

## Resident Spotlight



**John**

John is originally from North Carolina and lived on the East Coast until 2004 before making the move to the Pacific Northwest. He loves collecting classic cars and spending quality time with his nieces and nephew, and is always known for his great sense of humor! If you see John around our community, please stop and say “hello” to him.

## Team Member Spotlight



**Darnell, Dietary Aide**

Darnell has two siblings. When he isn't working, he enjoys spending time outdoors and taking advantage of nature. In his free time, he loves reading books, listening to music, and writing poetry. His positive attitude, creativity, and kind spirit make him a wonderful addition to our team. We are so happy to have Darnell as part of our Sequoia family!



# moments captured



**Making Friendships:** Esther & Arlene became quick friends during our “Get to Know your Neighbor” Social Hour. This is exactly what our residents needed to make connections with other residents.



**Mother's Day Special:** Our mothers were treated to a special evening during our Mom's Appreciation Dinner. It was a memorable night filled with love & appreciation for these amazing women.

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www.thesequoia-olympia.com

June 2026

# The Sequoia Standard

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



## A Note from the Executive Director

Greetings Everyone,



**Carolyn Driscoll, Executive Director**

It's the best time of year to enjoy the courtyard! We encourage you to join us for our Father's Day Event “Burgers, Beer, & Bart” on Thursday, June 11th from 5 pm to 6:30 pm, with a delicious barbeque meal and entertainment by Bart Herigstad.

Come back again for our Friends and Family “Harmony and Happy Hour” on the 26th from 3:30 pm to 5 pm, with entertainment by *Two Town Tuners*. Please RSVP for one or both events by calling the front desk.

With the warmer weather, it is especially important to stay well hydrated. You'll notice new table top drink menus in the dining room to highlight all the options for quenching your thirst. Enjoy!

**"My father didn't tell me how to live. He lived, and let me watch him do it."**

- Clarence Budington Kelland

## HAPPY Birthday

### Residents

- Dorothy O., 6/10
- Doris, 6/14
- Christi, 6/19
- Myrna, 6/20
- Kathy, 6/24
- Helen S., 6/27

