Cycle 2: October 9 to November 11, 2026

BRIDGING GENERATIONS

On Fridays in City Centre Aquatic Complex, 1210 Pinetree Way, Coquitlam

OCTOBER 9TH 4:00 - 5:00 p.m.	Orientation
OCTOBER 16TH 4:00 - 6:00 p.m.	Session 1: The Importance of Trust
OCTOBER 23RD 4:00 - 6:00 p.m.	Session 2: Managing Discomfort and Stress
OCTOBER 30TH 4:00 - 6:00 p.m.	Session 3: Diving into Culture and Food as Comfort
NOVEMBER 6TH 4:00 - 6:00 p.m.	Session 4: Cultural Misconceptions
NOVEMBER 13TH 4:00 - 6:00 p.m.	Session 5: Technological Culture Shock and Staying Safe in a Digital Age
NOVEMBER 20TH 4:00 - 6:00 p.m.	Session 6: Building Digital Literacy Skills
NOVEMBER 27TH 4:00 - 6:00 p.m.	Session 7: Health and Technology
DECEMBER 4TH 4:00 - 6:00 p.m.	Session 8: Appreciation and Show-and-Tell
DECEMBER 11th 4:00 - 6:00 p.m.	Final Celebration and Holiday Gathering

LOW ENTROPY FOUNDATION

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