

Resident Spotlight



Myrna

Meet Myrna, a Minister who has lived across Washington, California, and along the Mexico border, where she picked up Spanish along the way. During COVID, she and two other women sewed and donated over 5,000 face masks! Sewing is her happy place, and so is walking. She clocks in about a mile a day. We're so glad to have her in our community!

Team Member Spotlight



Heather, Caregiver

Originally from Utah, Heather now calls Washington home. Outside of work, she enjoys spending time in the great outdoors, especially hiking, and loves baking sweet treats in the kitchen. Most recently, she's discovered a new passion: making jam! Heather's positive attitude and dedication make her a valued member of our team.



**BINGO:** We'd like to give a special shout-out to Carrie, Molly, Amelia and many of our Sequoia bunch for bringing joy, laughter and patriotic spirit to our Red, White & Blue Bingo event!



**Family Visits:** There's nothing quite like a visit from family to bring a smile to your face and warmth to your heart!





August 2025

# The Sequoia Standard

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

www.thesequoia-olympia.com



A Note from the Executive Director

A freshly sealed and painted parking lot, extra attention for our landscaping, and a safe and gorgeous new Sequoia bus; these are the sights of summer I'm so thankful for this month. Thank you, Radiant!



Carolyn Driscoll, Executive Director

**Friends and Family**—Please join us as we celebrate with our Lilly Road friends on Aug. 7th from 3 to 6 pm for the Annual Garden Party. There will be delicious BBQ with all the fixings and live entertainment. Catch a ride with Spencer from our parking lot in the new Sequoia van so you don't have to worry about parking or walking.

Join us again for our *Summer Send Off Soiree Happy Hour* on Aug. 29th from 3:30 to 5 pm, with a performance by Matt Gurley.

