

## Week 1 Recap

Theme: Values

## Bridging Generations

July 4, 2026



*thank you* for a Wonderful First Session!

Thank you to everyone who joined us for the first session of Bridging Generations! Our theme for **Week 1 was Values**, and it was wonderful to see everyone connecting, sharing stories, reflecting, and getting to know one another.

Each person's presence added something special to the beauty of the session, and we are so grateful that you chose to be part of this experience. We look forward to continuing to learn from one another and building meaningful connections over the weeks ahead.



"Recognize the privilege of choosing what you want to do."

-Puja (Senior participants)  
Thank you to Danika for sharing this.



## Coming Up for Week 2

Coming Up In Week 2 (Tues, July 7)

Theme: Resilience

Our next session will take place on Tuesday, July 7, from 11:30 a.m. to 1:30 p.m. at the Coquitlam Aquatic Complex, Multipurpose Room 2, located at 1210 Pinetree Way (same place, same time).

We are delighted to welcome two special contributing speakers, Puja and Mabel. We will also spend time participating in activities, sharing conversations, and enjoying refreshments together.

Our team looks forward to seeing everyone again on Tuesday and continuing our Bridging Generations journey together!

Warmly,  
Melissa, Pak & Mabel

### Week One Theme: Values

Tuesday, June 30, 2026



FARKHONDEH

*Contributing Speaker*

Farkhondeh read a touching story she wrote about what she learned from her aunt. We got to hear how her perception of elderhood changed in a powerful moment, and the importance of what it means to be an elder.

### Week Two Theme: Resilience



PUJA



MABEL

*Guest Speakers*



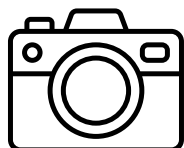
Session 1 | June 30, 2026

Bridging Generations: Theme 1 Values



## CAPTURING SESSION ONE

Some beautiful photos were captured by our talented intern Mabel.



Additionally, A big shout out to Maya for sharing that she enjoyed the hummus as it inspired my latest program graphic. :)

