
Spring Open House.

4/10 at 1 pm
Presentation by Marty Worcester

4/11 at 12:30 pm
Pianist Paul Edwards

4/12 at 3 pm
Performance by Keys to Connection

4/20 at 1:30 pm
Easter Egg Hunt

4/23 at 3 pm
Performance by Prairie Fire Band

4/24 at 2 pm
Resident Council

4/25 at 3:30 pm
Spring Friends & Family Happy Hour featuring Entertainer Gary Liden



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