

Resident Spotlight



Dot

Dot dedicated her career to pediatric nursing, specializing in newborn intensive care. She traveled to Egypt several times to teach in hospitals before going to UW to earn her PHD. Dot has remained in WA and met her partner, Rosemary in 1985. We are so happy to have her be a part of the Sequoia family!

Team Member Spotlight



Marilee, Front Desk

Marilee was a Girl Scout Adult Director for 14 years before joining our team. When she’s not working, she loves going on cruises and enjoys quilting in her spare time. Marilee is also a proud mom of three daughters, a grandmother to nine grandchildren, and great-grandmother to 10 grandkids. We are so happy to have Marilee as part of our team!



Puppy Love: Crystal is soaking up some puppy love from one of our wonderful therapy dogs! Moments like these bring so much joy to our residents and are a highlight of the week. We are so grateful for our pet therapy visits and the smiles, comfort, and companionship they bring to our community!



Red, White & Blue Bingo— Our residents had an absolute blast enjoying friendly competition, great prizes and great company. Thank you to everyone who joined us and helped make it such a fun and memorable event!

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THE SEQUOIA SENIOR LIVING

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August 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 the warmest month of the year! Our sun-loving residents have been enjoying outdoor field trips, picnics, walks and the courtyard.

There are more opportunities this month to enjoy being outdoors with friends and family. Please join us for an afternoon of refreshments and entertainment by Bart Hergistad, at our **Sunset and Sangria Social** on Friday, August 28th from 3:30-5 pm. RSVP to the front desk.

We will join our friends on Lilly Road to put on a **Garden Party** with live entertainment, delicious BBQ and raffle baskets on Thursday, August 13th from 3-6 pm at Garden Courte. RSVP to the front desk.

“August is the border between summer and autumn; it is the most beautiful month I know.” -Tove Jansson, Author

HAPPY Birthday

Residents

- Carol A, 8/30

Team

- Julie, 8/23
- Spencer, 8/28

AUGUST 2026 The Sequoia • 825 Lilly Road NE, Olympia, WA 98506 • 360-491-0491						
SUN	MON	TUE	WED	THU	FRI	SAT
					<i>National Wellness Month</i>	
2 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley– Beading (Activities Center– Bingo Side) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	3 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 (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	4 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Dave’s Pizza 2:00 Baking with Belle- Chocolate Chip Cookies (Activities Kitchen) 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	5 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	6 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Calling All Men– Bullseye Axe Throwing Challenge (Courtyard) 3:30 Chef Chat with Rich (Activities Center– Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn	7 10:00 Exercise 10:30 Coffee & News 11:30 Classic Car Show at The Firs (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	8 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Walking Group– Walk Outside 3:00 Coloring Pages 6:00 Evening Flick with Friends & Fresh Popcorn
9 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley– Pretty Paper Roses (Activities Center– Bingo Side) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	10 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Baking with Shirley – Strawberry Shortcake Cookies (Activities Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	11 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Katsu Burger 3:00 Live Performance by Prairie Fire (Activity Center– Elevator) 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	12 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	13 10:00 Exercise 10:30 Coffee & News 1:00 Walking Group – Walk Outside 2:00 Resident-Led Board Games 3:00 Lilly Road Garden Party-Garden Courte Memory Care Lawn (Sign Up At The Front Desk to take the bus) 6:00 Evening Flick with Friends & Fresh Popcorn	14 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	15 10:00 Exercise 10:30 Coffee & News 11:00 Farmer’s Market Field Trip (Sign Up at the Front Desk) 2:00 BINGO! 3:00 Brain Teaser Hand Out 6:00 Evening Flick with Friends & Fresh Popcorn
16 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley– Ping Pong Tealight (Activities Center– Bingo Side) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	17 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Cooking with Shirley – 5 Ingredient Peanut Butter Energy Bites (Activities Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	18 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Yummy Panda Chinese 2:30 Fitness Fun– Pool Noodle Knockout (Activities Center) 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	19 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	20 10:00 Exercise 10:30 Coffee & News 11:00 Tumwater Parks & Rec Picnic– Rib Cook Off (Sign up Front Desk) 2:30 Walking Group – Walk Outside 3:00 Sing Along With Ruby (Activities Center– Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn	21 World Seniors Day! 10:15 Groove & Move for Flexibility with Deniece 10:45 Coffee & News 1:00 BINGO! 2:30 Bible Study with Stephen (Library) 3:30 Our Residents Rock Social/Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	22 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Baking with Belle– Loaded S’mores Bark (Activity Kitchen) 3:00 Garden Club– Water The Hanging Baskets in The Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn
23 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley– Painted Bubbles (Activities Center– Bingo Side) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	24 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Appetizers with Shirley – Stuffed Cucumber Bites (Activities Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	25 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Brewhouse Grill 2:30 Pet Therapy (Activities Center– Elevator Side) 3:30 Resident Council — All are Welcome to Attend! 6:00 Evening Flick with Friends & Fresh Popcorn	26 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	27 10:00 Exercise 10:30 Coffee & News 11:00 Owen Beach/ Point Defiance Picnic (Sign Up at the Front Desk) 3:00 Walking Group – Walk Outside 6:00 Evening Flick with Friends & Fresh Popcorn	28 10:15 Groove & Move for Flexibility with Deniece 10:45 Coffee & News 1:00 BINGO! 2:30 Bible Church with Danny (Library) 3:30 Friends & Family Happy Hour — Sunset & Sangria with a Live Performance by Bart Hergistad (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	29 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Activities Calendar Chat With Belle (Activities Center – Bingo Side) 3:00 Ladder Toss Game (Courtyard) 6:00 Evening Flick with Friends & Fresh Popcorn
30 Happy Birthday, Carol A! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Cooking with Shirley– Freezer Jam (Activities Kitchen) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	31 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Lemonade in the Courtyard 6:00 Evening Flick with Friends & Fresh Popcorn					

THE SEQUOIA

SENIOR LIVING

August

2026

upcoming events

The Firs Car Show

August 7, 2026

11:30 am

Garden Party @ Garden Courte

Memory Care

August 13, 2026

3:00 pm

Farmer’s Market Trip

August 15, 2026

11 am

Tumwater Parks & Recreation Picnic–

Rib Cook Off

August 20, 2026

11 am



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