

Resident Spotlight



Dottie

Dottie spent 10 years in Malaysia with her husband, who was a minister, where they raised their 4 children – 2 sons and 2 daughters. She is an avid mystery reader, with John Grisham among her favorite authors. We’re excited to get to know Dottie, hear more about her amazing life experiences, and make new memories with her here at the Sequoia!

Team Member Spotlight



Bri, Cook

Bri has been a part of the Sequoia family for almost 3 years. She’s a proud mom to an almost 4– year old son and loves spending time outdoors. Before joining us, Bri lived in Arizona and enjoyed barrel racing. She also attended culinary school, bringing her love of food and creativity with her to Sequoia!



Groovy Dancers: Margit and Jim were cutting a rug during a recent live piano performance by Charlie Saibel. It warmed our hearts to see them dancing, smiling, and enjoying the music together. We love watching our residents get up, join in the fun, and let the music move them!



Surprise Visit: We had a wonderful surprise visit from Pierre, who brought lots of smiles and sweet puppy cuddles. Our residents always love when our furry friends come to visit!



Share Your Thoughts This October!

Resident & Responsible Party Satisfaction Survey

Residents and Responsible Parties, please keep an eye on your email for our Annual Satisfaction Survey! We are sending out our annual survey links from September 30th. The survey window is open through October 31st.

★★★★★

Your participation is greatly appreciated!

October 2026

The Sequoia Standard

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

www.thesequoia-olympia.com



A Note from the Executive Director



Carolyn Driscoll, Executive Director

It’s that time of year again when Radiant Senior Living asks for your thoughts on how things are going here at The Sequoia. **We value your opinion** and would greatly appreciate you taking the time to fill out the Satisfaction Survey when it arrives in your email. Please ask for our help, if needed.

Belle and Deanna have set aside time on the calendar to assist with filling out the survey in person. Last year, we had **100% participation** from our residents and we would love that again this year!

Friends and Family events are scheduled for Oct. 2nd and 30th this month. Call for details and to RSVP: (360) 491-0491.

"O hushed October morning mild, Thy leaves have ripened to the fall; Tomorrow's wind, if it be wild, Should waste them all."
-Robert Frost

HAPPY Birthday

Residents

- Marilyn, 10/4
- Esther, 10/5
- Leah, 10/6
- Bob, 10/13
- Michael H., 10/14
- Ellabeth & Terry M., 10/16
- Sally, 10/18
- Lynn, 10/20
- Janet, 10/24
- Jane, 10/25
- Ray, 10/26
- Jo Lynn, 10/31

