

Resident Spotlight



Roberta

Roberta has been a part of our Sequoia family for three wonderful years! She was married to her husband, David, for many happy years and is the proud mom of her daughter, Luise. Roberta keeps her mind sharp and her days fun by working on puzzles and joining in on BINGO! - two of her favorite pastimes. We love having her bright spirit in our community!

Team Member Spotlight



Jasmine, Med Tech

Jasmine has been a part of our Sequoia family for more than three years, and we just adore having her here! As a Med Tech, she's always kind, caring, thorough, and ready to serve our residents. When she's not brightening our halls, Jasmine loves getting creative— whether she's making art, gaming on her laptop, or writing imaginative stories. We're so lucky to have such a talented teammate!

moments captured



Spirit Week Fun: Our staff sure know how to show their spirit! What a wonderful reminder of the fun and hearts that fill our community!



Farewell Summer: We celebrated National Assisted Living Week and our Luau in the courtyard with music, dancing, and lots of laughter. A truly perfect farewell to summer with great weather, food and company.

Share Your Thoughts!

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!

www.thesequoia-olympia.com

October 2025

The Sequoia Standard

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



HAPPY Birthday

Residents

- Brick, 10/5
- Leah, 10/6
- Ellabeth, 10/16
- Terry M., 10/16
- Jim G., 10/19
- Jane, 10/25
- Jo Lynn, 10/31

Staff

- Annitha, 10/26
- Molly, 10/27
- Rich, 10/29

A Note from the Executive Director

Fall into some fun events in October! Get into the autumn spirit by decorating your door for **Spooktacular Door Décor Family**



Carolyn Driscoll, Executive Director

Night on October 16th. Also, invite your family, friends, and those interested in learning about The Sequoia to **The Pumpkin Palooza Open House on October 30th**. Do you know someone interested in moving here? Check out our referral bonus program!

Help us reach our goal of 100% participation in the annual Radiant Senior Living Survey. Deanna and Belle have scheduled time on

the activity calendar to help residents fill out surveys and we encourage everyone else who received a survey (family & staff) to complete them by the October 15th, please.

