

Resident Spotlight



Bonnie K.

Bonnie is a joy to have in our community! She is the proud mother of two sons. Bonnie recently celebrated an incredible milestone– 71 years since she graduated from Olympia High School! When she’s not reminiscing and sharing stories with her visitors, you’ll often find her walking the halls for her daily exercise routine. We feel truly lucky to have her as part of the Sequoia family.

Team Member Spotlight



Nelly, Dietary Aide

Family means everything to Nelly! She has been married for 32 years and is the proud mother of 3 children and 6 grandbabies. Outside of work, she enjoys time spent with her loved ones, and enjoys traveling whenever she can. Her caring nature and bright smile for our residents makes her a joy to have in our dining room. Thanks for your service, Nelly!



Craft Day: Lillian proudly showing off her crafting skills, sharing laughs, and enjoying time with her friends in our activity room.



Resident Holiday Dinner: Roberta and LexAnn lit up the room during our resident holiday dinner. Seeing families gathered together made the evening truly special!

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January 2026

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

Happy New Year! It’s cold outside, but there’s plenty of warmth inside as we focus on staying socially connected with each other.



Carolyn Driscoll, Executive Director

Even the smallest connections are vitally important to our health! This month, we host guest speaker, Natalya Rubel, for the topic of “Navigating Loneliness as we Age” on Jan. 20th; we encourage our veterans to gather for coffee and bagels on the 24th, and we welcome family and friends to join us for our Winter Mixer Happy Hour on the 30th with favorite, Prairie Fire Band.

All month long we’ll collect donations of coats, hats, gloves and warm blankets in the lobby, to give to our neighbors in need on Jan. 31st.

“The greatness of a community is most accurately measured by the compassionate actions of its members.” Coretta Scott King

HAPPY Birthday

Residents

- Bruce, 1/8
- Marlene, 1/10
- Jose, 1/21
- Colleen H., 1/24
- Phyllis, 1/25
- Allan, 1/27
- Mary, 1/30
- Gaylene, 1/31

Staff

- Marilee, 1/1
- Loice, 1/1
- Maria B, 1/2
- Camilla, 1/19
- Deanna, 1/25
- Sia, 1/27

JANUARY 2026

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SUN	MON	TUE	WED	THU	FRI	SAT
						
4 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Let's Stretch 2:30 Grace Church 3:30 Crafts with Shirley — Finish Blankets 6:00 Evening Flick with Friends & Fresh Popcorn	5 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Cooking with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	6 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Dirty Dave's) 2:00 Tech Day — If You Have Questions About Your Phone (Activity Center) 3:30 Yahtzee 6:00 Resident-Led Small Talk Support Group	7 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	8 Elvis' Birthday Happy Birthday Bruce! 10:00 Exercise 10:30 Coffee & News 1:00 Elvis Word Search 2:15 Cooking with Belle — Elvis' Peanut Butter & Banana Sandwiches 3:00 Live Performance — Music Memories 6:00 Evening Flick with Friends & Fresh Popcorn	9 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	10 Happy Birthday Marlene! 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:00 Billiards and Social Hour (Activity Game Room) 3:00 Make Apple Slices Snacks 6:00 Evening Flick with Friends & Fresh Popcorn
11 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Let's Stretch 2:30 Grace Church 3:30 Crafts with Shirley — Kindness Cards for Staff 6:00 Evening Flick with Friends & Fresh Popcorn	12 8:45 Shopping Trip 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 1:30 Scenic Drive 2:30 Cooking with Shirley — Peanut Butter Moose Munch 6:00 Evening Flick with Friends & Fresh Popcorn	13 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (iHop) 1:00 Activities Calendar Chat with Belle (Activities Room) 2:30 Cooking with Belle — Asian Dumpling Potsticker Soup (Activities Kitchen) 6:00 Resident-Led Small Talk Support Group	14 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	15 Wear Your Favorite Hat Day! 10:00 Exercise 10:30 Coffee & News 1:30 Men's Card Games and Grub Gathering (Activity Game Room) 3:00 Live Performance — Ron Rosenbloom 6:00 Evening Flick with Friends & Fresh Popcorn	16 10:00 Groove & Move for Flexibility with Deniece 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Study with Stephen (Library) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	17 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Watercolor Art With Trinity 3:00 Resident-Led Yahtzee 6:00 Evening Flick with Friends & Fresh Popcorn
18 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Let's Stretch 2:30 Grace Church 3:30 Crafts with Shirley — Decorated Coasters 6:00 Evening Flick with Friends & Fresh Popcorn	19 Martin Luther King Day! 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 3:00 Craft with Shirley — Theme is Peace and Unity for MLK 6:00 Evening Flick with Friends & Fresh Popcorn	20 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Black Bear Diner) 1:00 Chef Chat with Rich 2:00 Guest Speaker — Natalya Rubel Navigating Loneliness As We Age (Activity Center) 6:00 Resident-Led Small Talk Support Group	21 Happy Birthday Jose! 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	22 10:00 Exercise 10:30 Coffee & News 1:00 Chef Chat with Rich (Activity Center— Bingo Side) 2:30 Write A Letter to a Loved One 3:00 Hungry, Hungry Hippo Game (Activity Room— Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn	23 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	24 Happy Birthday Colleen H.! 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Veterans Coffee and Bagels Social (2nd Floor Bistro) 3:00 Board Games 6:00 Evening Flick with Friends & Fresh Popcorn
25 Happy Birthday Phyllis! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Let's Stretch 2:30 Grace Church 3:30 Crafts with Shirley- Scarves 6:00 Evening Flick with Friends & Fresh Popcorn	26 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 1:00 BINGO! 3:00 Baking with Shirley — Bread 6:00 Evening Flick with Friends & Fresh Popcorn	27 Happy Birthday Allan! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (5th on 4th Sandwich Place) 1:30 Walking Group — Walk the Halls 3:00 Live Performance — Shelltown Strummers 6:00 Resident-Led Small Talk Support Group	28 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	29 10:00 Exercise 10:30 Coffee and News 1:15 Cooking with Belle— Make Blueberry Pancakes (Activities Kitchen) 2:00 Resident Council — All are Welcome to Attend! 3:00 Table Bowling (Activity Center) 6:00 Evening Flick with Friends & Fresh Popcorn	30 Happy Birthday Mary! 10:00 Groove & Move for Flexibility with Deniece 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Study with Stephen (Library) 3:30 Friends & Family Happy Hour — Winter Mixer with a Live Performance by Prairie Fire Band (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	31 Happy Birthday Gaylene! 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Cook with Belle — Make Hot Cocoa (Activities Kitchen) 3:00 Craft Project — Make an Art Collage 6:00 Evening Flick with Friends & Fresh Popcorn



January 2026
upcoming events

Sundays at 2:30 pm
Grace Church

Tuesdays at 6 pm
Resident-Led Small Talk
Support Group

Wednesdays at 10 am
Catholic Services in the
Library

1/8 at 3 pm
Music Memories Live

1/9 at 2:30 pm
Bible Church with
Danny

1/15 at 3 pm
Live Performance—Ron
Rosenbloom

1/20 at 2 pm
Guest Speaker: Natalya
Rubel: Navigating Loni-
ness As We Age

1/29 at 2 pm
Resident Council

1/30 at 3:30 pm
Friends & Family Happy
Hour Winter Mixer
featuring Prairie Fire
Band



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