



## Wilmot YAC Agenda

Date: November 2, 2020

Time: 7:00pm - 8:30pm

Wellness Night

Meeting Minutes: Lacey

### Topics To Cover

### Meeting Minutes

1. Wellness Night - Welcome Back Chip

2. Rose, Thorn, Bud Activity

Rose: something that was good today Thorn: something that wasn't great today Bud: something you are looking forward to.

3. Quick Break; you need to get either a note pad/scrap paper; a writing/colouring utensil and lastly something in your house that might be a little bit unusual and you are going to describe it to the rest of the group.

You will describe your item for the group to draw.

4. Reverse Charades

Everyone will act out the charade and one person will guess.

5. Take a moment, think about someone who you haven't seen in a while and would like to; and what would you say to them. Can you write them a letter?

What is standing in our way?

6. Intentions for reaching out to a friend or relative

Social Distancing Visits; Call Grandparents,