Shining Star

Talyssa
Server

This month, we are excited to recognize **Talyssa** as our **Shining Star**!

Talyssa chose to work at Capital Place because she has a genuine passion for helping others and making people happy. Her kindness, positive attitude, and caring nature shine through every day as she works to make our residents and team members feel welcomed and supported. Whether she's lending a helping hand or sharing a smile, Talyssa helps make Capital Place a wonderful place to call home. When she's not at work, Talyssa enjoys spending quality time babysitting her energetic five-year-old niece. She also loves relaxing with video games and listening to her favorite music.

Meal Times

Breakfast.....8:00 a.m. - 9:00 a.m.
Lunch.....12:00p.m. - 1:00 p.m.
Dinner.....5:00 p.m. - 6:00 p.m.
Leisure Dining.....7:30 a.m. 7:00p.m.

Movie Showings

Everyday 6:30 in Theater

Mondays.....**Musicals**
Tuesdays.....**TV Series**
Wednesdays.....**Westerns**
Thursdays.....**Romance**
Fridays.....**Action**
Saturdays.....**Comedy**
Sundays.....**Documentary**

Photo Contest Winners

Front | Kathy L. – Pharr, TX
Back | Kristina R. – Tallahassee, FL
Want the full story? Scan here.

September Birthdays

Urbun S. 9/1
Marilin S. 9/3
Douglas P. 9/6
Diana C. 9/19
Martha E. 9/22

Transportation Schedule

Monday-Friday.....8:30am-4:30pm
Sign up 24 hours in advance for transportation

September Spotlight:

Fascinating Stories from History

As the seasons begin to change and cooler weather arrives, September also brings with it many memorable moments from history. Here is a fascinating event that helped shape the world we know today.

Google was founded September 4, 1998.

It's hard to imagine life without Google! What began as a research project by two graduate students, Larry Page and Sergey Brin, quickly grew into the world's most popular search engine. Today, billions of people use Google every day to find recipes, directions, photos, and answers to almost any question imaginable. From helping students with homework to connecting families across the globe, this small startup changed the way we access information forever.

What's Going On In September 2026

Special Events

1st Terry B. Performance | 3:00
4th Flu Shot Clinic | 10:00
8th Paintin' Pumpkins |2:00
10th Tast of Sunshine: Germany | 12:00
11th Matt Gurley Performance | 10:00
14th Home Hospice Presentation | 2:30
17th Resident Meeting | 1:30
17th Prize Bingo | 2:30
18th Hot Cocoa Social | 3:30
22nd Baking Pumpkin Pie with Ty | 2:00
24th Oktoberfest | 3:30 - 5:30
25th Performance by Almost There | 3:00
29th Bob Ross Paint Along | 2:30

Outings

1st Olympia Capital Tour | 11:30
9th Lunch at Anthony's | 11:30
16th Percival Landing Park | 11:30
23rd Red Wing Casino| 1:00
30th Billy Frank Jr. National Wild Life Refuge| 11:30

Team Members

Executive Director.....**Kathy Marlow**
Business Office Manager.....**Alyssa Surface**
Community Development Director.....
.....**Tracy Scott**
Life Enrichment Director.....**Tyler Oberg**
Executive Chef.....**John Cabusao**
Maintenance Director.....**Erik Voie**
Concierge Team.....
Aria, Anthony, Kelly, Isaac, Joy
Bus Drivers.....**Jeremy & Marie**

Important Phone Numbers

Office.....**360-754-5778**
Fax.....**360-352-7248**
Transportation.....**360-791-3231**
Maintenance Requests.....**360-754-5778**
Salon, Julie.....**360.870.9523**