### Staff

- Jeridah, 6/6
- Eva, 6/16
- Belle, 6/19

# JUNE 2026

The Sequoia

• 825 Lilly Road NE, Olympia, WA 98506

• 360-491-0491

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures <b>1:00 BINGO!</b> 1:30 Scenic Drive 2:30 Baking with Shirley – Cookies (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	<b>2</b> 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Steilacoom Pub and Grill 3:00 Crafts with Belle – Flower Painting With a Plastic Bottle <b>6:00 Resident-Led Small Talk Support Group (Library)</b> 6:00 Evening Flick with Friends & Fresh Popcorn	<b>3</b> <b>10:00 Catholic Services (Library)</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store <b>1:00 BINGO!</b> 2:30 Bible Study with Stephen (Library) 3:00 Sing-Along with Ruby (Activity Center – Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn	<b>4</b> <b>Wear Purple In Honor of Supporting an End to Alzheimer's</b> 10:00 Exercise 10:30 Coffee & News <b>11:00 Farmer's Market Trip (Sign up at Front Desk)</b> 2:00 Cooking with Belle – Biscuit Pizzas (Activity Kitchen) 3:00 Brain Teaser Handouts 6:00 Evening Flick with Friends & Fresh Popcorn	<b>5</b> <b>10:15 Groove &amp; Move for Flexibility with Deniece</b> 10:45 Coffee & News <b>1:00 BINGO!</b> <b>2:30 Bible Church with Danny (Library)</b> 3:30 Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	<b>6</b> 10:00 Exercise 10:30 Coffee & News <b>1:00 BINGO!</b> 2:15 Lemonade in the Courtyard 3:00 King's Corner Card Games 6:00 Evening Flick with Friends & Fresh Popcorn
	<b>7</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley – Paint Assorted Wooden Boards <b>2:30 Grace Church</b> 6:00 Evening Flick with Friends & Fresh Popcorn	<b>8</b> 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures <b>1:00 BINGO!</b> 1:30 Scenic Drive 2:30 Cooking with Shirley – Key Lime Dip (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	<b>9</b> 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Pizza Hut 2:30 Garden Club – Flower Arranging For the Center Pieces for the Event <b>6:00 Resident-Led Small Talk Support Group (Library)</b> 6:00 Evening Flick with Friends & Fresh Popcorn	<b>10</b> <b>Happy Birthday, Dorothy O.!</b> <b>10:00 Catholic Services (Library)</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store <b>1:00 BINGO!</b> 2:30 Bible Study with Stephen (Library) 3:00 Art with Nurse Linda "Painting with Alcohol Ink" 6:00 Evening Flick with Friends & Fresh Popcorn	<b>11</b> <b>Wear Purple In Honor of Supporting an End to Alzheimer's</b> 10:00 Exercise 10:30 Coffee & News 1:00 Walking Group – Walk Outside 2:00 Resident-Led Board Games <b>5:00 Father's Day Event — Burgers, Beers, and Bart (Sign up at Front Desk)</b> 7:00 Evening Flick with Friends & Fresh Popcorn	<b>12</b> <b>10:15 Groove &amp; Move for Flexibility with Deniece</b> 10:45 Coffee & News <b>1:00 BINGO!</b> 2:30 Bible Study with Stephen (Library) 3:30 Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn
<b>14</b> <b>Happy Birthday, Doris!</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley – Father's Day Cards <b>2:30 Grace Church</b> 6:00 Evening Flick with Friends & Fresh Popcorn	<b>15</b> 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures <b>1:00 BINGO!</b> 1:30 Scenic Drive 2:30 Baking with Shirley – Banana Bread (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	<b>16</b> 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Mextiza Mexican Restaurant 2:00 Chef Chat with Rich (Activity Center – Bingo Side) <b>6:00 Resident-Led Small Talk Support Group (Library)</b> 6:00 Evening Flick with Friends & Fresh Popcorn	<b>17</b> <b>10:00 Catholic Services (Library)</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store <b>1:00 BINGO!</b> 2:30 Bible Study with Stephen (Library) 3:30 Walking Group—Walk Outside 6:00 Evening Flick with Friends & Fresh Popcorn	<b>18</b> <b>Wear Purple In Honor of Supporting an End to Alzheimer's</b> 10:00 Exercise 10:30 Coffee & News <b>11:00 Picnic at the Park – Lacey Community Center (Sign up at Front Desk)</b> 2:15 Make Fruit Parfaits To Celebrate Men's Health Week (Bistro) 3:00 Activities Calendar Chat with Belle (Activity Center – Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn	<b>19</b> <b>Happy Birthday, Christi!</b> <b>10:15 Groove &amp; Move for Flexibility with Deniece</b> 10:45 Coffee & News <b>1:00 BINGO!</b> <b>2:30 Bible Church with Danny (Library)</b> 3:30 Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	<b>20</b> <b>Happy Birthday, Myrna!</b> 10:00 Exercise 10:30 Coffee & News <b>1:00 BINGO!</b> 2:15 Cornhole In the Courtyard to Celebrate Men's Health Week 3:00 Resident-Led Card Games 6:00 Evening Flick with Friends & Fresh Popcorn
<b>21</b> <b>Father's Day</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Make Root Beer Floats for Father's Day (Bistro) <b>2:30 Grace Church</b> 6:00 Evening Flick with Friends & Fresh Popcorn	<b>22</b> 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures <b>1:00 BINGO!</b> 1:30 Scenic Drive 2:30 Play Board Games with Shirley 6:00 Evening Flick with Friends & Fresh Popcorn	<b>23</b> 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Black Bear Diner 2:30 Baking with Belle – Strawberry Shortcake Cups (Activity Kitchen) <b>6:00 Resident-Led Small Talk Support Group (Library)</b> 6:00 Evening Flick with Friends & Fresh Popcorn	<b>24</b> <b>Happy Birthday, Kathy!</b> <b>10:00 Catholic Services (Library)</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store <b>1:00 BINGO!</b> 2:30 Bible Study with Stephen (Library) 3:00 Sing-Along with Ruby (Activity Center – Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn	<b>25</b> <b>Wear Purple In Honor of Supporting an End to Alzheimer's</b> 10:00 Exercise 10:30 Coffee & News 1:00 Walking Group – Walk Outside <b>2:00 Resident Council — All are Welcome to Attend!</b> <b>3:00 Live Performance – Reader's Theater</b> 6:00 Evening Flick with Friends & Fresh Popcorn	<b>26</b> <b>10:15 Groove &amp; Move for Flexibility with Deniece</b> 10:45 Coffee & News <b>1:00 BINGO!</b> 2:30 Bible Study with Stephen (Library) <b>3:30 Friends &amp; Family Happy Hour — Harmony &amp; Happy Hour With a Live Performance by Two Town Tuners (Sign up at Front Desk)</b> 6:00 Evening Flick with Friends & Fresh Popcorn	<b>27</b> <b>Happy Birthday, Helen S.!</b> 10:00 Exercise 10:30 Coffee & News <b>1:00 BINGO!</b> 2:15 Ice Cream Social In the Courtyard 3:00 Coloring Pages 6:00 Evening Flick with Friends & Fresh Popcorn
<b>28</b> 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley – Watercolor <b>2:30 Grace Church</b> 6:00 Evening Flick with Friends & Fresh Popcorn	<b>29</b> 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures <b>1:00 BINGO!</b> 1:30 Scenic Drive 2:30 Baking with Shirley – Chocolate Chip Muffins (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	<b>30</b> 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Chipotle <b>2:00 Pet Therapy (Activity Center — Elevator Side)</b> <b>6:00 Resident-Led Small Talk Support Group (Library)</b> 6:00 Evening Flick with Friends & Fresh Popcorn				



## June 2026 upcoming events

**Father's Day Event  
Burgers, Beer & Bart**  
June 11, 2026  
5 pm

**Picnic In The Park  
Lacey Community  
Park**  
June 18, 2026  
11 am

**Live Performance  
Readers Theater**  
June 25, 2026  
3 pm

**Friends & Family  
Happy Hour— Live  
Performance By Two  
Town Tuners**  
June 26, 2026  
3:30 pm



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