

C.O.P.S. CO-WORKERS FOR COUPLES WEEKEND

SAMPLE AGENDA



F R I D A Y

- 5:30 P.M.** All flying and driving attendees have arrived at Epworth By The Sea. Get checked into your room.
- 5:45 P.M.** **OPENING OF SILENT AUCTION**
- 6:00 P.M.** Dinner in Dining Hall
- 7:30 P.M.** **OPENING SESSION**
This will give everyone a chance to get acquainted and sign up for weekend activities. We will also talk about expectations for the weekend and the purpose of the retreat.
- 9:00 P.M.** **FREE TIME**

S A T U R D A Y

- 8:00 A.M.** Breakfast in Dining Hall
- 9:00 - 11:45 A.M.** **SUPPORT SESSIONS**
An assigned session of similar peers discussing their officers.
- 12:00 P.M.** Lunch in Dining Hall
- 1:15 - 4:00 P.M.** **OFF-SITE AFTERNOON ACTIVITIES**
Examples: Beach Day, Dolphin Tour, Horseback Riding, etc.
- 4:00 P.M.** **FREE TIME**
- 6:00 P.M.** Dinner in Dining Hall
- 7:30 P.M.** **GROUP ACTIVITY**
Examples: Couples Dinner, Dancing, Karaoke, Painting Class, etc.
- 9:30 P.M.** **FREE TIME**

SUNDAY

- 8:00 A.M.** Breakfast in Dining Hall
- 8:45 - 10:15 A.M.** **1ST GROUP OF BREAKOUT SESSIONS**
You will have the opportunity to choose from different breakout sessions and attend the one that best fits your needs. We plan the topics of these sessions using feedback from survivors at previous retreats.
- 10:15 A.M.** **CLOSING OF SILENT AUCTION**
- 10:30 A.M. - 12:00 P.M.** **2ND GROUP OF BREAKOUT SESSIONS**
You will have the opportunity to choose from different breakout sessions and attend the one that best fits your needs.
- 12:00 P.M.** Lunch in Dining Hall
- 1:00 - 3:30 P.M.** **OFF-SITE AFTERNOON ACTIVITIES**
Examples: Kayaking, Off-Shore Fishing, etc.
- 4:00 P.M.** **CLOSING SESSION**
Closing Session will give everyone a chance to reflect on the weekend. We will talk about what you received from the retreat, give you the opportunity to thank those that made an impact, and discuss ideas on how to make the retreat better for future years.
- 5:00 - 9:00 P.M.** **COUPLES DINNER & GROUP ACTIVITY**
- 10:00 P.M.** **FREE TIME**

MONDAY

- 7:30 A.M.** Breakfast in Dining Hall
- 8:00 A.M.** Bus arrives at Epworth By The Sea for those that are flying. Baggage is loaded.
- 8:30 A.M.** Bus leaves the Epworth By The Sea for Jacksonville Airport (JAX) and driving participants depart.

THIS IS NOT A FINALIZED AGENDA.

THIS IS A SAMPLE AGENDA TO GIVE YOU A BETTER IDEA OF WHAT TO EXPECT.