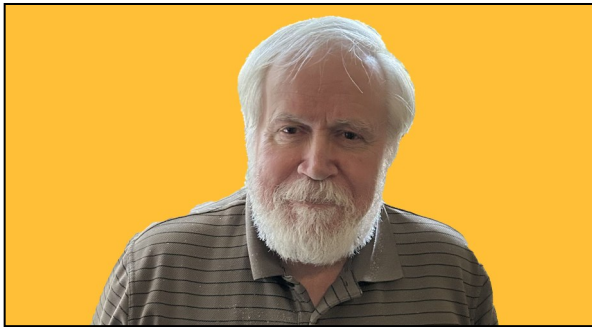


Resident Spotlight



Michael

If it involves the great outdoors, Michael is all in! He loves hunting, fishing, and digging for clams—it’s his happy place. When he’s not out on an adventure, you can find him cheering on his favorite team, the Washington Huskies. Whether it’s football season or clam digging season, Michael knows how to make the most of it!

Team Member Spotlight



Basil, Dietary Aide

Basil is bilingual, speaking both Dutch and English, and is currently learning Spanish. She holds a degree in psychology and aspires to become a therapist in the near future. Recently, she celebrated a very big milestone—her engagement in October! Basil and her fiancé have a wonderful story, having met on the very first day of class, freshman year! CONGRATULATIONS to the happy couple!



**Friendships:** Jo Lynn, Norma and Bonnie have had a friendship that has stood the test of time— years after years! These beautiful ladies all graduated from Olympia HS in ‘54!



**Sequoia Open House:** Our staff and resident (David) embraced the festive spirit during our Open House, dressing up and sharing candy with the kids that came!



RESIDENT SATISFACTION SURVEY 2025



Goal

Our mission as a company is to create and sustain comfortable, caring environments for those who depend on us. As a part of living that mission, we need feedback from our residents and responsible parties on what we are doing well, as well as what we could do better. Each survey is read, analyzed, and met with a plan.



Overall Design

3 to 4 questions and comment section about quality of care and services based on the National Quality Forum endorsed CoreQ Survey. Ratings are from Poor (1) to Excellent (5).

SURVEY RESULTS

The overall satisfaction score for The Sequoia is Excellent.



A Note from the Executive Director

**Thank you for a wonderful year!** We want to show our appreciation by inviting you to our Christmas Dinner on Thursday, December 11th. As space is limited, **please RSVP to our front desk by December 3rd.**

When decorating this season, please consider safety first. The Fire Marshal does not allow any live Christmas trees, wreaths, or candles. Keep decorations (and furniture) away from heat sources, please.



Carolyn Driscoll, Executive Director

We love our staff, but they are not allowed to accept gifts, even at Christmas. However, a gift that can be shared with all at our staff party on December 18th is welcome; please contact me for details.

Thank you to all who participated in our 2025 Resident Satisfaction Survey. The cumulative score is included in this month's newsletter, and results will be shared on our website. We very much appreciate and value your feedback.

**“The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.” — Unknown**

www.thesequoia-olympia.com

December 2025

The Sequoia Standard

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

HAPPY Birthday


Residents

- Margaret, 12/5
- Jean, 12/20
- Ron H, 12/29

Staff

- Dee, 12/9
- Trevor, 12/20
- Asmah, 12/22
- Trinity, 12/27
- Brandon, 12/30
- Mercy, 12/31



