

Resident Spotlight



Terry M.

Terry has called the Sequoia home for over 2 years. He is an amateur radio operator and has always enjoyed staying connected with others through his love of the radio. When he was younger, Terry loved riding motorcycles and enjoyed the freedom and adventure that came with being on the open road!

Team Member Spotlight



Evaline, Caregiver

When away from work, Evaline enjoys going shopping and loves spending time in the kitchen cooking. When she’s at home, she enjoys reading, especially books about dementia and the Bible. She has been happily married since 1988 and is the proud mother of 6 children! We’re so happy she joined our team in May of 2025!

moments captured



Garden Party:
Helen and her family had a wonderful time at the Lilly Road Trio Garden Party! There was great music, delicious food, fun gift baskets, and residents from all three communities coming together!



Car Show Fun! Dot and Margit enjoyed the Car Show hosted by The Firs! There were lots of beautiful antique cars, great music, yummy food, and amazing weather. It was a fantastic day!

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www.thesequoia-olympia.com

September 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

Summer sun stretches into September so we may enjoy two more memorable outdoor courtyard events with family and friends.

Back by popular demand is our **Luau Night** on September 17th, starting at 5 pm, with a Polynesian inspired dinner and entertainment by Shelltown Strummers.

Come celebrate the end the summer at our **Golden Summer Social** Happy Hour on Friday, September 25th, with a glass of Sangria, appetizers and entertainment by Matt Gurley. The fun starts at 3:30 pm. Please RSVP to save your seats.

Also, September 13th is Grandparents’ Day! **“Grandparents, like heroes, are as necessary to a child’s growth as vitamins.” — Joyce Allston**

HAPPY Birthday

Residents

- Tom P. , 9/1
- Billy, 9/1
- Jim J., 9/9
- Elaine, 9/12
- Concetta, 9/19
- Carol M., 9/23