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CAPITAL PLACE RETIREMENT COMMUNITY 700 Black Lake Blvd SW Olympia, WA 98502 360-754-5778	Life Enrichment Director: Tyler Oberg 601LED@sunshineret.com See more pictures on Facebook > > > > SCAN ME	**1** **11:**00 Hand Grip Exercises -MP 1:00 Rummikub- GR 1:30 Cribbage- CR **1:30 How to Make Apple Pie Cookies- MP** **3:00 Terry B. Performs-LOB** 3:30 Book Club- CR 6:30 Night At The Movies- CR	**2** 9:30 Sunshine News -MP 11:00 Upper Body Exercises- MP 11:30 **Olympia Capitol Tour**-BUS 1:00 Hand & Foot Card Game- CR 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP **2:30 Beginning a Food Journal** 2:30-4:00 Free Blood Pressure Checks 3:30 Trivia- MP 6:30 Night At The Movies- CR 7:00 Bible Study– LIB	**3** 9:30 Coffee Chats- CR 11:00 Lower Body Exercises- MP 1:00 Rummikub- GR 2:30 **Poker** -GR **3:30 Happy Hour- MP** 6:30 Night At The Movies- CR 6:30 Evening Meditation- M	**4** 9:30 Pet Therapy- TV **10:00 Flu Shot Clinic - TV** 11:00 Full Body Exercises- MP 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP 2:30 **Thank You Card Craft** **3:30 Apple Cider Social- LOB** 6:30 Night At The Movies- CR	**5** 9:30 Bible Study- LIB 11:00 Stretching- MP 1:00 Pinochle- DR 1:30 Bingo- MP **2:00 Let's Garden** **4:00 Name That Tune MP** 6:30 Night At The Movies- CR
6 10:30 Where's Waldo- LOB 10:30 Worship Service- CR 1:00 Rummikub- GR 1:30 Crafters Group- MP 2:30 Paint by Numbers- MP 3:30 AI Art Video & Discussion- CR 6:30 Night At The Movies- CR 6:30 Radio Hour- MP	**7** 11:00 Chair Yoga w/ Deniece- MP **11:00 Resident Store- LOB** 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP 6:30 Night At The Movies- CR 6:30 Community Puzzles- LIB	**8** 11:00 Hand Grip Exercises- MP 1:00 Rummikub- GR 1:30 Cribbage- CR 2:00 **Paint'n Pumpkins-** MP 3:30 Walk Along- LOB 3:30 Book Club- CR 6:30 Night At The Movies- CR 6:30 Tea Talks- MP	**9** 9:30 Sunshine News -MP 11:00 Upper Body Exercises- MP **11:30 Lunch at Anthony's -BUS** 1:00 Hand & Foot Card Game- CR 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP 2:30 Mindfulness Coloring 2:30-4:00 Free Blood Pressure Checks 3:30 Trivia- MP 6:30 Night At The Movies- CR 7:00 Bible Study– LIB	**10** **8:00 Pancake Breakfast Bar** 11:00 Lower Body Exercises- MP **12:00 Taste of Sunshine Germany** 1:00 Rummikub- GR **1:00 Hearing Aid Clinic– TV** **2:00 A View of the West MP** **3:30 Happy Hour-- MP** 6:30 Night At The Movies- CR	**11** **10:00 Matt Gurley Performs-LOB** 11:00 Full body Exercise –MP 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP **2:30 Caramel Apple Social- LOB** 6:30 Night At The Movies- CR	**12** *Video Game Day* 9:30 Bible Study- LIB 11:00 Stretching- MP 1:00 Pinochle- DR 1:30 Bingo- MP **2:30 Gaming from the Past to Now** 4:00 Writing Workshop- GR 6:30 Night At The Movies- CR
13 10:30 Where's Waldo- LOB 10:30 Worship Service- CR 1:00 Rummikub- GR 1:30 Crafters Group- MP 2:30 Paint by Numbers- MP 3:30 AI Art Video & Discussion- CR 6:30 Night At The Movies- CR 6:30 Radio Hour- MP	**14** 11:00 Chair Yoga w/ Deniece- MP 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP **2:30 Home Hospice Presentation- TV** 6:30 Night At The Movies- CR 6:30 Community Puzzles- LIB	**15** 11:00 Hand Grip Exercises- MP 1:00 Rummikub- GR 1:30 Cribbage- CR **2:00 Harvest Themed Interactive Art Display- MP** 3:30 Walk Along -LOB 3:30 Book Club- CR 6:30 Night