

Resident Spotlight



Bonnie W.

Bonnie is the proud mom of two daughters and five grandchildren. Earlier in her life, she worked as a stewardess for American Airlines, so it's no surprise that she loves being around people and sharing her warm hospitality. These days, you'll find Bonnie joining in our exercise classes or chatting with one of our new residents and helping them feel at home. We're lucky to have her as part of our community!

Team Member Spotlight



Camilla, Med Tech

Camilla is an ordained minister, a proud mom of three, and has been married for 10 years – though she and her husband have been together for 24 years! She's an avid fan of Stephen King and loves to crochet stuffed animals for our residents. We are so lucky to have Cami as one of our amazing Med Techs!

moments captured



Pretzel Fun: Karen, Arlene, and Lillian were all smiles while making chocolate covered shamrock pretzels! They had a wonderful time laughing and enjoying the moment!



Baking Fun: Carolyn and Christi were all smiles while joining in on one of our baking activities! We love spending time together creating delicious treats, sharing laughs, and enjoying the fun of baking as a group. And of course, the taste testing at the end might just be the best part!

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April 2026

The Sequoia Standard

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



A Note from the Executive Director



**Carolyn Driscoll,
Executive Director**

Welcome to Spring!

Start your month off right by joining us for "Hoppy" Hour on Friday, April 3rd from 3:30 pm to 5 pm. Have fun getting your picture taken with the Easter Bunny, enjoy delicious refreshments, and tap your toes to the tunes of entertainer, Matt Gurley. We can't wait to see you there!

Safety Reminder for Your Health

All the medications and supplements you take (or have in your apartment) whether by prescription or purchased Over The Counter/OTC must be included on your primary care provider's approved medication list, stored securely, and kept updated in your chart in our Wellness Department. An updated list of everything you take (even OTC) is essential in an emergency. Please stop by the Wellness Office so we can update your list.

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." — Helen Keller

HAPPY Birthday

Residents

- David & Charlene 4/1
- Mike, 4/5
- Gary & Maxine, 4/15
- Maria & Carolyn 4/19
- Myra, 4/22
- Peggy, 4/25

Team Members

- Nelly, 4/2
- Shirley, 4/9
- Trisha, 4/16
- Evaline, 4/23
- Jerome, 4/26
- Alexis, 4/28