SUN	MON	TUE	WED	THU	FRI	SAT
	1 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Bake Christmas Cookies 6:00 Evening Flick with Friends & Fresh Popcorn	2 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Pizza Hut) 2:00 Decorate Christmas Tree (Bring Your Own Ornaments to Decorate Our Resident Tree) 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! 2:30 Bible Study with Stephen (Library) 3:00 Play Poker Fellowship Club (Activity Center) 6:00 Evening Flick with Friends & Fresh Popcorn	4 Wear Favorite Christmas Shirt/Outfit 10:00 Exercise 10:30 Coffee & News 1:30 BINGO! 3:00 Live Performance — Matt Gurley 5:30 Holiday Lights Outing (Sign-Up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	5 Happy Birthday Margaret! 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Church with Danny (Activities Kitchen) 3:00 Come Make a Popsicle Stick Snowflake Ornament to Celebrate Our Volunteers (2nd Floor Activity Room) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	6 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 3:00 Crafts with Shirley – Christmas Trees with Buttons 4:00 Card Game 6:00 Evening Flick with Friends & Fresh Popcorn
7 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Grace Church 3:30 Crafts with Shirley — Make Christmas Cards 6:00 Evening Flick with Friends & Fresh Popcorn	8 8:45 Shopping Trip 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 1:30 Scenic Drive 2:30 Crafts with Belle – Candy Sleighs for Table Decorations 6:00 Evening Flick with Friends & Fresh Popcorn	9 Wear Christmas Hats 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Black Bear Diner) 1:30 BINGO! 2:30 Cooking with Belle – Filipino Lumpia (Activities Kitchen) 5:30 Holiday Lights Outing (Sign-Up at Front Desk) 6:00 Resident-Led Small Talk Support Group	10 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	11 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Resident-Led Card Games 5:00 Resident Holiday Dinner & Special Santa Visitor (Sign-Up Front Desk) 6:30 Live Performance — Joy Song Carolers (Activity Center)	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 1:00 BINGO! 2:30 Decorate a Gingerbread House (Activity Center) 3:30 Pool and Beer Men’s Club (Activity Game Room) 6:00 Evening Flick with Friends & Fresh Popcorn
14 Hanukkah Begins! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Girl Scouts Troop Singing Carols and Doing Crafts 2:30 Grace Church 3:30 Crafts with Shirley — Christmas Door Decorations 6:00 Evening Flick with Friends & Fresh Popcorn	15 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 3:00 Baking with Shirley – Cranberry Orange Bread 6:00 Evening Flick with Friends & Fresh Popcorn	16 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Martin Way Diner) 1:00 Chef Chat with Rich 2:30 Craft with Belle – Christmas Cards & Blessing Stones for Hannukkah 5:30 Holiday Lights Outing (Sign-Up at Front Desk) 6:00 Resident-Led Small Talk Support Group	17 Wear Ugly Christmas Sweaters Day 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store (Staff Holiday Party in Activity Room) 2:30 Bible Study with Stephen (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	18 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 3:00 Live Performance — Music Memories 5:30 Holiday Lights Outing (Sign-Up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	19 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	20 Happy Birthday Jean S.! 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Sugar Cookie Decorating Day 3:30 Resident-Led Yahtzee Game 6:00 Evening Flick with Friends & Fresh Popcorn
21 Winter Begins 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Grace Church 3:30 Crafts with Shirley — Decorate Walkers & Wheelchairs 6:00 Evening Flick with Friends & Fresh Popcorn	22 Hanukkah Ends 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 1:00 BINGO! 3:00 Baking with Shirley – Muffins 6:00 Evening Flick with Friends & Fresh Popcorn	23 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Fatso’s) 1:30 BINGO! 3:00 Live Performance — Music Memories 5:30 Holiday Lights Outing (Sign-Up at Front Desk) 6:00 Resident-Led Small Talk Support Group	24 Christmas Eve 10:00 Catholic Services (Library) 10:00 Exercise 11:00 Little Sequoia Store 1:00 BINGO! 2:00 Resident Council — All are Welcome to Attend! 2:30 Bible Study with Stephen (Library) 3:00 Decorated Walkers & Wheelchairs On Parade, Caroling Sequoia Halls 5:30 Holiday Lights Outing (Sign-Up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	25 Merry Christmas! 10:00 Exercise 10:30 Christmas Cheers with Eggnog (Activities Bistro) 1:00 BINGO! 2:30 Show & Tell – Share Your Favorite Christmas Memory (Activity Room) 3:00 Sing Carols (Activity Room) 6:00 Evening Flick with Friends & Fresh Popcorn	26 Kwanzaa Begins! 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	27 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Craft with Belle – Mkeka Kwanzaa Mat 3:30 Coloring 6:00 Evening Flick with Friends & Fresh Popcorn
28 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Grace Church 3:30 Crafts with Shirley— Make Paper Snowflakes 6:00 Evening Flick with Friends & Fresh Popcorn	29 Happy Birthday Ron H.! 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 3:00 Baking with Shirley – Chocolate Pretzels 6:00 Evening Flick with Friends & Fresh Popcorn	30 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Dave’s Pizza) 1:00 BINGO! 3:00 Live Performance- NW Sunshine Band 5:30 Holiday Lights Outing (Sign-Up at Front Desk) 6:00 Resident-Led Small Talk Support Group	31 New Year’s Eve 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 New Year’s Eve BINGO! 2:30 Bible Study with Stephen (Library) 3:00 A Sparkling Start to 2026 – Ball Drop (Activity Center) 6:00 Evening Flick with Friends & Fresh Popcorn			



December 2025

upcoming events

12/4 at 3 pm

Live Performance by Matt Gurley

12/11 at 5 pm

Resident Holiday Dinner

12/13 at 3:30 pm

Pool & Beer Men’s Club

12/24 at 3 pm

Decorated Walkers & Wheelchairs On Parade, Caroling Sequoia Halls