**"Kindness costs nothing but leaves behind a wealth of warmth and connection."** Author Unknown

## HAPPY Birthday

Residents

- Clarice, 8/11
- Carol Y, 8/17
- Diana, 8/29
- Barbara, 8/30

Staff

- Kaitlyn, 8/11
- Spencer, 8/28



AUGUST 2025						
The Sequoia • 825 Lilly Road NE, Olympia, WA 98506 • 360-491-0491						
SUN	MON	TUE	WED	THU	FRI	SAT
					1 10:00 Groove & Move for Flexibility with Deneice 10:30 Coffee & News 1:00 BINGO! 3:00 Bible Study with Stephen (Activities Kitchen) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	2 10:00 Exercise 10:30 Coffee & News 11:00 Paint Sunflowers 1:00 BINGO! 2:30 Lemonade in the Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn
3 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 2:00 Let's Stretch! 3:00 Grace Church 4:00 Crafts w/ Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	4 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Bake with Shirley (Chocolate Cookies) 6:00 Evening Flick with Friends & Fresh Popcorn	5 10:00 Exercise 10:30 Coffee & News 11:00 Lunch Bunch (Martin Way Diner) 3:00 Paint with Belle 4:00 Board Games 6:00 Resident-Led Small Talk Support Group	6 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 6:00 Evening Flick with Friends & Fresh Popcorn	7 10:00 Exercise 10:30 Coffee & News 11:00 Resident-Led Sequence Dice Game 3:00 Lilly Road Garden Party @ Garden Courte Memory Care (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	8 10:00 Groove & Move for Flexibility with Deneice 10:30 Coffee & News 1:00 BINGO! 3:00 Bible Study with Stephen (Activities Kitchen) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	9 10:00 Exercise 10:30 Coffee & News 11:00 Hand and Foot Card Game 1:00 BINGO! 2:30 Bowling in the Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn
10 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 2:00 Let's Stretch! 3:00 Grace Church 4:00 Crafts w/ Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	11 Happy Birthday, Clarice! 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Card Games 6:00 Evening Flick with Friends & Fresh Popcorn	12 10:00 Exercise 10:30 Coffee & News 11:00 Lunch Bunch (5th on 4th Sandwich) 2:00 Share Family Photos (Activities Center) 3:00 Cooking with Belle (Chocolate Covered Fruit) 6:00 Resident-Led Small Talk Support Group	13 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Memory Cup Game 2:00 Bible Church with Danny 6:00 Evening Flick with Friends & Fresh Popcorn	14 10:00 Exercise 10:30 Coffee & News 1:30 Trivia 2:00 Gardening– Water the Flowers 3:00 Live Performance by Bart Herigstad 6:00 Evening Flick with Friends & Fresh Popcorn	15 10:00 Groove & Move for Flexibility with Deneice 10:30 Coffee & News 1:00 BINGO! 3:00 Bible Study with Stephen (Activities Kitchen) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	16 10:00 Exercise 10:30 Coffee & News 11:00 Uno Card Game 1:00 BINGO! 3:30 Lemonade in the Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn
17 Happy Birthday, Carol Y.! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 2:00 Let's Stretch! 3:00 Grace Church 4:00 Crafts w/ Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	18 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Coloring Books 6:00 Evening Flick with Friends & Fresh Popcorn	19 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Brewery City Pizza) 2:00 Guest Speaker Assistant Fire Chief LeMay—Fire Safety 3:30 Let's Take Pictures Outside 6:00 Resident-Led Small Talk Support Group	20 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 6:00 Evening Flick with Friends & Fresh Popcorn	21 World Seniors' Day! 10:00 Exercise 10:30 Coffee & News 11:00 Cup Game 2:00 Special Treat for Seniors' Day 3:00 Guest Speaker—Chris from ALPT (Proper Use of Assisted Devices) 6:00 Evening Flick with Friends & Fresh Popcorn	22 10:00 Groove & Move for Flexibility with Deneice 10:30 Coffee & News 1:00 BINGO! 3:00 Bible Study with Stephen (Activities Kitchen) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	23 10:00 Exercise 10:30 Coffee & News 11:00 Balloon Toss 1:00 BINGO! 2:00 Take Pictures of What Inspires Us 6:00 Evening Flick with Friends & Fresh Popcorn
24 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 2:00 Let's Stretch! 3:00 Grace Church 4:00 Crafts w/ Shirley (Pinwheels) 6:00 Evening Flick with Friends & Fresh Popcorn	25 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Watercolor Painting 6:00 Evening Flick with Friends & Fresh Popcorn	26 10:00 Exercise 10:30 Coffee & News 11:30 Tuesday Lunch Bunch (Red Robin) 2:00 Axe Throwing (Courtyard) 3:00 Cooking with Belle (Strawberry Shortcake) 6:00 Resident-Led Small Talk Support Group	27 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 Live Performance Prairie Fire Band 6:00 Evening Flick with Friends & Fresh Popcorn	28 10:00 Exercise 10:30 Coffee & News 11:00 Wack a Balloon 2:00 Resident Council - All are Welcome to Attend! 3:00 Resident Led King's Corner Card Games 6:00 Evening Flick with Friends & Fresh Popcorn	29 Happy Birthday, Diana! 10:00 Groove & Move for Flexibility with Deneice 10:30 Coffee & News 1:00 BINGO! 3:00 Bible Study with Stephen (Activities Kitchen) 3:30 Friends & Family Happy Hour Summer Send Off Soiree with a Live Performance by Matt Gurley (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	30 Happy Birthday, Barbara! Labor Day Weekend 10:00 Exercise 10:30 Coffee & News 11:00 Yahtzee Game 1:00 BINGO! 2:30 S'mores Parfait in the Courtyard To Celebrate Labor Day 6:00 Evening Flick with Friends & Fresh Popcorn
31 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 2:00 Let's Stretch! 3:00 Grace Church 4:00 Crafts w/ Shirley 6:00 Evening Flick with Friends & Fresh Popcorn						

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



THE SEQUOIA  
SENIOR LIVING

August  
2025

upcoming events

Grace Church  
Sundays at 3 pm

Lilly Road Garden Party  
at Garden Courte  
Memory Care  
(Sign up at front desk)  
Aug. 7th at 3 pm

Live Performance by  
Bart Herigstad  
Aug. 14th at 3 pm

Guest Speaker Chris  
from ALPT (Proper Use  
of Assisted Devices)  
Aug. 21st at 3 pm

Live Performance by  
Prairie Fire Band  
Aug. 27th at 3 pm

Resident Council  
Aug. 28th at 2 pm

Friends & Family Happy  
Hour Summer Send Off  
Soiree with a Live  
Performance by Matt  
Gurley  
(sign up at front desk)  
Aug. 29th at 3:30 pm

