



Resident Spotlight - Karen

Karen spent many years working as an ecologist, and her love for nature continues to be a big part of her life! She enjoys walking outdoors, reading, and watching nature shows on TV. Karen is also passionate about her spiritual life and meditation, and she still enjoys practicing a little yoga in the comfort of her room. In the past, Karen loved gardening and spending time nurturing the beauty of nature. We're so happy to have Karen as part of the Sequoia family!



Team Member Spotlight - Gladys (Caregiver)

Gladys has been a part of the Sequoia family for about a year and five months! When she's not at work, she enjoys spending time reading, especially her Bible, as her Christian faith is an important part of her life. She is a proud mom of two, one boy and one girl, and she loves spending as much quality time with them! She also loves cooking & making delicious meals!

The Month In Moments: Smiles, Celebrations, & Connections Shared!



A Fresh Look, More Connection!

You may notice a fresh look to our newsletter and calendar this month! We've introduced TSO Life, a new tool to support our Life Enrichment program and strengthen communication with residents and families. As our team learns the technology and gradually incorporates it into our planning, our focus remains on meaningful experiences, personal connections, and keeping you informed. We'll share more information and resources over the coming months. Thank you for your patience as we learn and make thoughtful updates along the way!



Birthday Celebrations!

- Residents:
- Helen C., 11/1
 - Helen J., 11/16
 - Shirlee, 11/17
 - Donna, 11/18
 - Beverly & Pat P., 11/22
 - Crystal, 11/24
 - Lilly S., 11/26
 - Michael H., Terry P., 11/30

- Team Members:
- Andrew, 11/1
 - Amelia, 11/5
 - Jason, 11/13
 - Bri, 11/23
 - Andrea, 11/29



Join Us This November!

Sip & Paint Event: Our Paint & Sip event was a big success, filled with creativity, laughter, and lots of fun! We had a fantastic turnout, and our residents had a wonderful time painting their own pumpkins just in time for fall. Amira did an amazing job guiding everyone step by step and helping our residents bring their pumpkin masterpieces to life! 🍁🖌️ We can't wait for our next one!



Monthly Message



Greetings Everyone!

Please join me in welcoming Brian Saraceno, our new **Assistant Executive Director**, to the Sequoia family! Brian joined our team a couple of

weeks ago and brings with him a background in operations management and marketing. Outside of work, Brian enjoys spending time with his five dogs, kayaking, and making memories with good friends.

Be sure to say hello when you see him around the Sequoia halls and help us make him feel welcome!