Team

- Tearra, 9/4
- Jasmine, 9/9
- Darnell, 9/12
- Jessica, 9/23
- Marlys, 9/23

SEPTEMBER 2026

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

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Happy Birthday Tom P. & Billy! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Hector’s Mexican Restaurant 3:00 Exercise Activity Chair Tennis (Activity Center- Elevator Side) 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	2 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Baking with Belle– Yellow Chocolate Cake (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	3 10:00 Exercise 10:30 Coffee & News 11:00 Steilacoom Beach Picnic- Sack Lunches Provided (Sign Up At Front Desk) 2:30 Garden Club– Deadhead flowers & Water Flowers in The Courtyard 3:00 Walking Group– Walk Outside 6:00 Evening Flick with Friends & Fresh Popcorn	4 10:15 Groove & Move for Flexibility with Deniece 10:45 Coffee & News 1:00 BINGO! 2:30 Baking with Belle– Strawberry Poke Cake (Activity Kitchen) 3:30 Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	5 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Bowling (Courtyard) 3:00 Board Games With Ruby (Activity Center) 6:00 Evening Flick with Friends & Fresh Popcorn
6 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley– Squirt Gun Painting (Courtyard) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	7 Labor Day 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Bubbles & Ice Cream in the Courtyard with Shirley to Celebrate Labor Day 6:00 Evening Flick with Friends & Fresh Popcorn	8 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Dirty Dave’s 2:30 Live Performance– Charlie Sabel Piano (Activity Center– Elevator) 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	9 Happy Birthday Jim J.! 10:00 Catholic Services (Library) 10:00 Exercise 10:45 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Sudoku Handout 6:00 Evening Flick with Friends & Fresh Popcorn	10 10:00 Exercise 10:30 Coffee & News 11:00 Tumwater Senior’s Picnic @ Historic Park Center– Fried Chicken Lunch (Sign up Front Desk) 2:30 Chef Chat With Rich (Activity Center– Bingo Side) 3:15 Walking Group– Walk Outside 6:00 Evening Flick with Friends & Fresh Popcorn	11 10:15 Groove & Move for Flexibility with Deniece 10:45 Coffee & News 1:00 BINGO! 2:30 Bible Church with Danny (Activity Kitchen) 3:30 Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	12 Happy Birthday Elaine! 10:00 Exercise 10:45 Manicures with Shirley 1:00 BINGO! 2:15 Appetizers with Shirley – Nachos (Bistro) 3:00 Card Games with Shirley (Activity Center– Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn
13 Grandparents’ Day & Natl. Assisted Living Week Begins 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Lemonade & Decorate Cookies with Shirley to Celebrate Grandparents Day (Courtyard) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	14 8:45 Shopping Trip 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:00 Scenic Drive 2:30 Crafts with Belle– Through The Years Photo Wall 6:00 Evening Flick with Friends & Fresh Popcorn	15 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Jasmine Thai Restaurant 2:30 Show & Tell– Share Items Or Memorabilia From Your Life (Activity Center– Bingo Side) 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	16 10:00 Catholic Services (Library) 10:00 Adaptive Dance Class 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 FRIENDSHIP BINGO! (Invite a Long Time Friend To Join You at Our Bingo Game) 6:00 Evening Flick with Friends & Fresh Popcorn	17 10:00 Exercise 10:30 Coffee & News 1:00 Walking Group– Walk Outside 2:00 Coloring Pages 5:00 Friends and Family Luau with a Live Performance by Shelltown Strummers (Sign Up at the Front Desk) 7:00 Evening Flick with Friends & Fresh Popcorn	18 10:15 Groove & Move for Flexibility with Deniece 10:45 Coffee & News 1:00 BINGO! 2:30 Resident Led Board Games (Activity Center– Bingo Side) 3:30 Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	19 Happy Birthday Concetta! 10:00 Exercise 10:45 Manicures with Shirley 1:00 BINGO! 2:30 Baking with Shirley – Chocolate Chip Muffins (Activity Kitchen) 3:00 King’s Korner Card Game with Shirley (Activity Center– Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn
20 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Painting with Shirley (Courtyard) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	21 8:45 Shopping Trip 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:00 Scenic Drive 2:00 Guy’s Movie Matinee– Western Movie (Activity Center– Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn	22 10:00 Exercise 10:30 Coffee & News 11:30 Tuesday Lunch Bunch — Evergreen Gyros 2:30 Walking Group– Walk Outside 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	23 Happy Birthday Carol M! 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Sing Along With Ruby (Activity Center– Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn	24 10:00 Exercise 10:30 Coffee & News 1:30 Cooking Demo With Chef Rich- Omelets (Bistro) 2:30 Crafts with Belle– Button Pumpkin Canvas Art (Activity Center– Bingo Side) 3:00 Brain Teaser Hand Outs 6:00 Evening Flick with Friends & Fresh Popcorn	25 10:15 Groove & Move for Flexibility with Deniece 10:45 Coffee & News 1:00 BINGO! 2:30 Bible Church with Danny (Activity Kitchen) 3:30 Friends & Family Happy Hour — Golden Summer Social With a Live Performance by Matt Gurley (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	26 10:00 Exercise 10:45 Manicures with Shirley 1:00 BINGO! 2:30 Appetizer with Shirley – Hummus (Activity Kitchen) 3:00 Card Games with Shirley (Activity Center– Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn
27 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:30 Appetizers with Shirley– Deviled Eggs (Bistro) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	28 8:45 Shopping Trip 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:00 Scenic Drive 2:00 Yahtzee (Activity Center– Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn	29 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Emperor’s Palace Chinese 3:00 Live Performance– Tim & Harry- Jazz Duo (Activity Center– Elevator) 6:00 Resident-Led Small Talk Support Group (Library) 6:00 Evening Flick with Friends & Fresh Popcorn	30 10:00 Catholic Services (Library) 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Resident Council– All Are Welcome To Attend! (Activity Center-Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn			



September 2026
upcoming events

Steilacoom Beach Picnic

September 3, 2026
11 am

Tumwater Senior’s Picnic

September 10, 2026
11 am

Friends and Family Luau with a Live Performance By Shelltown Strummers

September 17, 2026
5 pm

Friends & Family Happy Hour– Golden Summer Social

September 25, 2026
3:30 pm



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