

Resident Spotlight



Jack

Jack joined the Sequoia family in November of '25. He worked for American Airlines for many years as a reservation agent, a job he loved for the opportunity to travel. Not surprisingly, Jack still enjoys traveling whenever he can. These days, you can often find him walking the hallways of our community. Make sure you say "hi" when you see Jack in the halls!

Team Member Spotlight



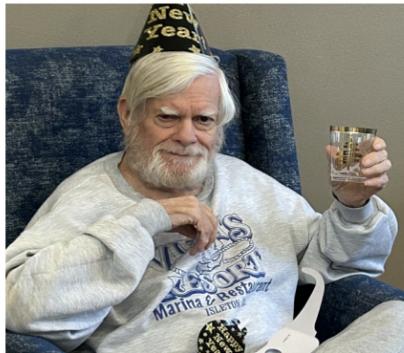
Kinohi, Med Tech

Kinohi has been a loyal employee of The Sequoia since 2018. She is originally from Hawaii and treasures time spent with her family. When she's not working, she enjoys DIY projects, artwork, and painting. She also loves cooking—especially preparing meals for her family. A true island girl at heart, Kinohi's happy place is at the beach and she often wishes she were there!

moments captured



Let's Mingle: Esther, Tom, Sylvia, & Jack were all smiles during a Friday night Happy Hour, enjoying good company, cocktails, and tasty appetizers while getting to know one another!



Happy 2026: Gary and Pat helped welcome 2026 with bright smiles and lots of laughter, celebrating alongside wonderful friends and sharing the joy of the moment with everyone around them!



The Sequoia Standard

February 2026

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

www.thesequoia-olympia.com



A Note from the Executive Director

Greetings everyone! February has arrived, and it's a great time to brush off any mid-winter blues by challenging yourself to try something new. Surprise yourself by attending an exercise class, a painting or cooking class, playing a new game, joining a mens' card game, or watching the Super Bowl with new friends.



Carolyn Driscoll, Executive Director

Don't miss our two special **Friends and Family Happy Hour Events** this month: Friday, February 13th at 3:30 pm for a **Sequoia Sock Hop** with a live performance by *Bart Hargistad*, and Friday, February 27th at 3:30 pm for a **Sequoia Sweethearts Social** with a live performance by *Dan The Song Man*.

"When we feel love and kindness towards others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace." The Dalai Lama

HAPPY Birthday

Residents

- Colleen M., 2/2
- Karen D., 2/5
- Dot, 2/13
- Lex Ann, 2/15
- Lillian J., 2/17
- Alice, 2/25