“Do what you can, with what you have, where you are.”
Theodore Roosevelt

SUN	MON	TUE	WED	THU	FRI	SAT
			1 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Bible Study with Stephen (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	2 Resident Survey Day is here and we want to hear from you! Your opinion matters! Share your voice and let us know how we're doing. Deanna will be here to lend a hand as you fill out the annual Radiant Senior Living/Sequoia survey. 6:00 Resident-Led Small Talk Support Group	3 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	4 10:00 Exercise 10:30 Coffee & News 11:00 Gardening – Water Plants with Shirley 1:00 BINGO! 2:30 Card Games with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn
5 Happy Birthday Brick! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Coloring 3:00 Grace Church 3:00 Crafts with Shirley: Finishing September Craft Projects 6:00 Evening Flick with Friends & Fresh Popcorn	6 Happy Birthday Leah! Active Aging Week! 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 1:00 BINGO! 2:30 Cider & Doughnuts 6:00 Evening Flick with Friends & Fresh Popcorn	7 Resident Survey Day is here and we want to hear from you! Your opinion matters! Share your voice and let us know how we are doing. Belle will be here to lend a hand as you fill out the annual Radiant Senior Living/Sequoia survey. 6:00 Resident-Led Small Talk Support Group	8 Flu/COVID Vaccine Clinic Today (In-house for those who signed up) 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Deep Breathing Exercises 11:00 Little Sequoia Store 1:00 BINGO! 2:00 Guess What's in the Bag 2:30 Bible Study with Stephen (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	9 10:00 Exercise 10:30 Coffee & News 1:00 Bake with Belle: Pumpkin Pie Cupcakes 2:00 Chef Chat with Rich 3:00 Crafts with Belle: Paint Pumpkins from Apple 6:00 Evening Flick with Friends & Fresh Popcorn	10 10:00 Groove & Move for Flexibility with Deniece/ Talk Self Care & Wellness 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Church with Danny (Activities Kitchen) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	11 10:00 Exercise 10:30 Coffee & News 11:00 Rock Painting 1:00 BINGO! 2:00 Pet Therapy: Sarah's Puppy Comes for a Visit 6:00 Evening Flick with Friends & Fresh Popcorn
12 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Board Games 3:00 Grace Church 3:00 Crafts with Shirley: Button Art 6:00 Evening Flick with Friends & Fresh Popcorn	13 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 1:00 BINGO! 2:30 Baking with Shirley: Cookies 6:00 Evening Flick with Friends & Fresh Popcorn	14 10:00 Exercise 11:00 Tuesday Lunch Bunch (Dirty Dave's) Your opinion matters! Share your voice and let us know how we're doing. Belle will be here to lend a hand as you fill out the annual Radiant Senior Living/Sequoia survey. 6:00 Resident-Led Small Talk Support Group	15 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Bible Study with Stephen (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	16 Happy Birthday Ellabeth! Happy Birthday Terry M.! 10:00 Exercise 10:30 Coffee & News 11:00 Uno Game 1:00 Mason Jar Lid Sun Catchers 2:00 Bean Bag Tic Tac Toe 6:00 Spooktacular Door Décor Family Night Show your creative side! Have fun decorating your door for Fall and Halloween with friends and family (Sign Up at Front Desk)	17 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	18 10:00 Exercise 10:30 Coffee & News 11:00 Sequence Dice Game 1:00 BINGO! 2:00 Resident-Led Card Games 6:00 Evening Flick with Friends & Fresh Popcorn
19 Happy Birthday Jim G.! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Card Games 3:00 Grace Church 3:00 Crafts with Shirley: Paint Door Signs 6:00 Evening Flick with Friends & Fresh Popcorn	20 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 1:00 BINGO! 2:30 Baking with Shirley: Zucchini Bread 6:00 Evening Flick with Friends & Fresh Popcorn	21 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Pho Saigon) 2:00 Make Hot Chocolate with Belle 3:00 Crafts with Belle: Paper Plate Wreaths with Leaves 6:00 Resident-Led Small Talk Support Group	22 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Bible Study with Stephen (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	23 10:00 Exercise 10:30 Coffee & News 11:00 Water Painting 2:00 Resident Council: All are Welcome to Attend! 3:00 Live Performance: No Drama Llamas 6:00 Evening Flick with Friends & Fresh Popcorn	24 10:00 Groove & Move for Flexibility with Deniece 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Church with Danny (Activities Kitchen) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	25 Happy Birthday Jane! 10:00 Exercise 10:30 Coffee & News 11:00 Halloween Trivia 1:00 BINGO! 2:00 Blind Cup Game 6:00 Evening Flick with Friends & Fresh Popcorn
26 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Let's Stretch! 3:00 Grace Church 3:00 Crafts with Shirley: Paint Pumpkins 6:00 Evening Flick with Friends & Fresh Popcorn	27 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 1:00 BINGO! 2:30 Baking with Shirley: Rice Krispy Treats 6:00 Evening Flick with Friends & Fresh Popcorn	28 10:00 Exercise 10:30 Coffee & News 11:30 Tuesday Lunch Bunch (Shari's) 2:00 Activities Calendar Chat With Belle 3:00 Craft: Tissue Paper Pumpkins 6:00 Resident-Led Small Talk Support Group	29 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Bible Study with Stephen (Library) 3:00 Live Performance: Prairie Fire Band 6:00 Evening Flick with Friends & Fresh Popcorn	30 10:00 Exercise 10:30 Coffee & News 1:00 Pumpkin Palooza Open House – Invite Guests to Enjoy Pumpkin Decorating, Halloween Treats & Performance by Bart Herigstad. Halloween Costumes Encouraged! (Sign Up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	31 Halloween Happy Birthday Jo Lynn! 10:00 Groove & Move for Flexibility with Deniece 10:30 Coffee & News 1:00 Halloween BINGO! 2:30 Bible Study with Stephen (Activities Kitchen) 3:30 Happy Hour with Special Halloween Drinks & Treats 6:00 Evening Flick with Friends & Fresh Popcorn	



October 2025

upcoming events

10/8
Flu/COVID Vaccine Clinic (for those signed up)

10/16 at 6 pm
Spooktacular Door Décor Family Night (Sign Up at the Front Desk)

10/29 at 3 pm
Live Performance by the Prairie Fire Band

10/30 Pumpkin Palooza Open House (Sign Up at the Front Desk)

