

Aug 18, 2026



Bridging Generations Final Summer Session

Week 8 Recap

Theme: Meaning



THANK
YOU!

A heartfelt **THANK YOU!** to everyone who participated in the summer sessions of Bridging Generations—and to everyone who joined us on Tuesday, August 18th, 2026 for our final gathering where Program Coordinator Melissa handed out certificates and cards to all attending participants as a way to celebrate and recognize all of the contributions made in making Bridging Generations a very special program.

A special shout-out to Luis, who treated everyone to two delicious cakes—orange and carrot! We were also honoured to welcome our guest speaker, Shaghayegh “Sherry” Akef, who shared her wisdom with the group and thoughtfully answered questions about the book she co-authored, *A Tapestry of Grief: The Weaving of Loss and Love*. Anyone interested in learning more about Shaghayegh and her work is invited to visit www.theheartportal.com.

Finally, a very special thank you to the amazing Bridging Generations team—Mabel Castillo and Puthikrithiraks Pak—as well as their spouses, Toren and Lisa, who generously dropped in to lend a hand. Your time, care and support helped make the program such a meaningful experience.

UPDATE

The fall cycle of the program which is coming up this October, will run once a week starting Friday, October 9th to Friday, December 11th, from 4:00-6:00 p.m. at the Coquitlam Aquatic Complex at 1210 Pinetree Way in Coquitlam. We are very pleased to share that more than 50% of the participants from the summer program have already pre-registered. If you are interested in joining us this fall but have not yet pre-registered you can do so [here](#).

It has truly been a wonderful summer, and we are deeply grateful to everyone who helped bring Bridging Generations to life. Much gratitude to each of you.

Bridging Generations



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Photos by the talented
Mabel Castillo & Puthikrithiraks Pak

Week 8

THEME: MEANING



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CAPTURING
WEEK 8

Bridging Generations

SUMMER CYCLE



Puja

Meibo

Christine

Farkhondeh



Bob



Hyne, Melissa & Jane



Rosita &
Shaghayegh



Wendy, Melissa &
Pushpa



Shaghayegh



Farkhondeh, Kano & Ela