At The Movies- CR 6:30 Tea Talks- MP	**16** 9:30 Sunshine News -MP 11:00 Upper Body Exercises- MP **11:30 Percival Landing Park-BUS** 1:00 Hand & Foot Card Game- CR 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP 2:30 Mindfulness Coloring- MP 2:30-4:00 Free Blood Pressure Checks 3:00 Wii Bowling- MP 6:30 Night At The Movies- CR 7:00 Bible Study- LIB	**17** 9:30 Sing Along- CR 11:00 Lower Body Exercises- MP 1:00 Rummikub- GR **1:30 Resident Meeting- MP** **2:30 Prize Bingo MP** 6:30 Night At The Movies- CR 6:30 Evening Meditation- MP	**18** 9:30 Pet Therapy- TV 11:00 Full Body Exercises- MP 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP 2:30 Getting Crafty- MP **3:30 Hot Cocoa Social- LOB** 6:30 Night At The Movies- CR	**19** 9:30 Bible Study- LIB **11:00 Stretching- MP** 1:00 Pinochle- DR 1:30 Bingo- MP **2:30 Cyber Security Lesson -TV** **4:00 Name That Tune MP** 6:30 Night At The Movies- CR
20 10:30 Where's Waldo- LOB 10:30 Worship Service- CR 1:00 Rummikub- GR 1:30 Crafters Group- MP 2:30 Paint by Numbers- MP 3:30 AI Art Video & Discussion- CR 6:30 Night At The Movies- CR 6:30 Radio Hour- MP	**21** 11:00 Chair Yoga w/ Deniece- MP **11:00 Resident Store- LOB** 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP **2:30 Death Café- CR** 6:30 Night At The Movies- CR 6:30 Community Puzzles- LIB	**22** 11:00 Hand Grip Exercises- MP 1:00 Rummikub- GR 2:00 **Baking Pumpkin Pie with Ty -** MP 3:30 Book Club- CR 3:30 Walk Along -LOB 6:30 Night At The Movies- CR 6:30 Tea Talks- MP	**23** 9:30 Sunshine News -MP 11:00 Upper Body Exercises- MP **11:30 Red Wind Casino- BUS** 1:00 Hand & Foot Card Game- CR 1:30 Bingo- MP 2:30 Mexican Train Dominoes-MP 2:30 Mindfulness Coloring- MP 2:30-4:00 Free Blood Pressure Checks 3:30 Trivia- MP 6:30 Night At The Movies- CR 7:00 Bible Study- LIB	**24** **9:30 Coffee Chats - MP** 11:00 Lower Body Exercises- MP 1:00 Rummikub- GR **3:30-5:30 Oktoberfest -LOB** 6:30 Night At The Movies- CR 6:30 Evening Meditation- MP	**25** 9:30 Pet Therapy- TV 11:00 Full Body Exercises- MP 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP **2:30 Getting Crafty- MP** **3:00 Performance by Almost There - LOB** 6:30 Night At The Movies- CR	**26** 9:30 Bible Study- LIB **11:00 Stretching- MP** 1:00 Pinochle- DR 1:30 Bingo- MP **2:30 Chair Volleyball- LOB** **3:15 Name That Tune- MP** 4:00 Writing Workshop- GR 6:30 Night At The Movies- CR
27 10:30 Where's Waldo- LOB 10:30 Worship Service- CR 1:00 Rummikub- GR 1:30 Crafters Group- MP 2:30 Paint by Numbers- MP 3:30 AI Art Video & Discussion- CR 6:30 Night At The Movies- CR 6:30 Radio Hour- MP	**28** 11:00 Chair Yoga w/ Deniece- MP 1:30 Bingo- MP 2:30 Mex. Train Dominoes- MP 6:30 Night At The Movies- CR 6:30 Community Puzzles- LIB	**29** 11:00 Hand Grip Exercises- MP 1:00 Rummikub- GR 1:30 Cribbage- CR **2:30 Bob Ross Paint Along** 3:30 Book Club- CR 3:30 Walk Along- LOB 6:30 Night At The Movies- CR	**30** 9:30 Sunshine News -MP 11:00 Upper Body Exercises- MP 11:30 **Wildlife Refuge - BUS** 1:00 Hand & Foot Card Game- CR 1:30 Bingo- MP 2:30 Mexican Train Dominoes-MP 2:30 Food Journal Check In 2:30-4:00 Free Blood Pressure Checks **3:30 Surfing Surveys- MP** 7:00 Bible Study- LIB	Room Key MP –Multi-Purpose Room GR– Game Room LOB –Lobby PDR– Private Dining Room CR– Community Room LIB– Library DR– Dining Room VR- Discovery Room		

Activities Subject to Change

SUNSHINE RETIREMENT LIVING