

C.O.P.S.
CO-WORKERS RETREAT
OCTOBER 4-7, 2024

SAMPLE AGENDA



FRIDAY - OCTOBER 4

- 5:30 P.M.** All flying and driving attendees have arrived at the YMCA Trout Lodge. Get checked into your room.
- 5:45 P.M.** **OPENING OF SILENT AUCTION**
Dinner in Dining Hall
- 7:30 P.M.** **GETTING TO KNOW EACH OTHER**
This opening session 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**

SATURDAY - OCTOBER 5

- 7:30 A.M.** Breakfast in Dining Hall
- 9:00 - 11:45 P.M.** **SURVIVOR SUPPORT SESSIONS**
An assigned session of similar peers discussing their officers
- 12:00 P.M.** Lunch in Dining Hall
- 1:30 - 3:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Archery, Ceramics, Nature Hike, Pines Pole Zip, etc.
- 4:00 - 5:00 P.M.** **GROUP SESSION**
This session will give everyone a chance to talk about any unfinished discussions from their morning survivor support session.
- 5:45 P.M.** Dinner in Dining Hall
- 7:30 P.M.** **C.O.P.S. SWAP & SOCIAL NETWORKING**
Swap and share department specific items, as well as items in memory of your officer - such as patches, pins, coins, etc. with other Co-Workers.

SUNDAY - OCTOBER 6

- 7:30 A.M.** Breakfast in Dining Hall
- 9:00 - 10:30 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.
- 10:45 A.M. - 12:15 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.
- 12:30 P.M.** Lunch in Dining Hall
- 1:15 P.M.** **CLOSING OF SILENT AUCTION**
- 1:30 - 3:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Alpine Tower, Choose Your Own Craft, Horseback Riding, etc.
- 5:00 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.
- 5:45 P.M.** Dinner in Dining Hall
- 8:00 P.M.** **BONEFIRE BY THE LAKE**
Relax, enjoy each other's company, and roast marshmallows.
- 10:00 P.M.** **FREE TIME**

MONDAY - OCTOBER 7

- 7:30 A.M.** Breakfast in Dining Hall
- 8:00 A.M.** Buses arrive at YMCA Trout Lodge for those that are flying. Baggage is loaded.
- 8:30 A.M.** Buses leave the YMCA Trout Lodge for Lambert International Airport and driving participants depart.

THIS IS NOT A FINALIZED AGENDA FOR THE RETREAT WEEKEND.

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