

## Resident Spotlight



**Duane**

Duane has lived at The Sequoia with his wife, Carol, for two years. As a young child, he dreamed of flying like a bird, and at 80 years old, he made that dream come true by going skydiving with three of his granddaughters. He and Carol have 12 grandchildren and 12 great-grandchildren. Duane loves living at The Sequoia because he doesn't have to cook, do laundry, or take care of the lawn.

## Team Member Spotlight



**Andrea, Caregiver**

Andrea has been working at The Sequoia for about a year. He enjoys working here because he loves the management team, the wonderful residents, and the amazing staff. Residents enjoy Andrea's smile and how helpful he is. When he's not working, he enjoys being at the gym and listening to music. We love having Andrea as part of our care team!

# moments captured



**Flower Arranging:** In preparation for our Spring Open House, residents joined in creating beautiful flower arrangements to display throughout The Sequoia.



**Courtyard Games:** Residents took advantage of the warm weather by engaging in fun and friendly games like cornhole and ladder ball in the courtyard.



www.thesequoia-olympia.com

May 2025

# The Sequoia Standard

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



## HAPPY Birthday

### Residents

- Kathy, May 1
- Pat, May 11
- Don, May 17

### Staff

- Judy, May 1
- Peter, May 2
- Shanice, May 3
- Carrie, May 5
- Michelle, May 7
- Maria, May 7
- Kendall, May 15
- Gladys, May 17
- My, May 18
- Jake, May 24
- Carolyn, May 25

## A Note from the Executive Director

A big thanks to all who helped with our Spring Open House. In addition to welcoming new faces, we raised almost \$500 for *Relay for Life* to fund cancer research and help those fighting and surviving cancer!



**Carolyn Driscoll, Executive Director**

In May, we celebrate and thank our moms on Mother's Day and honor veterans who lost their lives in service on Memorial Day.

**Please join us Thursday, May 8th from 5-6:30 pm for a Mother's Day Appreciation Dinner.**

For Memorial Day, place a flag in the center of our courtyard to honor a fallen veteran and donate non-perishable food items to support our veteran neighbors, (collections taken the full month of May).