Team

- Meggie, 10/8
- Delkame, 10/12
- Annitha, 10/26
- Molly, 10/27
- Rich, 10/29

OCTOBER 2026

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SUN	MON	TUE	WED	THU	FRI	SAT
				1 Pumpkin Spice Day Resident Survey Day is here and we want to hear from you! Your opinion matters! Share your voice and let us know how we're doing. Deanna and Belle will be here to lend a hand as you fill out the Radiant Senior Living/Sequoia Survey. 6:00 Evening Flick with Friends & Fresh Popcorn	2 10:15 Groove & Move for Flexibility with Deniece Coffee & News 1:00 BINGO! 2:30 Bible Talk with Heather (Activity Kitchen) 5:00 Fall Family Paint and Sip (Sign Up at Front Desk) 7:00 Evening Flick with Friends & Fresh Popcorn	3 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Drinks with Belle— Make a Smoothie (Bistro) 3:00 Crafts— Paint Appreciation Rocks (Activity Center— Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn
4 Happy Birthday Marilyn! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley— Fall Door Decorations (Activity Center— Bingo Side) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	5 Active Aging Week Happy Birthday Esther! 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:00 Snacks with Shirley— Fruits & Veggies with Peanut Butter (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	6 Happy Birthday Leah! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Shipwreck Cafe Cooking with Belle— Healthy Egg Muffins (Activity Kitchen) 6:00 Resident-Led Small Talk Support Group (Library) Evening Flick with Friends & Fresh Popcorn	7 Wear Pink To Support Breast Cancer Awareness! 10:00 Catholic Services (Library) 10:00 Adaptive Dance Class 10:45 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 3:00 Sing Along With Ruby (Activity Center— Elevator Side) 6:00 Evening Flick with Friends & Fresh Popcorn	8 10:00 Exercise 10:30 Coffee & News 11:00 Field Trip— State Capital Legislative Building Tour (Sign Up At Front Desk) 2:30 Cooking with Belle— Mediterranean Pasta Delight (Activity Kitchen) 3:30 Chef Chat with Rich (Activities Center— Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn	9 10:15 Groove & Move for Flexibility with Deniece 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	10 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Baking with Belle— Brownie Cookies (Activity Kitchen) 3:00 Walking Group— Depending on Weather Inside/Outside 6:00 Evening Flick with Friends & Fresh Popcorn
11 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley— Fall Leaves (Activity Center— Bingo Side) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	12 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Baking with Shirley— Spice Cookies (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	13 Train Your Brain Day Happy Birthday Bob! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Martin Way Diner 2:00 Brain Boost Trivia Activity- (Activity Center— Bingo Side) 6:00 Resident-Led Small Talk Support Group (Library) Evening Flick with Friends & Fresh Popcorn	14 Wear Pink To Support Breast Cancer Awareness! Happy Birthday Michael H.! 10:00 Catholic Services (Library) Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 6:00 Evening Flick with Friends & Fresh Popcorn	15 I Love Lucy Day 10:00 Exercise 10:30 Coffee & News Your opinion matters! Share your voice and let us know how we're doing. Belle will be here to lend a hand as you fill out the Radiant Senior Living/Sequoia Survey. 6:00 Evening Flick with Friends & Fresh Popcorn	16 Happy Birthday Ellabeth & Terry M.! 10:15 Groove & Move for Flexibility with Deniece Coffee & News 10:45 Coffee & News 1:00 BINGO! 2:30 Bible Talk with Heather (Activity Kitchen) 3:30 Happy Hour with Refreshments (Bistro) 6:00 Evening Flick with Friends & Fresh Popcorn	17 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Crafts— Button Pumpkin Canvas Art (Activity Center— Bingo Side) 3:30 Walking Group— Depending on Weather Inside/Outside 6:00 Evening Flick with Friends & Fresh Popcorn
18 Happy Birthday Sally! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley— Paint On Plates (Activity Center— Bingo Side) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	19 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Baking with Shirley — Pumpkin Bread (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	20 Happy Birthday Lynn! 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Red Robin 2:30 Pet Therapy (Activity Center— Elevator Side) 6:00 Resident-Led Small Talk Support Group (Library) Evening Flick with Friends & Fresh Popcorn	21 Wear Pink To Support Breast Cancer Awareness! 10:00 Catholic Services (Library) Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 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 11:00 Pumpkin Patch Field Trip— Lattins Farm (Sign Up at The Front Desk) 2:30 Cooking Demo with Chef Rich- Omelets (Bistro) 3:30 Walking Group— Depending on Weather Inside/Outside 6:00 Evening Flick with Friends & Fresh Popcorn	23 10:15 Groove & Move for Flexibility with Deniece Coffee & News 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	24 Happy Birthday Janet! 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:15 Baking with Belle— Caramel Apple Fudge (Activity Kitchen) 3:00 Crafts— Paint Friendship Rocks To Giveaway (Activity Center— Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn
25 Happy Birthday Jane! 10:00 Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 Crafts with Shirley— Halloween Masks (Activity Center— Bingo Side) 2:30 Grace Church 6:00 Evening Flick with Friends & Fresh Popcorn	26 Happy Birthday Ray! 8:45 Shopping Trip 10:00 Exercise 10:45 Monday Manicures 1:00 BINGO! 1:30 Scenic Drive 2:30 Baking with Shirley — Caramel Apples (Activity Kitchen) 6:00 Evening Flick with Friends & Fresh Popcorn	27 10:00 Exercise 10:30 Coffee & News 11:00 Tuesday Lunch Bunch — Jasmin Thai Restaurant 2:30 Baking with Belle— Halloween Popcorn Balls (Activity Kitchen) 6:00 Resident-Led Small Talk Support Group (Library) Evening Flick with Friends & Fresh Popcorn	28 Wear Pink To Support Breast Cancer Awareness! 10:00 Catholic Services (Library) Exercise 10:30 Coffee & News 11:00 Little Sequoia Store 1:00 BINGO! 2:30 Crafts— Pumpkin Wreath (Activity Center) 6:00 Evening Flick with Friends & Fresh Popcorn	29 10:00 Exercise 10:30 Coffee & News 1:00 BINGO! 2:30 Crafts— Decorate Mini Pumpkins (Activity Center) 3:30 Resident Council — All are Welcome to Attend! (Activities Center— Bingo Side) 6:00 Evening Flick with Friends & Fresh Popcorn	30 10:15 Groove & Move for Flexibility with Deniece Coffee & News 10:45 Coffee & News 1:00 BINGO! 2:30 Bible Talk with Heather (Activity Kitchen) 3:30 Friends & Family Halloween Happy Hour & Costume Contest— With a Live Performance by Two Town Tuners (Sign up at Front Desk) 6:00 Evening Flick with Friends & Fresh Popcorn	31 Halloween Happy Birthday Jo Lynn! Exercise 10:30 Coffee & News 1:00 HALLOWEEN BINGO! 2:15 Baking with Belle— Halloween Pumpkin Mousse Cups (Activity Kitchen) 3:00 Walking Group— Depending on Weather Inside/Outside 6:00 Evening Flick with Friends & Fresh Popcorn



October 2026

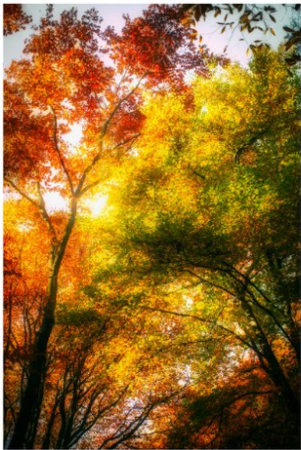
upcoming events

State Capital
Legislative Building
Tour Field Trip
October 1, 2026
11 am

Fall Family Paint and Sip
October 2, 2026
5:00 pm

Lattin’s Pumpkin
Patch Field Trip
October 8, 2026
11 am

Friends & Family
Halloween Happy
Hour & Costume
Contest
October 30, 2026
3:30 pm



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