

C.O.P.S. SPOUSES FOR COUPLES WEEKEND

SAMPLE AGENDA



F R I D A Y

- 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.** **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

- 7:30 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
- 1:30 - 3:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Alpine Tower, Ceramics, Couples Yoga, Horseback Riding, etc.
- 3:30 P.M.** **FREE TIME**
Explore the grounds of the Trout Lodge or schedule a one-on-one/couples' session with a counselor.
- 5:30 P.M.** Dinner in Dining Hall
- 7:00 - 9:00 P.M.** **COUPLES GROUP ACTIVITY**
Examples: Bonfire, Dancing, Painting Class, Newlywed Game, etc.

SUNDAY

- 7:30 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.
- 10:30 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.
- 12:15 P.M.** Lunch in Dining Hall
- 1:15 P.M.** **CLOSING OF SILENT AUCTION**
- 1:30 - 3:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Choose Your Own Craft, Pines Pole Zip, Pontoon Boat Fishing, 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.** **GROUP ACTIVITY**
- 6:15 P.M.** **COUPLES DINNER WITH MUSIC**
- 9:30 P.M.** **FREE TIME**

MONDAY

- 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.

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