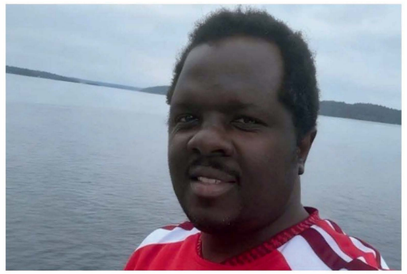


Resident Spotlight- Concetta

We're excited to have Concetta as part of our Sequoia family! She was married to her loving husband, Ed, for 24 years and 8 months and has a sweet furry companion named Penny, whom you may spot strolling around our community!
In her free time, Concetta enjoys reading Western novels and getting creative with arts and crafts.



Team Member Spotlight- George (Med Tech)

Originally from Nairobi, Kenya, George loves traveling, dancing, movies, and cheering on his favorite soccer team, Arsenal! He is married with three children, and his favorite food is nyama choma (fire-roasted goat). As George says, "It's not a party without nyama choma—and everyone's invited!" 😊

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!

December 2026



Birthday Celebrations!

Residents:

- Margaret, 12/5
- Maureen, 12/10
- David M, 12/16
- Tom D, 12/18
- Joan O, 12/28
- Ron H, 12/29

Staff:

- Ruby, 12/5
- Dee, 12/9
- Grace, 12/16
- Linda, 12/21
- Mercy, 12/31





Happenings at The Sequoia

30th Anniversary 90's Theme: Thank you to everyone who joined us for this celebration! We had a blast with great music, dancing, and fun costumes! A special thank you to Bart Hergistad for rocking the house and Rich and his team for the delicious 90s-inspired food. We are so grateful to our residents, staff, families, friends, and community partners for making this milestone so special. Here's to 30 wonderful years of Sequoia!





A Warm Welcome



Greetings Everyone!

We are excited to welcome Jenna Spaulding as our new Front Desk Receptionist! Jenna was born right here in Washington at Fort Lewis and comes from a military family. In her spare time, she enjoys hiking, reading, and attending concerts whenever she gets the chance. She loves exploring new places and enjoying live music.

We are thrilled to have Jenna join our Sequoia family! Please stop by the front desk, say hello, and help us give her a warm welcome!

