

C.O.P.S. SPOUSES WEEKEND

SAMPLE AGENDA



F R I D A Y

- 6:00 P.M.** All flying and driving attendees have arrived at the YMCA of the Rockies. Get checked into your room.
- OPENING OF SILENT AUCTION**
- 6:30 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 and the purpose of the weekend.
- 9:30 P.M.** **FREE TIME**

S A T U R D A Y

- 8:00 A.M.** Breakfast in Dining Hall
- 8:30 A.M.** **TENTATIVE OFF-SITE ACTIVITY**
For those who have attended Spouses Weekend four times or more.
Examples: Viewing wildlife or Historical Sites
(You will be notified via email if you qualify to attend this activity.)
- 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
- 2:00 - 4:00 P.M.** **AFTERNOON ACTIVITIES**
Examples: Hiking, Archery, Horseback Riding, Axe Throwing, etc.
- 4:00 P.M.** **FREE TIME**
Explore the grounds of the YMCA of the Rockies or schedule a one-on-one session with a counselor.
- 6:00 P.M.** Dinner in Dining Hall
- 7:30 P.M.** **KARAOKE & TRIVIA NIGHT**

S U N D A Y

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| 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 programs. |
| 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 |
| 1:15 P.M. | CLOSING OF SILENT AUCTION |
| 2:00 -
4:00 P.M. | AFTERNOON ACTIVITIES
<i>Examples: Hiking, Archery, Horseback Riding, Axe Throwing, etc.</i> |
| 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 program, give you the opportunity to thank those that made an impact, and discuss ideas on how to make the program better for future years. |
| 6:00 P.M. | Dinner in the Dining Hall |
| 8:00 PM. | OPEN MIC NIGHT
Enjoy an evening of entertainment put on by YOU. We invite you to share your poetry, singing, skits, instrumentals, whatever you'd like! |
| 9:30 P.M. | FREE TIME |

M O N D A Y

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| 7:30 A.M. | Breakfast in Dining Hall |
| 8:00 A.M. | Buses arrive at YMCA of the Rockies for those that are flying. Baggage is loaded. |
| 8:30 A.M. | Buses leave the YMCA of the Rockies for Denver 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.