

Resident Spotlight



Pat

Say hello to Pat! We’re so grateful to have Pat as part of our community! She’s such a lovely, warm person, with a welcoming smile and kind word for others. Pat spent many years caring for little ones as a pediatric nurse at Memorial Clinic and later worked as a scrub nurse at St. Pete’s. When game day rolls around, you’ll find her rooting for her favorite teams– the Mariners & the Seahawks. We’re so glad she’s here!

Team Member Spotlight



Mercy, Caregiver

Mercy has been a part of the Sequoia team for almost a year. She is a kind-hearted, consistent caregiver, always busy anticipating the next task for her residents. We’re excited to share that she recently welcomed her second child, a sweet baby boy, Aaron, who is now 5 months old! When she’s not hard at work, Mercy loves to cook, shop and–most of all–enjoys a little peaceful, quiet time!!

moments captured



Pet Visits: Pet therapy brings joy, comfort, and plenty of smiles to our residents when they come to our community! These furry friends will also visit our residents in the comfort of their own apartments if mobility is a challenge. This September, pet therapy is on the 29th at 3:30 pm in the activities room!



Carnival Fun: Our carnival-themed open house was full of smiles, prizes, delicious corndogs, slushies, and plenty of photo-worthy memories for our residents!

Share Your Thoughts This September!

Resident & Responsible Party Satisfaction Survey

Residents and Responsible Parties, please keep an eye on your email for our Annual Satisfaction Survey! We are sending out our annual survey links from September 1st. The survey window is open through October 15th.

Your participation is greatly appreciated!



September 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

My love of being around older adults began in my grandparents’ living room, listening to my grandpa play the fiddle and my grandma reading nursery rhymes. I was **so fortunate** to live close to my grandparents growing up! Whether near or far, grandparents play such a vital role in the lives of young people. We celebrate the many grandparents at The Sequoia for the wisdom and unconditional love they provide to their special grandchildren.



Carolyn Driscoll, Executive Director

Check out the September calendar and join us for fun activities on Grandparents’ Day (7th), Family & Friends Lua Dinner with *Shelltown Strummers* (18th), and a Special Happy Hour with *Keys to Connection* (26th)

"My children were like miracles, but my grandchildren are like being in heaven." -Catherine Pulsifer


HAPPY Birthday

Residents

- Stephen, 9/4
- Jon, 9/5
- Karon S, 9/8
- Jim J, 9/9
- Esther, 9/10
- Duane, 9/19
- Carol M, 9/23