APRIL 2026

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SUN	MON	TUE	WED	THU	FRI	SAT
			1 Passover Happy Birthday, David! Happy Birthday, Charlene! 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 Walking Day 10:00 Exercise 10:30 Coffee & News 1:00 Holiday Show & Tell: Passover & Easter Traditions (Share or Bring Something You Want to Talk About) 2:15 Game – Silly Smiley Face Challenge (Activity Center) 3:00 Walking Group – Walk Outside (Weather Permitting) 6:00 Evening Flick with Friends & Fresh Popcorn	3 Good Friday 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 Friends & Family Happy Hour – Hoppy Hour with a Live Performance by Matt Gurley (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	4 Handmade Day 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Crafts with Belle – Paint Flowerpots 3:00 Easter Themed Crosswords 6:00 Evening Flick with Friends & Fresh Popcorn
5 Easter Happy Birthday, Mike! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Easter Egg Hunt with Shirley 2:30 Grace Church 3:30 Crafts with Shirley – Painted Easter Egg Rocks 6:00 Evening Flick with Friends & Fresh Popcorn	6 Library Week 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Sugar Cookie Decorating with Shirley (Activity Center) 6:00 Evening Flick with Friends & Fresh Popcorn	7 Coffee Cake Day 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch – Fatso’s 1:30 Baking with Belle – Coffee Cake (Activities Kitchen) 2:30 Fun Exercise Game 6:00 Resident-Led Small Talk Support Group	8 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	9 10:00 Exercise 10:30 Coffee & News 11:00 Library Visit – Timberland Library (Sack Lunch Provided) (Sign up at Front Desk) 2:15 Board Game – Scrabble 3:00 Craft – Spring Paper Doilies 6:00 Evening Flick with Friends & Fresh Popcorn	10 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	11 10:00 Exercise 10:45 Manicures 1:00 BINGO! 2:15 Baking with Shirley – Carrot Cake Muffins (Activities Kitchen) 3:00 Board Games 6:00 Evening Flick with Friends & Fresh Popcorn
12 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 – Cupcake Liner Flowers 6:00 Evening Flick with Friends & Fresh Popcorn	13 Scrabble Day 8:45 Shopping Trip 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 1:30 Scenic Drive 2:30 Game – Circle Color Match Challenge (Activity Center) 6:00 Evening Flick with Friends & Fresh Popcorn	14 Gardening Day 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch – Cooper’s Food & Drink 2:00 Garden Club – Greenhouse Prep Part #1 (Meet in the Lobby) 3:00 Live Performance – Prairie Fire Band (Activity Center – Elevator Side) 6:00 Resident-Led Small Talk Support Group	15 World Art Day Happy Birthday, Maxine! Happy Birthday, Gary! 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 10:00 Exercise 10:30 Coffee & News 1:15 Chef Chat with Rich (Activity Center – Bingo Side) 2:00 Baking with Belle – No Bake Banana Pie (Activities Kitchen) 3:00 Stretch the Rubber Band Cup Game (Activity Center) 6:00 Evening Flick with Friends & Fresh Popcorn	17 Haiku Poetry Day 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	18 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 10-Second Color Ball Switch Challenge Game 3:00 Men’s Hangout: Billiards & Pizza (Activities Game Room) 6:00 Evening Flick with Friends & Fresh Popcorn
19 Happy Birthday, Maria! Happy Birthday, Carolyn! 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 – Spring Bookmarks 6:00 Evening Flick with Friends & Fresh Popcorn	20 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Cooking with Shirley – Deviled Eggs (Activities Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	21 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch – Mayan Mexican Restaurant 1:00 Garden Club – Greenhouse Prep Part #2 (Meet in the Lobby) 3:30 Carolyn’s Corner – Chat with the Executive Director 6:00 Resident-Led Small Talk Support Group	22 Earth Day Happy Birthday, Myra! 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 Shakespeare Day 10:00 Exercise 10:30 Coffee & News 1:00 Shakespeare: His Life & Stories (Activity Center – Bingo Side) 2:00 Baking with Belle – Crepes (Activities Kitchen) 3:00 Coloring Page of Shakespeare 6:00 Evening Flick with Friends & Fresh Popcorn	24 Arbor Day 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	25 First Ladies Day Happy Birthday, Peggy! 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Crafts with Belle – Flower Art 3:00 Resident-Led Card Games 6:00 Evening Flick with Friends & Fresh Popcorn
26 Audubon Day 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 Flowers 6:00 Evening Flick with Friends & Fresh Popcorn	27 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Cooking with Shirley – Mini Pizzas on English Muffins (Activities Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	28 Poetry Reading Day 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch – Martin Way Diner 1:30 Poetry Corner: Write A Haiku & Share (Activity Center) 2:30 Afternoon Music and Sing-Along (Activity Center – Bingo Side) 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) 6:00 Evening Flick with Friends & Fresh Popcorn	30 Intl. Jazz Day 10:00 Exercise 10:30 Coffee & News 1:00 Resident Council – All are Welcome to Attend! 2:15 Walking Group – Walk Outside (Weather Permitting) 3:30 Paint & Sip Event (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn		



April 2026 upcoming events

**April 3
3 PM
Family & Friends
Hoppy Hour
Featuring Matt
Gurley**

**April 7
Timberline Library
Visit (Sign up @
Front Desk)**

**April 14
3 PM
Live Performance
Prairie Fire**

**April 30
3:30 PM
Paint & Sip with
Trinity Finley**



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