Staff

- Briley, 2/12
- Lalaine, 2/18
- Heather, 2/27

FEBRUARY 2026

The Sequoia • 825 Lilly Road NE, Olympia, WA 98506 • 360-491-0491



SUN	MON	TUE	WED	THU	FRI	SAT
<p>1</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Little Sequoia Store</p> <p>1:00 Let's Stretch</p> <p>2:30 Grace Church</p> <p>3:30 Crafts with Shirley — Paint Wooden Boards</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>2 Happy Birthday, Colleen M.!</p> <p>8:45 Shopping Trip</p> <p>10:00 Exercise</p> <p>10:45 Monday Manicures</p> <p>1:00 BINGO!</p> <p>1:30 Scenic Drive</p> <p>2:30 Cooking with Shirley— Heart Shaped Brownies (Activities Kitchen)</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>3</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Tuesday Lunch Bunch (Buffalo Wild Wings)</p> <p>2:00 Fun Exercise Game for All—Knock the Balloon off the Cups!</p> <p>3:00 Live Music Performance by Almost There</p> <p>6:00 Resident-Led Small Talk Support Group</p>	<p>4</p> <p>10:00 Catholic Services (Library)</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Little Sequoia Store</p> <p>1:00 BINGO!</p> <p>2:30 Bible Study with Stephen (Library)</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>5 Happy Birthday, Karen D.!</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>1:00 Cooking with Belle— Egg Muffins (Activity Kitchen)</p> <p>2:15 Fun Exercise Game for All— Basketball Toss! (Activities Room – Elevator Side)</p> <p>3:00 Men's Cards and Company (Activities Room – Bingo Side)</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>6</p> <p>10:00 Groove & Move for Flexibility with Deniece</p> <p>10:30 Coffee & News</p> <p>1:00 BINGO!</p> <p>2:30 Bible Church with Danny (Library)</p> <p>Happy Hour with Refreshments</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>7</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>1:00 Girl Scouts Performing</p> <p>2:00 Craft Time - Valentine Heart Chain</p> <p>2:00 Get Ready for the Big Game! —Make Super Bowl Prediction Board</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>
<p>8 SUPER BOWL!</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Little Sequoia Store</p> <p>1:00 Crafts with Shirley – Tissue Paper Rainbow Art</p> <p>2:30 Grace Church</p> <p>3:30 Come Watch the Superbowl Game with Friends & Snacks (Bistro TV)</p>	<p>9</p> <p>8:45 Shopping Trip</p> <p>10:00 Exercise</p> <p>10:45 Monday Manicures</p> <p>1:00 BINGO!</p> <p>1:30 Scenic Drive</p> <p>2:30 Cooking with Shirley – Chocolate Dipped Pretzels (Activity Kitchen)</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>10</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Lunch Bunch (Applebee's)</p> <p>1:30 Craft w/ Belle – Painted Hearts TP Roll</p> <p>2:30 Cooking with Belle – Decorate Cupcakes (Activities Kitchen)</p> <p>3:30 Carolyn's Corner - Chat with the Executive Director</p> <p>6:00 Resident-Led Small Talk Support Group</p>	<p>11</p> <p>10:00 Catholic Services (Library)</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Little Sequoia Store</p> <p>1:00 BINGO!</p> <p>2:30 Bible Study with Stephen (Library)</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>12</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>1:00 Valentine's Celebration – Love at First Dip: Variety of Fresh Fruit and a Chocolate Dip (Bistro)</p> <p>2:30 Crafts with Belle – Make Valentine's Day Cards</p> <p>3:30 Walking Group – Walk Halls</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>13 Happy Birthday, Dot!</p> <p>10:00 Groove & Move for Flexibility with Deniece</p> <p>10:30 Coffee & News</p> <p>1:00 BINGO!</p> <p>2:30 Bible Study with Stephen (Library)</p> <p>3:30 Friends & Family Happy Hour — Sequoia Sock Hop with a Live Performance by Bart Hergistad (Sign up at Front Desk)</p> <p>6:00 Evening Flick with Friends</p>	<p>14 Happy Valentine's Day!</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>1:00 Valentine's BINGO!</p> <p>2:30 Decorate Valentine's Sugar Cookies (Activities Kitchen)</p> <p>3:30 Valentine's Word Search Hand Out</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>
<p>15 Happy Birthday, Lex Ann!</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Little Sequoia Store</p> <p>1:00 Crafts with Shirley – All About Me Collage</p> <p>2:30 Grace Church</p> <p>3:30 Movie Matinee w/ Friends & Fresh Popcorn</p>	<p>16</p> <p>8:45 Shopping Trip</p> <p>10:00 Exercise</p> <p>10:45 Monday Manicures</p> <p>1:00 BINGO!</p> <p>1:30 Scenic Drive</p> <p>2:30 Baking with Shirley – Thumbprint Cookies</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>17 Happy Birthday, Lillian J.!</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Tuesday Lunch Bunch (Casa Mia)</p> <p>1:00 Activity Calendar Chat with Belle. Bring Your Ideas! (Activity Room, BINGO Side)</p> <p>3:00 Live Music Performance by NW Sunshine Band (Activities Rm, Elevator Side)</p> <p>6:00 Resident-Led Small Talk Support Group</p>	<p>18 Ash Wednesday</p> <p>10:00 Catholic Services (Library)</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Little Sequoia Store</p> <p>1:00 BINGO!</p> <p>2:30 Bible Study with Stephen (Library)</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>19</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>1:00 Chef Chat with Rich (Activity Center, BINGO! Side)</p> <p>2:15 Join the Fun—Ping Pong Egg Carton Game!</p> <p>3:00 Live Music Performance by – The Two Town Tuners</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>20</p> <p>10:00 Groove & Move for Flexibility with Deniece</p> <p>10:30 Coffee & News</p> <p>1:00 BINGO!</p> <p>2:30 Bible Church with Danny (Library)</p> <p>Happy Hour with Refreshments</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>21</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>1:00 BINGO!</p> <p>2:30 Trinity's Art Corner (Activity Ctr, BINGO Side)</p> <p>3:00 Baking with Belle– Biscoff Cheesecake Cups (Activities Kitchen)</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>
<p>22</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Little Sequoia Store</p> <p>1:00 Let's Stretch</p> <p>2:30 Grace Church</p> <p>3:30 Crafts with Shirley – Decorate a Photo Frame</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>23</p> <p>8:45 Shopping Trip</p> <p>10:00 Exercise</p> <p>10:45 Monday Manicures</p> <p>1:00 BINGO!</p> <p>1:30 Scenic Drive</p> <p>2:30 Baking with Shirley – Make Banana Bread</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>24</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Tuesday Lunch Bunch (Beau Legs Fish N Chips)</p> <p>1:30 Walking Group – Walk the Halls</p> <p>2:15 Cooking with Belle – Tofu Stir Fry (Activities Kitchen)</p> <p>6:00 Resident-Led Small Talk Support Group</p>	<p>25 Happy Birthday, Alice!</p> <p>10:00 Catholic Services (Library)</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>11:00 Little Sequoia Store</p> <p>1:00 BINGO!</p> <p>2:30 Bible Study with Stephen (Library)</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>26</p> <p>10:00 Exercise</p> <p>10:30 Coffee and News</p> <p>1:00 Cooking with Belle – Let's Make Chili (Activities Kitchen)</p> <p>2:00 Resident Council — All are Welcome to Attend!</p> <p>3:00 Knock 'em Down—Table Bowling (Activity Center)</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>27</p> <p>10:00 Groove & Move for Flexibility with Deniece</p> <p>10:30 Coffee & News</p> <p>1:00 BINGO!</p> <p>2:30 Bible Study with Stephen (Library)</p> <p>3:30 Friends & Family Happy Hour: Sweethearts Social w/ Live Performance by Dan The Song Man (Sign up at Front Desk)</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>28</p> <p>10:00 Exercise</p> <p>10:30 Coffee & News</p> <p>1:00 BINGO!</p> <p>2:15 Baking with Belle– Pound Cake (Activities Kitchen)</p> <p>3:00 Resident-Led Yahtzee</p> <p>6:00 Evening Flick with Friends & Fresh Popcorn</p>

THE SEQUOIA SENIOR LIVING

February 2026

upcoming events

Feb. 3 at 3 pm
Live Music by Almost There

Feb. 7 at 1 pm
Girl Scouts Performance

Feb. 13 at 3:30 pm
Friends and Family Sequoia Sock Hop Feat. Bart Hergistad

Feb. 17 at 3:30 pm
Live Music by NW Sunshine Band

Feb. 19 at 3 pm
Live Music by The Two Town Tuners

Feb. 27 at 3:30 pm
Friends and Family Sweethearts Social feat. Dan The Song Man



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