



## Wilmot YAC Agenda

Date: October 5, 2020

Time: 7:00 p.m. - 8:30 p.m.

Meeting minutes Done By: Lacey

Topics To Cover		Meeting Minutes
1	Introduction of Chip	Chip started with ICC last month; is waiting on his license before he can begin practicing psycho-therapy
2	Ice Breakers	
	What is your favourite thing about fall	changing leavers/colours; Leaves changinf colour; the cooler weather; standing on crunchy leaves; the weather; i like the leaves; wearing sweaters; i love everything about Fall; perfect temperature for running; chaning colours; birthday is in the Fall; the colours; Fall Outfits; Sweaters; not a fan of fall, but my birthday is in fall; don't like fall its too warm; not loving the weather but its my birthday soon & shopping for new clothes; i don't like Fall.
	What is your favourite pie	Pecan; Pecan or Pumpkin; Dutch Apple; apple Pie; Apple Pie; Pumpkin; Cherry Pie; Berry Crumble; Dutch Apple; Peanut butter Pie; Strawberry-Rubarb Pie; Blueberry-apple Pie; Pumpkin Pie; Pumpkin or Apple Pies; Pumpkin or key-lime pie; Don't like pie; Chocolate Pie; I don't like pie.
	Who you are living under your roof with (humans and animals)	Wife, 2 kids and cat;at home with parents and brother; My fiance; Mom, Dad, Sister and 3 dogs; mom, dad, sister & dog; I live with my mom, dad, brother (chase) and my cat Frannie Flowers; Parents; threee brothers, dog and a fish; My mom, dad, sister and cat; Wife, dog and 2 cats; parents, sister and cat; Mom, Dad, Sister and 2 fish; Mom, Step-Dad, Step-sister and Dog; Mom, dad, Malcolm; mom, dad, two brothers and a cat; mom, dad, sister, brother, 3 cats; Mom, dad, sister and cat; Mom, dad, sister, brother; im living with 3 brothers: brayden keegan and kyle plus my parents.
	If you weren't here, what would you be doing?	watching Modern Family; be at work or at the gym; Watching Gossip Girl & Eating Dinner; having a Bath; reading a book or watching TV; I would be sleeping if I was not on zoom; I would be relaxing; eating dinner; eating and adulting more; playing war zone; either playing Animal Crossing, watching a movie or show (Oh Jack Corsman); being talking to my parents about the yearbook (I would be talking to my vice principle about my yearbook because I'm not in it); on my phone or reading; probably playing animal Crossing; playing video games or doing homework; waiting for my youtube video to upload; playing video games; watching anime.
	Brainstorming Wellness Topics	screen time/social media and the effects on the mind/sleep and how it causes anxiety and effects self-esteem. time management, financial stress and money,
	What did you like from previous years?	Making Taco's; and working together; Kahoots;
	What did you not like in previous years?	Zumba,
	What experiences do you have that you can offer to wellness nights?	Mindfulness, meditation, anxiety, self-esteem, greive and loss, self-care during the pandemic, social media,

3	One thing that you have appreciated about the pandemic	time to slow down, and not an overloaded calendar of events; slowed time down to focus on things you want to do, better shape for policing and getting my applications; getting back to old passions of painting; working alot more; i got to do stuff i wouldn't otherwise get done, like more reading; I liked that I could spend time with my family without worrying about work; time to slow down and fix some things that i didn't like going on; no answer; more life opprotunities and opening doors; More Family time; got to try new things/learn more or had new experiences; I Like the fact that pollution has gone down a little bit. ; learned how to skateboard; do things that i wouldn't do before; no answer; no answer; gained spending time wiht my family; no answer.
	One thing that you miss or feel lost because of the pancemic	hugging my friends; social aspect losing it/not wanting to be near me; being home alone for extended hours a day; lose of extra ciriculars and my summer job at camp; social aspect based on the cohorts not with all my friends. social aspect based on the cohorts not with all my friends; I disliked that I lost contact with a lot of people; social time at school; no answer; social Aspect; lost getting to hangout with friends; lost clubs and high school and seeing your friends every day/ social aspect; that my vacation was cut short; loss of being able to go to school; Social Aspect of not seeing friends; no answer; no answer; lost my chance to swim; no answer.
4	Reminders for Next Week; not meeting due to Thanksgiving.	