

July 28, 2026



Bridging Generations

ROSHNI



Week 5 Recap

**Theme: Contribution
(Work & Purpose)**

In week five of Bridging Generations we explored the theme of Contribution, Work and Purpose and reflected on the many ways we can make a positive difference in the lives of others.

We had the pleasure of welcoming Roshni Kashyap, the daughter of participants Puja and Bob. Roshni read from her wonderful book, *Don't Forget You're Beautiful*, and shared some of the ways she contributes to the world. Her positivity, warmth and inspiring approach to life brought smiles to everyone in the room.

Following Roshni's presentation, we heard from her father, Bob, who shared a personal story about finding meaning and fulfillment through contribution. He reflected on a past experience of accepting a more lucrative opportunity, only to realize that greater financial reward could not fill the space left by his previous role and the sense of purpose he had experienced through giving back.

We also enjoyed hearing from Pushpa and Alice, who shared their own experiences of contributing to the community. Pushpa spoke about visiting with seniors, while Alice shared her love of nature and her community. She warmly invited participants to contact her if they would ever like to join her for a nature walk.

It was a beautiful and uplifting session that reminded us there are many ways to contribute—through our work, creativity, time and the connections we build with others. We are grateful to everyone who joined us and helped make the afternoon so meaningful.



Coming Up for Week 6

Tuesday, Aug 4th

Theme: Courage (& Growth)

Our next session will take place on Tuesday, August 4, 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 will be exploring the theme of Courage and how acts of courage—both big and small—can lead to growth. We encourage participants to reflect on the moments in their own lives when they have found the courage to face a challenge, make a change or take a meaningful step forward.

We will also welcome two guest speakers from the Low Entropy Foundation, Luis and Roya, who will share what courage has looked like in their own lives. We look forward to another thoughtful and inspiring afternoon together!

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

Warmly,
Melissa, Pak & Mabel

a suitable quote for week 6

- “Courage is the measure of our heartfelt participation with life, with another, with a community, a work; a future...
-David Whyte

Session 5 | July 28, 2026

Bridging Generations

Theme 5 - Contribution, Work & Purpose

CAPTURING SESSION FIVE



Farkhondeh



Contributing speaker Bob



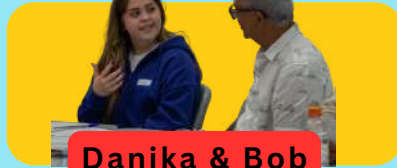
Listening to our guest speakers



Puja



Poppy's



Danika & Bob



Photos by the talented Pak & Mabel



Contributing speaker Pushpa



Roshni



Melissa

Poppy

Roshni Kashyap generously gifted her book "Don't Forget You're Beautiful"



Alice sharing with the group



Mabel



Christine & Vincy



Contributing speaker Roshni