**"At the end of the day, my most important job is still mom-in-chief." ~ Michelle Obama**

# MAY 2025

The Sequoia

• 825 Lilly Road NE, Olympia, WA 98506

• 360-491-0491

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <b>Happy Birthday Kathy!</b> 10:00 Exercise 10:30 Coffee & News 11:00 Board Game Checkers 2:00 Travel Club (Bring Your Travel Pics) 3:00 Let's Go Outside! 6:00 Evening Flick with Friends & Fresh Popcorn	2 10:00 <b>Groove &amp; Move for Flexibility with Deniece</b> Coffee & News 10:30 Bible Study with Stephen 1:00 BINGO! 1:00 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	3 <b>Kentucky Derby Day</b> 10:00 Exercise 10:30 Coffee & News 11:00 Card Game – UNO 1:30 BINGO! 3:00 Balloon Badminton 6:00 Evening Flick with Friends & Fresh Popcorn
4 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch! <b>3:00 Grace Church</b> 3:30 Flower Arranging - Vases To brighten the tables 6:00 Evening Flick with Friends & Fresh Popcorn	5 <b>Cinco de Mayo</b> 8:45 Shopping Trip 10:00 Exercise 11:00 Cooking with Belle - Homemade Chicken Broth 1:30 Scenic Drive 2:00 BINGO! 3:00 Rich's Chips & Salsa 6:00 Evening Flick with Friends & Fresh Popcorn	6 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Red Robin) 2:00 Paint By Numbers 3:30 Let's Go for a Walk! <b>6:00 Resident-Led Small Talk Support Group</b>	7 <b>10:00 Catholic Services (Library)</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:00 Resident Led Card Games 6:00 Evening Flick with Friends & Fresh Popcorn	8 10:00 Exercise 10:30 Coffee & News 11:00 Mother's Day Trivia 1:30 Garden Club Repot Plants <b>5:00 Mother's Day Appreciation Dinner - Violin Performance by Magdalena</b>	9 10:00 <b>Groove &amp; Move for Flexibility with Deniece</b> Coffee & News 10:30 Bible Study with Stephen 1:00 BINGO! 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	10 10:00 Exercise 10:30 Coffee & News 11:00 Resident-Led Cribbage 1:30 BINGO! 3:30 Lemonade in the Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn
11 <b>Happy Birthday Pat! Mother's Day</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch! <b>3:00 Grace Church</b> <b>3:30 Mother's Day Tea</b> 6:00 Evening Flick with Friends & Fresh Popcorn	12 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Trivia 6:00 Evening Flick with Friends & Fresh Popcorn	13 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Denny's) <b>2:00 Live Performance by Joe Lawn</b> <b>6:00 Resident-Led Small Talk Support Group</b>	14 <b>10:00 Catholic Services (Library)</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! <b>2:00 Bible Church with Danny</b> 6:00 Evening Flick with Friends & Fresh Popcorn	15 10:00 Exercise 10:30 Coffee & News 11:00 Yahtzee Board Game 1:30 Garden Club Herb Gardens 3:00 Let's Go for a Walk! 6:00 Evening Flick with Friends & Fresh Popcorn	16 10:00 <b>Groove &amp; Move for Flexibility with Deniece</b> Coffee & News 10:30 Bible Study with Stephen 1:00 BINGO! 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	17 <b>Happy Birthday Don!</b> 10:00 Exercise 10:30 Coffee & News 11:00 Paint By Numbers 1:30 BINGO! 3:30 Ice Cream in the Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn
18 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch! <b>3:00 Grace Church</b> 3:30 Crafting– Beading 6:00 Evening Flick with Friends & Fresh Popcorn	19 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Garden Club – Marigolds 6:00 Evening Flick with Friends & Fresh Popcorn	20 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Emperor's Palace) <b>3:00 Live Performance by Song Man Dan</b> <b>6:00 Resident-Led Small Talk Support Group</b>	21 <b>10:00 Catholic Services (Library)</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:00 Resident Led Card Games 6:00 Evening Flick with Friends & Fresh Popcorn	22 10:00 Exercise 10:30 Coffee & News 11:00 Baking With Belle - Delicious Cookies 2:00 Travel Club 3:00 Garden Club Weeding our Flowerbeds 6:00 Evening Flick with Friends & Fresh Popcorn	23 10:00 <b>Groove &amp; Move for Flexibility with Deniece</b> Coffee & News 10:30 Bible Study with Stephen 1:00 BINGO! 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	24 10:00 Exercise 10:30 Coffee & News 11:00 Short Stories 1:30 BINGO! 3:00 Resident-Led Pokeno 6:00 Evening Flick with Friends & Fresh Popcorn
25 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch! <b>3:00 Grace Church</b> 3:30 Be Creative - Coloring 6:00 Evening Flick with Friends & Fresh Popcorn	26 <b>Memorial Day Plant Flags in the Center Planter of the Courtyard to Honor the Service of Fallen Veterans</b> 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Ice Cream Social in Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn	27 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Shari's) 2:00 Chef Chat with Rich <b>3:00 Live Performance by Northwest Sunshine Band</b> <b>6:00 Resident-Led Small Talk Support Group</b>	28 <b>Senior Health &amp; Fitness Day</b> <b>10:00 Catholic Services (Library)</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! <b>2:00 Bible Church with Danny</b> <b>3:30 Senior Fitness Games in Courtyard!</b> 6:00 Evening Flick with Friends	29 10:00 Exercise 10:30 Coffee & News 11:00 Baking With Belle - Banana Bread 2:00 Travel Club 3:00 Let's Go for a Walk! 6:00 Evening Flick with Friends & Fresh Popcorn	30 10:00 <b>Groove &amp; Move for Flexibility with Deniece</b> Coffee & News 10:30 Bible Study with Stephen 1:00 BINGO! <b>3:30 Tulips &amp; Tunes Friends &amp; Family Happy Hour with Entertainer, Matt Gurley</b> 6:00 Evening Flick with Friends & Fresh Popcorn	31 10:00 Exercise 10:30 Coffee & News 11:00 Spring Poems 1:00 Show & Tell <b>2:00 Resident Council— All are Welcome to Attend!</b> 3:00 Sequence Dice Game 6:00 Evening Flick with Friends & Fresh Popcorn



## May 2025 upcoming events

**Tuesdays at 6 pm Resident-Led Small Talk Support Group**

**Wednesdays at 10 am Catholic Services (Library)**

**Fridays at 10 am Groove & Move for Flexibility**

**Sundays at 3 pm Grace Church**

**5/8 Mother's Day Appreciation Dinner 5 pm**

**5/13 Live Performance – Joe Lawn 2 pm**

**5/20 Live Performance – Song Man Dan 3 pm**

**5/30 Family & Friends Happy Hour with Live Performer (Matt Gurley)**

**5/31 Resident Council 2 pm**



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