

Resident Spotlight



Leah

Leah is originally from Shreveport, LA, but she raised her family here in WA after moving with her husband, who served in the military. She has two sons who graduated from Tenino HS. In her free time, Leah enjoys crocheting and painting. She also loves getting out and about and is often seen joining our Lunch Bunch outings. We are so happy to have Leah in our community!

Team Member Spotlight



Andrew, Maintenance Assistant

Andrew has two children and has lived in WA for about a year. He served in the military, which gave him the opportunity to travel extensively and live in many different places. One fun fact about Andrew is that he is also ordained! Welcome to the team, Andrew! We are so happy to have you as part of the Sequoia family.



Farmer's Market Fun:

Ruby & Terry are enjoying a beautiful PNW day at the Olympia Farmer's Market. Days like these are what makes living in the PNW so special!



Father's Day Event: Our fathers were celebrated with burgers, brats, beer and music by Bart! Everyone had a fantastic time enjoying the festivities and making special memories together.



HAPPY Birthday

Residents

- Joyce, 7/4
- Barb, 7/11
- Dottie, 7/14
- Robert, 7/18
- John B, 7/20
- Lillian, 7/21
- Jim F, 7/22
- Walker, 7/25

Staff

- Angi, 7/4
- Caelyn, 7/9
- Kinohi, 7/14
- Letty 7/25



Carolyn Driscoll, Executive Director

Happy July! It's a great time of year to take a walk outside. Enjoy a stroll or roll in the courtyard any time, free from traffic. Walk in a group by joining the Walking Club on their weekly walk around the neighborhood, or venture out on your own or with friends/family, depending on what is safest for you. Please just remember to use the Sign In/Sign Out Book in the lobby. Please ask for help if it's hard for you to see or write in the book.

Friends and Family—Come celebrate our nation's 250th anniversary with an evening in the courtyard at our **Red, White, and Blue BINGO event on July 7th**. We'll supply the BINGO cards, prizes, and a light dessert parfait. **RSVP** to the front desk (360) 491-0491.

"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand." — *Harry S. Truman*

JULY 2026

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

SUN	MON	TUE	WED	THU	FRI	SAT
			1 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 10:00 Exercise 10:30 Coffee & News 1:00 Walking Group– Walk Outside 2:00 Garden Club– Plant Herbs (Meet in the Courtyard) 3:00 Crafts with Belle– Watercolor in the Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn	3 10:15 Groove & Move for Flexibility with Deniece 10:45 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	4 Happy Birthday Joyce! 4th of July!! Wear Red, White, & Blue 10:00 Exercise 10:30 Coffee & News 1:00 4th of July BINGO! 2:15 Stars & Stripes Social with Treats & Lemonade in the Courtyard 3:00 4th of July Crossword Handouts 6:00 Evening Flick with Friends & Fresh Popcorn
5 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley- Paint Flags on Rocks (Activity Center) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	6 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Cooking with Shirley – Rice Krispies Treats with Sprinkles (Activities Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	7 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Dave’s Pizza 2:00 Walking Group– Walk Outside 6:00 Red, White and Blue Bingo (Sign Up at Front Desk) 7:30 Evening Flick with Friends & Fresh Popcorn	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 Picnic in the Park– Capital Lake (Sign up at the front Desk) 2:00 Decorate Sugar Cookies (Courtyard) 3:00 Unforgettable Art Show with Maureen Wells (Activities Center– Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn	10 10:00 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	11 Happy Birthday Barb! 10:00 Exercise 10:45 Manicures with Shirley 1:00 BINGO! 2:15 Garden Club– Water the Hanging Baskets in the Courtyard 3:00 Card Games (Activities Center) 6:00 Evening Flick with Friends & Fresh Popcorn
12 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Popsicles in the Courtyard 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	13 8:45 Shopping Trip 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 1:30 Scenic Drive 2:30 Baking with Belle– Peach Cobbler (Activities Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	14 Happy Birthday Dottie! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Pancake House 3:00 Live Performance– Ron Rosenbloom (Activities Center– Elevator Side) 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	15 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) 3:30 Sing Along with Ruby (Activities Center– Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn	16 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Cooking with Belle– Mandarin Orange Fluff (Activities Kitchen) 3:00 Chef Chat with Rich (Activities Center– Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn	17 10:15 Groove & Move for Flexibility with Deniece 10:45 Coffee & News 11:00 50+ in the Park Lakefair Outing (Sign up at the Front Desk) 2:30 Bible Study with Stephen (Library) 3:30 Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	18 Happy Birthday Robert! 10:00 Exercise 10:45 Manicures with Shirley 1:00 BINGO! 2:15 Get to Know Your Neighbor Social (Bistro) 3:00 Walking Group– Walk Outside 6:00 Evening Flick with Friends & Fresh Popcorn
19 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Baking with Shirley – Easy Lemon 7Up Cake (Activities Kitchen) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	20 Happy Birthday John B! 8:45 Shopping Trip 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 1:30 Scenic Drive 2:30 Men’s & Friends Cornhole Tournament with Prizes (Courtyard) 6:00 Evening Flick with Friends & Fresh Popcorn	21 Happy Birthday Lillian! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — State & Central 2:30 Walking Group– Walk Outside 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	22 Happy Birthday Jim F! 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 10:00 Exercise 10:30 Coffee & News 11:00 Picnic in the Park– Squaxin Park (Sign Up at the Front Desk) 2:00 Garden Club– Plant Peas (Meet in the Courtyard) 3:00 Crafts With Nurse Linda– Tye Die T-shirts (Courtyard)—Sign up at the Front Desk with your T– Shirt Size 6:00 Evening Flick with Friends & Fresh Popcorn	24 10:15 Groove & Move for Flexibility with Deniece 10:45 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	25 Happy Birthday Walker! 10:00 Exercise 10:45 Manicures with Shirley 1:00 BINGO! 2:15 Crafts with Shirley– Water Color Painting (Activities Center) 3:00 Bird Watching & Lemonade in the Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn
26 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Bagels with Shirley (Bistro) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	27 8:45 Shopping Trip 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 1:30 Scenic Drive 2:30 Carolyn’s Corner—Executive Director Chat (Activity Center– Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn	28 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Mekong Thai Restaurant 2:30 Live Performance– Tim & Harry Jazz Duo (Activities Center– Elevator Side) 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	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 10:00 Exercise 10:30 Coffee & News 11:00 Thurston County Fair Field Trip- (Sign Up at the Front Desk) 3:30 Resident Council — All are Welcome to Attend! 6:00 Evening Flick with Friends & Fresh Popcorn	31 10:15 Groove & Move for Flexibility with Deniece 10:45 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	



July 2026
upcoming events

Red, White, & Blue
Bingo
July 7, 2026
6 pm

Picnic in the Park
July 9, 2026
11 am

50+ in the Park Lake
Fair
July 17, 2026
11 am

Live Performance
Tim & Harry Jazz Duo
July 28, 2026
2:30 pm

Picnic in the Park
Woodland Creek
July 30, 2026
11 am



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