Nov 13, 2026

Bridging Generations

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Session 5 Recap

Theme: Technological Culture Shock & Staying Safe in a Digital World







Austin Heights Pizza



Book Mark Station







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Session 5 Recap



From the days of dial-up to a world where so much happens on our phones, technology has changed how we go about our everyday lives. In Session 5, youth and seniors shared what those changes have felt like across generations and talked about how to stay safe online. We went through the digital safety booklet Melissa put together, with practical tips on spotting suspicious messages and keeping our accounts secure.



We also had our first taste of Austin Heights Pizza! A big thank-you to Riya and her family, who run the business, for treating us to such delicious pizza.

We wrapped up by making colourful bookmarks, a little reminder that however much technology advances, there's still something lovely about opening a book and finding your place right where you left it.