Regards,

The Sequoia Team

November 2026

The Sequoia | Assisted Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy Birthday Helen C. 10:00 AM Exercise (ACE) 10:45 AM Coffee & News (ACE) 11:00 AM Little Sequoia Store 1:00 PM Crafts: Beading (ACB) 2:30 PM Grace Church (ACE) 6:00 PM Flick with Friends & Popcorn (ACE)	01 8:45 AM Shopping Trip 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 1:00 PM BINGO! (ACB) 1:30 PM Scenic Drive 2:30 PM Baking (AK) 6:00 PM Flick with Friends & Popcorn (ACE)	02 10:00 AM Exercise (ACE) 10:45 AM Coffee & News (ACE) 11:00 AM L.B.: Smashed Halal Burger 2:30 PM Guest Speaker: Malachi (ACE) 6:00 PM Flick with Friends & Popcorn (ACE) 6:00 PM Resident-Led Support Group	03 10:00 AM Adaptive Dance w/ Alice (ACE) 10:00 AM Catholic Services (LI) 10:45 AM Coffee & News (ACE) 11:00 AM Little Sequoia Store 1:00 PM BINGO! (ACB) 6:00 PM Flick with Friends & Popcorn (ACE)	04 10:00 AM Exercise (ACE) 10:45 AM Coffee & News (ACE) 1:00 PM Bingo (ACB) 2:30 PM Exercise- Balloon Tennis (ACE) 3:30 PM Activities Calendar Chat (ACB) 6:00 PM Flick with Friends & Popcorn (ACE)	05 10:15 AM Groove & Move 10:45 AM Coffee & News (ACE) 11:30 AM Back to the 90's Lunch (ACE) 2:30 PM Bible Church with Danny (AK) 3:30 PM Trivia Handout (ACB) 6:00 PM Flick with Friends & Popcorn (ACE)	06 10:00 AM Exercise (ACE) 10:45 AM Manicures with Shirley (ACB) 1:00 PM BINGO! (ACB) 2:30 PM Baking- Smores Kisses (AK) 3:30 PM Walking Group (SH) 6:00 PM Flick with Friends & Popcorn (ACE)
07 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 11:00 AM Little Sequoia Store 1:00 PM Crafts: Turkey Cards (ACB) 2:30 PM Grace Church (ACE) 6:00 PM Flick with Friends & Popcorn (ACE)	08 8:45 AM Shopping Trip 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 1:00 PM BINGO! (ACB) 1:30 PM Scenic Drive 2:30 PM Baking (AK) 6:00 PM Flick with Friends & Popcorn (ACE)	09 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 11:00 AM Lunch Bunch: Casa Mia 2:30 PM Mobile Library (LI) 6:00 PM Flick with Friends & Popcorn (ACE) 6:00 PM Resident-Led Support Group	10 Veterans Day 10:00 AM Exercise (ACE) 10:00 AM Catholic Services (LI) 11:00 AM Veteran's Day Ceremony (ACE) 1:00 PM BINGO! (ACB) 2:30 PM Little Sequoia Store 6:00 PM Flick with Friends & Popcorn (ACE)	11 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 1:00 PM Cooking Wonton Soup (AK) 2:15 PM Sing Along with Ruby (ACE) 3:30 PM Board Games with Ruby (ACB) 6:00 PM Flick with Friends & Popcorn (ACE)	12 10:00 AM Exercise 10:30 AM Coffee & News 1:00 PM BINGO! (ACB) 2:30 PM Harry & Tim: Live Jazz (ACE) 3:30 PM Happy Hour (BI) 6:00 PM Flick with Friends & Popcorn (ACE)	13 10:00 AM Exercise (ACE) 10:45 AM Manicures with Shirley (ACB) 1:00 PM BINGO! (ACB) 2:30 PM Men's Pool Table Game (ACB) 3:30 PM Kings Corner Card Game (ACB) 6:00 PM Flick with Friends & Popcorn (ACE)
14 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 11:00 AM Little Sequoia Store 1:00 PM Crafts: Paint Trinket Boxes (ACB) 2:30 PM Grace Church (ACE) 6:00 PM Flick with Friends & Popcorn (ACE)	15 Happy Birthday Helen J. 8:45 AM Shopping Trip 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 1:00 PM BINGO! (ACB) 1:30 PM Scenic Drive 6:00 PM Flick with Friends & Popcorn (ACE)	16 Happy Birthday Shirlee S. 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 11:00 AM L.B.: Shipwreck Cafe 2:30 PM Chef Talk with Chef Rich (ACB) 6:00 PM Flick with Friends & Popcorn (ACE) 6:00 PM Resident-Led Support Group	17 Happy Birthday Donna K. 10:00 AM Exercise (ACE) 10:00 AM Catholic Services (LI) 10:45 AM Coffee and News (ACE) 11:00 AM Little Sequoia Store 1:00 PM BINGO! (ACB) 2:30 PM Cooking: Sliders (AK) 6:00 PM Flick with Friends & Popcorn (ACE)	18 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 1:00 PM Crafting Cards w/ Bookmark (ACB) 2:00 PM Guest Speaker: Chelsey (ACE) 3:30 PM Walking Group (SH) 6:00 PM Flick with Friends & Popcorn (ACE)	19 10:15 AM Groove & Move 10:45 AM Coffee & News 1:00 PM BINGO! (ACB) 2:30 PM Bible Church with Danny (AK) 3:30 PM Harvest Happy Hour (ACE) 6:00 PM Flick with Friends & Popcorn (ACE)	20 10:00 AM Exercise (ACE) 10:45 AM Manicures with Shirley (ACB) 1:00 PM BINGO! (ACB) 2:30 PM Baking Popcorn Balls (AK) 3:30 PM Crafts: Gratitude Garland (ACB) 6:00 PM Flick with Friends & Popcorn (ACE)
21 Happy Birthday Beverly G. Happy Birthday Patsy P. 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 11:00 AM Little Sequoia Store 1:00 PM Drinks: Hot Cocoa Bar (BI) 2:30 PM Grace Church (ACE) 6:00 PM Flick with Friends & Popcorn (ACE)	22 8:45 AM Shopping Trip 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 1:00 PM BINGO! (ACB) 1:30 PM Scenic Drive 6:00 PM Flick with Friends & Popcorn (ACE)	23 Happy Birthday Crystal H. 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 11:00 AM L.B.: Black Bear Diner 2:00 PM Chef Cooking Demo (BI) 6:00 PM Flick with Friends & Popcorn (ACE) 6:00 PM Resident-Led Support Group	24 10:00 AM Exercise (ACE) 10:00 AM Catholic Services (LI) 10:45 AM Coffee and News (ACE) 11:00 AM Little Sequoia Store 1:00 PM BINGO! (ACB) 2:30 PM Resident Council (ACB) 6:00 PM Flick with Friends & Popcorn (ACE)	25 Happy Birthday Lilly S. Thanksgiving Day 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 1:00 PM Bingo (ACB) 2:00 PM Crafts: Thankful Tree (ACB) 3:00 PM Thanksgiving Word Search (ACB) 6:00 PM Flick with Friends & Popcorn (ACE)	26 Day after Thanksgiving Day 10:15 AM Groove & Move 10:45 AM Coffee & News 1:00 PM BINGO! (ACB) 2:30 PM Gary Liden Performance (ACE) 3:30 PM Happy Hour (BI) 6:00 PM Flick with Friends & Popcorn (ACE)	27 10:00 AM Exercise (ACE) 10:45 AM Manicures with Shirley (ACB) 1:00 PM BINGO! (ACB) 2:30 PM Painting (ACB) 3:30 PM Drinks: Apple Cider (BI) 6:00 PM Flick with Friends & Popcorn (ACE)
28 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 11:00 AM Little Sequoia Store 1:00 PM Snacks: Ants on a Log (BI) 2:30 PM Grace Church (ACE) 6:00 PM Flick with Friends & Popcorn (ACE)	29 Happy Birthday Michael H. Happy Birthday Teresa P. 8:45 AM Shopping Trip 10:00 AM Exercise (ACE) 10:45 AM Coffee and News (ACE) 1:00 PM BINGO! (ACB) 1:30 PM Scenic Drive 6:00 PM Flick with Friends & Popcorn (ACE)	30 Locations Activity Center-Elevator Side (ACE) Activity Center-Bingo Side (ACB) Activity Kitchen (AK) Library (LI) Sequoia Halls (SH) Bistro (BI)				

* Activities are subject to change