

Resident Spotlight



Mary

Mary is a proud mother of five kids. She treasures her family who now live throughout the PNW. One of the greatest joys of her life has been cheering on her children at their sporting events. These days, Mary enjoys staying active by walking around our community. You can often find her relaxing by the fireplace with her friends!

Team Member Spotlight



Maria B, Caregiver

Maria has been a caregiver at Sequoia for over three years. Guided by her Christian faith, she dedicates her free time to charity work and helping those in need. She comes from a large family of seven siblings and is a proud mother of three and grandmother of one. Maria enjoys shopping, mat making, and spending time with close friends. We are truly grateful for her caring spirit and the positive impact she makes on our team and community.

moments captured



Connected Hearts: Jane and Bonnie proudly showing off their long heart chain that they made with Girl Scout Troop 46836! What a fun day filled with laughs, stories and of course Girl Scout cookies!



Fun at Our Sock Hop: Dot and John had a wonderful time at our Sock Hop! Dot was on the dance floor with her partner, while John enjoyed the delicious food prepared by Rich. It was a fantastic event, and a lot of fun was had by all!

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March 2026

The Sequoia Standard

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



A Note from the Executive Director

Greetings everyone! March is here, bringing hints of spring and a fresh opportunity to gather, learn, and celebrate together. As the days grow a little brighter, it's the perfect time to connect with friends, enjoy lively entertainment, and take part in meaningful conversations that enrich our community.



Carolyn Driscoll,
Executive Director

We're also excited to officially welcome **Trisha Shipp**, our Wellness Director, and **Jason Wood**, our Maintenance Director. We're thrilled to have them on our team. Be sure to say hello when you see them!

Don't miss our special events this month:

Friday, March 13th at 3:30 PM for our *Luck of the Irish Happy Hour* featuring **The Shelltown Strummers** from 3:30 - 5 PM. Wear your green and enjoy festive fun and live music!

Thursday, March 26th at 2 PM for *Hospice Care in Our Community: Myths, Facts, and Support*, presented by **Justin Quellette, Hospice Community Liaison at Providence Home with Compassus**. Learn more about hospice care and the compassionate support available in our community.

"Spring adds new life and new beauty to all that is." – Jessica Harrelson

HAPPY Birthday

Residents

- Joan J., 3/3
- Gayle, 3/7
- Nancy, 3/8
- Roberta, 3/14
- Lenore, 3/27
- Michaeleen, 3/30
- Sylvia, 3/31

