

C.O.P.S.
FIANCÉS & SIGNIFICANT OTHERS RETREAT
AUGUST 16-19, 2024



SAMPLE AGENDA

FRIDAY - AUGUST 16

- 5:30 P.M.** All flying and driving attendees have arrived at the YMCA Trout Lodge. Get checked into your room and meet your roommate.
- 5:45 P.M.** 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 - AUGUST 17

- 7:30 A.M.** Breakfast in Dining Hall
- 9:00 - 11:45 A.M.** **SURVIVOR SUPPORT SESSIONS**
An assigned session of similar peers discussing their officers
- 12:00 P.M.** Lunch in Dining Hall
- 1:00 - 2:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Alpine Tower, Ceramics, Horseback Riding, Pontoon Boat Fishing, etc.
- 2:30 - 5:00 P.M.** **GROUP ACTIVITY**
Examples: Ceramics, Games, Water Activities, etc.
- 5:30 P.M.** Dinner in Dining Hall
- 6:30 - 9:30 P.M.** **SPECIAL GROUP ACTIVITY**

SUNDAY - AUGUST 18

- 7:30 A.M.** Breakfast in Dining Hall
- 9:00 - 10:30 A.M.** **1ST GROUP ACTIVITY**
Examples: Archery, Choose Your Own Craft, Nature Hike, Zipline, etc.
- 10:35 - 11:45 A.M.** **2ND GROUP ACTIVITY**
Examples: Group Session, Water Activities, etc.
- 12:00 P.M.** Lunch in Dining Hall
- 1:15 - 2:45 P.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 will plan the topics based off suggestions from previous retreats.
- 3:00 - 4:30 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.
- 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
- 7:15 P.M.** **SPECIAL GROUP ACTIVITY**
- 8:30 P.M.** **BONFIRE BY THE LAKE**
Relax, enjoy each other's company, and roast marshmallows.

MONDAY - AUGUST 19

- 7:30 A.M.** Breakfast in Dining Hall
- 8:00 A.M.** Bus arrives at YMCA Trout Lodge for those that are flying. Baggage is loaded.
- 8:30 A.M.** Bus leaves 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.