December 2026

The Sequoia Senior Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Activity Center-Elevator Side (ACE) Library (LI) Activity Center-Bingo Side (ACB) Activity Kitchen (AK) Bistro (BI) Sequoia Halls (SH) Activity Center (AC)		01 **10:00 AM** Exercise (ACE) **10:45 AM** Coffee and News (ACE) **11:00 AM** L.B —Fatso's **2:00 PM** Christmas Tree Trimming (ACE) **6:00 PM** Flick with Friends (ACE) **6:00 PM** Resident-Led Support Group	02 **10:00 AM** Adaptive Dance w/ Alice (ACE) **10:00 AM** Catholic Services (LI) **10:45 AM** Coffee & News (ACE) **11:00 AM** Sequoia Store (ACB) **1:00 PM** BINGO! (ACB) **6:00 PM** Flick with Friends (ACE)	03 **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **1:00 PM** Craft with Elizabeth (ACB) **2:00 PM** Cooking with Belle (AK) **3:00 PM** Meet & Greet w/ Brian (BI) **6:00 PM** Flick with Friends (ACE)	04 **10:15 AM** Groove & Move **10:45 AM** Coffee & News **1:00 PM** BINGO! (ACB) **2:15 PM** Baking with Belle (AK) **3:30 PM** Happy Hour (BI) **6:00 PM** Flick with Friends (ACE)	05 **Happy Birthday Margaret W.** **10:00 AM** Exercise (ACE) **10:45 AM** Manicures with Shirley (ACB) **1:00 PM** BINGO! (ACB) **2:15 PM** Cooking with Shirley (AK) **3:30 PM** Crafts with Judy (ACB) **6:00 PM** Flick with Friends (ACE)
06 **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **11:00 AM** Sequoia Store (ACB) **2:30 PM** Crafts with Shirley (ACB) **2:30 PM** Grace Church (ACE) **6:00 PM** Flick with Friends (ACE)	07 **8:45 AM** Shopping Trip **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **1:00 PM** BINGO! (ACB) **2:00 PM** Scenic Drive **2:30 PM** Bible Church with Danny (AK) **6:00 PM** Flick with Friends (ACE)	08 **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **11:00 AM** LB- German Diner **2:30 PM** Crafts with Linda (ACB) **6:00 PM** Flick with Friends (ACE) **6:00 PM** Resident-Led Support Group	09 **10:00 AM** Exercise (ACE) **10:00 AM** Catholic Services (LI) **10:45 AM** Coffee & News (ACE) **11:00 AM** Sequoia Store (ACB) **1:00 PM** BINGO! (ACB) **2:15 PM** Bible Study with Frank **6:00 PM** Flick with Friends (ACE)	10 **Happy Birthday Maureen B.** **10:00 AM** Exercise (ACE) **10:30 AM** Live Performance (ACE) **1:00 PM** Crafts with Linda (ACB) **2:00 PM** Walking Group (SH) **5:00 PM** Christmas Dinner (AC) **7:30 PM** Flick with Friends (ACE)	11 **10:15 AM** Groove & Move **10:45 AM** Coffee & News **1:00 PM** BINGO! (ACB) **2:00 PM** Men's Matinee Movie (ACE) **3:30 PM** Happy Hour (BI) **6:00 PM** Flick with Friends (ACE)	12 **10:00 AM** Exercise (ACE) **10:45 AM** Manicures with Shirley (ACB) **1:00 PM** BINGO! (ACB) **2:15 PM** Cooking with Shirley (AK) **3:15 PM** Show & Tell (ACB) **6:00 PM** Flick with Friends (ACE)
13 **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **11:00 AM** Sequoia Store (ACB) **1:00 PM** Crafts with Shirley (ACB) **2:30 PM** Grace Church (ACE) **6:00 PM** Flick with Friends (ACE)	14 **8:45 AM** Shopping Trip **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **1:00 PM** BINGO! (ACB) **2:00 PM** Scenic Drive **2:30 PM** Crafts with Judy (ACB) **6:00 PM** Flick with Friends (ACE)	15 **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **11:00 AM** LB— Dough Zone **2:30 PM** Chef Cooking Demo (BI) **5:30 PM** Xmas Lights Outing **6:00 PM** Flick with Friends (ACE) **6:00 PM** Resident-Led Support Group	16 **Happy Birthday David M.** **10:00 AM** Exercise (ACE) **10:00 AM** Catholic Services (LI) **10:45 AM** Coffee & News (ACE) **11:00 AM** Sequoia Store (ACB) **1:00 PM** BINGO! (ACB) **6:00 PM** Flick with Friends (ACE)	17 **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **11:00 AM** Mall Shopping **2:00 PM** Walker Decorating (ACB) **3:00 PM** Live Performance (ACE) **5:30 PM** Xmas Lights Outing **6:00 PM** Flick with Friends (ACE)	18 **Happy Birthday Thomas D.** **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** Happy Hour (BI) **6:00 PM** Flick with Friends (ACE)	19 **10:00 AM** Exercise (ACE) **10:45 AM** Manicures with Shirley (ACB) **1:00 PM** BINGO! (ACB) **2:15 PM** Baking with Shirley (AK) **3:00 PM** Kid's Caroling (ACE) **6:00 PM** Flick with Friends (ACE)
20 **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **11:00 AM** Sequoia Store (ACB) **1:00 PM** Crafts with Shirley (ACB) **2:30 PM** Grace Church (ACE) **6:00 PM** Flick with Friends (ACE)	21 **SPIRIT WEEK!** **8:45 AM** Shopping Trip **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **1:00 PM** BINGO! (ACB) **2:00 PM** Scenic Drive **2:30 PM** Bible Church with Danny (AK) **6:00 PM** Flick with Friends (ACE)	22 **SPIRIT WEEK!** **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **11:00 AM** LB- Cheesecake Factory **3:00 PM** Crafts- Snowman (ACB) **5:30 PM** Xmas Lights Outing **6:00 PM** Flick with Friends (ACE) **6:00 PM** Resident-Led Support Group	23 **SPIRIT WEEK!** **10:00 AM** Exercise (ACE) **10:00 AM** Catholic Services (LI) **10:45 AM** Coffee & News (ACE) **11:00 AM** Sequoia Store (ACB) **1:00 PM** BINGO! (ACB) **2:15 PM** Crafts- Snowman (ACB) **6:00 PM** Flick with Friends (ACE)	24 **SPIRIT WEEK!** **Christmas Eve** **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **1:00 PM** Sing Along with Ruby (ACE) **2:30 PM** Resident Council (ACB) **5:30 PM** Xmas Lights Outing **6:00 PM** Flick with Friends (ACE)	25 **SPIRIT WEEK!** **Christmas Day** **10:15 AM** Exercise **10:45 AM** Coffee & News **1:00 PM** Christmas BINGO! (ACB) **2:15 PM** Cookie Decor (ACB) **3:30 PM** Happy Hour (BI) **6:00 PM** Flick with Friends (ACE)	26 **10:00 AM** Exercise (ACE) **10:45 AM** Manicures with Shirley (ACB) **1:00 PM** BINGO! (ACB) **2:15 PM** Crafts with Shirley (ACB) **3:15 PM** Drinks with Shirley (BI) **6:00 PM** Flick with Friends (ACE)
27 **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **11:00 AM** Sequoia Store (ACB) **1:00 PM** Crafts with Shirley (ACB) **2:30 PM** Grace Church (ACE) **6:00 PM** Flick with Friends (ACE)	28 **Happy Birthday Joan O.** **8:45 AM** Shopping Trip **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **1:00 PM** BINGO! (ACB) **2:00 PM** Scenic Drive **6:00 PM** Flick with Friends (ACE)	29 **Happy Birthday Ronald H.** **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **11:00 AM** LB — Olive Garden **5:30 PM** Xmas Light Outing **6:00 PM** Flick with Friends (ACE) **6:00 PM** Resident-Led Support Group	30 **10:00 AM** Exercise (ACE) **10:00 AM** Catholic Services (LI) **10:45 AM** Coffee & News (ACE) **11:00 AM** Sequoia Store (ACB) **1:00 PM** BINGO! (ACB) **2:30 PM** Baking with Belle (AK) **6:00 PM** Flick with Friends (ACE)	31 **New Year's Eve** **10:00 AM** Exercise (ACE) **10:45 AM** Coffee & News (ACE) **1:00 PM** NYE Bingo (ACB) **3:00 PM** Performance- Phil & Jackie (ACE) **5:30 PM** Xmas Lights Outing **6:00 PM** Flick with Friends (ACE)		

* Activities are subject to change