Staff

- GiGi, 3/12
- Dylon, 3/20
- Dave, 3/29

MARCH 2026

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SUN	MON	TUE	WED	THU	FRI	SAT
1 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 — Sham-Rocks 6:00 Evening Flick with Friends & Fresh Popcorn	2 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Cooking with Shirley — Irish Potato Cakes (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	3 Happy Birthday, Joan J.! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Dairy Queen) 2:00 Baking with Belle — Shamrock Pretzels (Bistro) 3:30 Yahtzee 6:00 Resident-Led Small Talk Support Group	4 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	5 10:00 Exercise 10:30 Coffee & News 1:00 Baking with Belle— Easy Lemon 7-Up Cake (Bistro) 2:15 Game — Spoon 'n' Balloon Relay (Activity Center — Elevator Side) 3:00 Craft — Variety of Art Boards 6:00 Evening Flick with Friends & Fresh Popcorn	6 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Church with Danny (Activity Kitchen) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	7 Happy Birthday, Gayle! 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Roll and Goal Table Game 3:00 Men's Hangout Hour — Billiards and Wings (Activity Game Room) 6:00 Evening Flick with Friends & Fresh Popcorn
8 Happy Birthday, Nancy! 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 — Button Clover 6:00 Evening Flick with Friends & Fresh Popcorn	9 8:45 Shopping Trip 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 1:30 Scenic Drive 2:30 Cooking with Shirley — Leprechaun Moose Munch (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	10 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Pizza Hut) 2:00 Activities Calendar Chat with Belle (Activity Center) 3:00 Live Performance — Gary Liden 6:00 Resident-Led Small Talk Support Group	11 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	12 10:00 Exercise 10:30 Coffee & News 1:00 Paint Flower Pots 2:15 Baking with Belle — Shamrock Shake Pudding Cups (Bistro) 3:00 Plant Flower Seeds (Activity Center) 6:00 Evening Flick with Friends & Fresh Popcorn	13 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 — Luck of the Irish with a Live Performance by Shelltown Strummers (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	14 Happy Birthday, Roberta! 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Cooking with Shirley — Irish Soda Bread Muffins (Activity Kitchen) 3:00 Game — Yahtzee 6:00 Evening Flick with Friends & Fresh Popcorn
15 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 — Tissue Paper Shamrocks 6:00 Evening Flick with Friends & Fresh Popcorn	16 Wellderly Week! 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 3:00 Game — Slow and Steady Wins the Race 6:00 Evening Flick with Friends & Fresh Popcorn	17 St. Patrick's Day! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (O'Blarney's Irish Pub) 1:30 Make Some St. Patrick's Treats Jello Cups w/ a Pot of Gold (Activity Kitchen) 2:30 Show and Tell — Bring Something Green and Share The Story Behind It 3:30 Let's Take a Trip — Virtually "Travel" to Ireland (Bistro) 6:00 Resident-Led Small Talk Support Group	18 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	19 10:00 Exercise 10:30 Coffee & News 1:00 Baking with Belle — Green Fruit Salad (Activity Kitchen) 2:00 Guest Speaker — Chris White (PT) Benefits of Physical Activity and Wellness in Later Years (Activity Center — Elevator Side) 3:00 Brain Teaser Handouts 6:00 Evening Flick with Friends & Fresh Popcorn	20 10:00 Groove & Move for Flexibility with Deniece 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Church with Danny (Activity Kitchen) 2:30 Live Performance — Readers Theater (Activity Center — Elevator Side) 3:30 Happy Hour with Refreshments 6:00 Evening Flick with Friends & Fresh Popcorn	21 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Watercolor Art With Trinity 3:00 Resident Yahtzee 6:00 Evening Flick with Friends & Fresh Popcorn
22 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 — Watercolor 6:00 Evening Flick with Friends & Fresh Popcorn	23 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 1:00 BINGO! 3:00 Baking with Shirley — Green Cupcakes (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	24 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Yummy Crab) 1:30 Craft — Rainbow Windsock 2:00 Baking with Belle — Strawberry Lemon Curd Parfait Cups (Bistro) 3:30 Coloring Pages 6:00 Resident-Led Small Talk Support Group	25 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	26 10:00 Exercise 10:30 Coffee & News 1:00 Chef Chat with Rich (Activity Room — Bingo Side) 2:00 Guest Speaker — Justin Ouellette Hospice Care in Our Community (Activity Center — Elevator Side) 3:00 Walking Group — Walk the Halls 6:00 Evening Flick with Friends & Fresh Popcorn	27 Happy Birthday, Lenore! 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	28 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Baking with Belle — Shamrock Shake Pie (Activity Kitchen) 3:00 Resident-Led Board Games 6:00 Evening Flick with Friends & Fresh Popcorn
29 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 — Variety of Art Boards to Paint 6:00 Evening Flick with Friends & Fresh Popcorn	30 Happy Birthday, Michaeleen! 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:30 Scenic Drive 1:00 BINGO! 3:00 Baking with Shirley — Cookies (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	31 Happy Birthday, Sylvia! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch (Martin Way Diner) 1:30 Walking Group — Walk the Halls 3:00 Fun Exercise — Musical Balloon Freeze (Activity Center — Elevator Side) 6:00 Resident-Led Small Talk Support Group				



March 2026

upcoming events

**March 20
3:30 PM
Friends & Family
Luck of the Irish
Featuring Shelltown
Strummers**

**March 19
2 PM
Guest Speaker-
Chris White
Benefits of
Physical Activity**

**March 20
2:30 PM
Readers Theater**

**March 26
2 PM
Guest Speaker-
Justin Ouellette
Hospice Care in Our
Community**



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