

Resident Spotlight



Joan

Joan has recently moved into our community, and we're so happy to have her! She was married for 30 years & brings with her a love for gardening and birdwatching. While living in Lacey, Joan identified an impressive 32 different bird species right from her home! She also enjoys cooking and spending time with her adorable dog, Jojo!

Team Member Spotlight



My, Dietary Aide

My is originally from Vietnam & currently attends SPSCC. This fall, she will be transferring to UW to pursue a degree in accounting. In her spare time she enjoys reading books, listening to music, and learning French whenever she has the chance. We love having My as part of the Sequoia Team!

moments captured



Painting Fun: Gayle enjoyed a relaxing afternoon painting a flower pot and socializing with friends. Painting is just one of the many engaging activities our residents enjoy at The Sequoia!



Bunny Pictures: Our Sequoia Hoppy Hour was a hit! Our residents loved spending time with the Easter Bunny.

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@SEQUOIAASSISTEDLIVING

May 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

Happy Mother's Day!

We look forward to seeing you at our *Mother's Day Appreciation Dinner* on May 7th. Please RSVP to our front desk so we know how many people will be enjoying the delicious food and entertainment. We can't wait to celebrate you!

Safety Reminders for Financial Health

Please remember to lock up your wallets and purses when not in use. You have a lock box in your apartment to store your valuables. With almost everything paid for in advance, very little money is needed on hand at The Sequoia. If you'd like to discuss the best ways to keep your finances secure, please request a meeting with me.

Mark your calendar for **Friends & Family Happy Hour** on May 29th; enjoy *Spring Time Sip & Social* with the Northwest Sunshine Band.

"You are never too old to set another goal or to dream a new dream." —C.S. Lewis

HAPPY Birthday

Residents

- Kathy, 5/1
- Pat R., 5/11
- Don, 5/17
- John, 5/17

Staff

- Judy, 5/1
- Peter, 5/2
- Carrie, 5/5
- Michelle & Maria, 5/7
- Kendall, 5/15
- Gladys, 5/17
- My, 5/18
- Carolyn, 5/25
- George, 5/26

MAY 2026

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SUN	MON	TUE	WED	THU	FRI	SAT
						
<p>3</p> <p>10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley – Watercolor Mother's Day Cards 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>4</p> <p>8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Appetizers with Shirley – Dips & Chips 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>5</p> <p>10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch – Puerto Vallarta 1:30 Gardening Club – Arrange Flowers for the Mother's Day Dinner 2:30 Unforgettable Arts Program Exhibit with Maureen Wells 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>6</p> <p>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</p>	<p>7</p> <p>10:00 Exercise 10:30 Coffee & News 1:00 Crafts – Painting Trees with TP 2:15 Resident Led Board Games 5:00 Mother's Day Appreciation Dinner With a Live Performance by Magdalena Paramonte (Courtyard) (Sign up at Front Desk) 7:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>8</p> <p>10:15 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Church with Danny (Library) 3:30 Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>9</p> <p>10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:05 Baking with Belle – Cinnamon Cake (Activity Kitchen) 3:00 Resident-Led Board Games 6:00 Evening Flick with Friends & Fresh Popcorn</p>
<p>10</p> <p>Mother's Day & Women's Health Week 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Mother's Day Tea & Cookies with Shirley 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>11</p> <p>Happy Birthday, Pat R.! 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Craft with Shirley – Ladybug Pins 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>12</p> <p>10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch – Beau Legs Fish & Chips 2:30 Craft with Belle – Paint Mugs 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>13</p> <p>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</p>	<p>14</p> <p>10:00 Exercise 10:30 Coffee & News 11:00 Farmer's Market Trip (Sign up at Front Desk) 2:00 Baking with Belle – Lemon Bars (Activity Kitchen) 3:00 Gardening Club – Let's Start Planting (Meet in the Courtyard) 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>15</p> <p>10:15 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 (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>16</p> <p>10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Get to Know Your Neighbor Social (Bistro) 3:00 Coloring Pages 6:00 Evening Flick with Friends & Fresh Popcorn</p>
<p>17</p> <p>Happy Birthday, Don & John C.! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley – Beading 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>18</p> <p>8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Baking with Shirley – Decorate Cookies 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>19</p> <p>10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch – Dave's Piz-za 2:30 Craft with Belle – DIY Refrigerator Magnets 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>20</p> <p>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</p>	<p>21</p> <p>10:00 Exercise 10:30 Coffee & News 11:00 Tumwater Falls Field Trip – Sack Lunches Provided (Sign up at Front Desk) 2:15 Walking Group – Walk Outside 3:00 Live Performance – Jim Cockrell (Activity Center – Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>22</p> <p>10:15 Groove & Move for Flexibility with Deniece 10:30 Coffee & News 1:00 BINGO! 2:30 Bible Church with Danny (Library) 3:30 Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>23</p> <p>10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Garden Club – Let's Work in the Courtyard 3:00 Walking Group – Walk Outside (Meet in Lobby) 6:00 Evening Flick with Friends & Fresh Popcorn</p>
<p>24</p> <p>10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley – Painting Kindness Rocks 2:30 Grace Church 6:00 Evening Flick with Friends & Popcorn</p>	<p>31</p> <p>10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley – Pressed Flower Bookmarks 2:30 Grace Church 6:00 Evening Flick with Friends & Popcorn</p>	<p>25</p> <p>Memorial Day 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Baking with Shirley – Brownies with Red, White & Blue Sprinkles 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>26</p> <p>10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch – Picnic at Percival Landing Park (Sign up at Front Desk) 2:30 Craft with Belle – Sunflower Paper Collage 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>27</p> <p>Senior Health & Fitness Day 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</p>	<p>28</p> <p>10:00 Exercise 10:30 Coffee & News 1:00 Resident Council – All are Welcome to Attend! 2:15 Chef Chat with Rich (Activity Center – Bingo Side) 3:00 Live Performance – Jazz Duo Tim & Harry (Activity Center – Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn</p>	<p>29</p> <p>10:15 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 – Spring Time Sip & Social With a Live Performance by Northwest Sunshine Band (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn</p>



May 2026 upcoming events

**Mother's Day
Appreciation Dinner
May 7, 2026**

5 pm

**Farmer's Market Trip
May 14, 2026**
11 am

**Tumwater Falls Field
Trip
May 21, 2026**
11 am

**Live Performance
Joe Cockrell
May 21, 2026**
3:00 pm

**Friends & Family
Happy Hour–
Spring Time Sip &
Social
May 29, 2026**
3:30 pm



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