Staff

- Jasmine, 9/9
- Marlys, 9/22
- Jessica, 9/23

SUN	MON	TUE	WED	THU	FRI	SAT
	1 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Bake with Shirley (Biscuits) 6:00 Evening Flick with Friends & Fresh Popcorn	2 10:00 Exercise 10:30 Coffee & News 11:00 Lacey Community Park Picnic (Sign-up Front Desk) 3:00 Live Performance by Joe Lawn 6:00 Resident-Led Small Talk Support Group	3 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 6:00 Evening Flick with Friends & Fresh Popcorn	4 Happy Birthday Stephen! 10:00 Exercise 10:30 Coffee & News 11:00 Olympia Farmer's Market (Sign-up Front Desk) 2:00 Mason Jar Lid Sun Catchers 3:30 Activities Calendar Chat with Belle (Activities Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	5 Happy Birthday Jon! 10:00 Groove & Move for Flexibility with Deniece 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Study with Stephen (Activities Kitchen) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	6 10:00 Exercise 10:30 Coffee & News 11:00 Tissue Paper Flower Craft 1:00 BINGO! 2:30 Walk & Talk 6:00 Evening Flick with Friends & Fresh Popcorn
7 GRANDPARENTS' DAY! NATIONAL ASSISTED LIVING WEEK! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Family & Friends Welcome! Decorate Cookies & Cards for Grandparents' Day! 3:00 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	8 Happy Birthday Karon S.! 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Get Creative—Painting Rocks! 6:00 Evening Flick with Friends & Fresh Popcorn	9 Happy Birthday Jim J.! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Denny's) 2:00 Chef Chat with Rich 3:00 Live Performance by Forever Young 6:00 Resident-Led Small Talk Support Group	10 Happy Birthday Esther! 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Courtyard Treats for Residents and Staff to Celebrate National Assisted Living Week! 6:00 Evening Flick with Friends & Fresh Popcorn	11 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Bake with Belle (No Bake Oatmeal Cookies) 3:30 Board Game 6:00 Evening Flick with Friends & Fresh Popcorn	12 10:00 Groove & Move for Flexibility with Deniece 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Study with Stephen (Activities Kitchen) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	13 10:00 Exercise 10:30 Coffee & News 11:00 Hand & Foot Card Game 1:00 BINGO! 2:30 Coloring Books 6:00 Evening Flick with Friends & Fresh Popcorn
14 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Board Games 3:00 Grace Church 4:00 Crafts with Shirley—Pinwheels 6:00 Evening Flick with Friends & Fresh Popcorn	15 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Creating Beautiful Bookmarks 6:00 Evening Flick with Friends & Fresh Popcorn	16 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Puerto Vallarta) 3:00 Guest Speaker - Natalya from Above Home Health (Fall Prevention) 3:30 Walk & Talk! 6:00 Resident-Led Small Talk Support Group	17 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 6:00 Evening Flick with Friends & Fresh Popcorn	18 10:00 Exercise 10:30 Coffee & News 11:00 Resident-Led Uno Game (Decorate/Set Up for Event Night) 5:00 Welcome Family & Friends! Luau Dinner With Live Performance by Shelltown Strummers (Sign-up Front Desk)	19 Happy Birthday Duane! 10:00 Groove & Move for Flexibility with Deniece 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Study with Stephen (Activities Kitchen) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	20 10:00 Exercise 10:30 Coffee & News 11:00 Uno Card Game 1:00 BINGO! 3:30 Axe Throwing in the Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn
21 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Card Game 3:00 Grace Church 4:00 Crafts with Shirley—Tissue Paper Flowers 6:00 Evening Flick with Friends & Fresh Popcorn	22 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Crafts with Shirley—Beading 6:00 Evening Flick with Friends & Fresh Popcorn	23 Happy Birthday Carol M.! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Martin Way Diner) 2:00 Cooking with Belle (Scones with Strawberries) 3:30 Yahtzee 6:00 Resident-Led Small Talk Support Group	24 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 3:30 Resident-Led Card Games 6:00 Evening Flick with Friends & Fresh Popcorn	25 10:00 Exercise 10:30 Coffee & News 11:00 Gardening—Caring for Court-Yard Plants 2:00 Resident Council—All are Welcome to Attend! 3:00 Cooking with Belle (Fruit Parfaits) 6:00 Evening Flick with Friends & Fresh Popcorn	26 10:00 Groove & Move for Flexibility with Deniece 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Study with Stephen (Activities Kitchen) 3:30 Friends & Family Happy Hour—Fall Support & Sip Social with Live Performance by Keys to Connection (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	27 10:00 Exercise 10:30 Coffee & News 11:00 Checkers 1:00 BINGO! 2:30 Bubbles in the Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn
28 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch! 3:00 Grace Church 4:00 Crafting with Shirley—Beading 6:00 Evening Flick with Friends & Fresh Popcorn	29 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 2:00 BINGO! 3:30 Pet Therapy (Activities Room) 6:00 Evening Flick with Friends & Fresh Popcorn	30 10:00 Exercise 10:30 Coffee & News 11:30 Tuesday Lunch Bunch (IHOP) 2:00 Hungry Hippo Table Game 3:00 Paint with Belle 6:00 Resident-Led Small Talk Support Group				

Sept. 2 at 11 am
**Lacey Community Park Picnic

Sept. 4 at 11 am
**Olympia Farmer's Market

Sept. 7 at 1 pm
Grandparents' Day Cookie & Card Decorating. Family and friends are welcome!

Sept. 10 at 2:30 pm
Assisted Living Week Treats

Sept. 16 at 3 pm
Guest Speaker Natalya from Above Home Health (Fall Prevention)

Sept. 18 at 5 pm
**Family & Friends Luau

Sept. 25 at 2 pm
Resident Council

Sept. 26 at 3:30 pm
**Friends & Family Happy Hour—Fall Support & Sip Social

** Sign Up at Front Desk)

