



## **Central Region**

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### **Happy December and Season's Greetings from Central!**

**Central was busy during the chilly month of November, which was also Native American Heritage month. We had our in person and zoom meeting at the Autism Resource Central on November 12<sup>th</sup>, and on zoom only on November 26<sup>th</sup>. We talked about the elections and we had a special discussion about our rights with Leo, our Human Rights Specialist. Jason asked us survey questions from his Thrive self-advocacy group. We are enjoying our new members from the Ledges.**

**November's Chill and Chat with Coffee was all about Thanksgiving and gratitude. We talked about our traditions and all the holidays in the month, like National Donut Day, Pickle Day, and Cake Day! We played Thanksgiving jeopardy, freeze dance, and "most like a turkey" game. December's theme will be about the holidays.**



**We will only be meeting once in December on the 10<sup>th</sup>. We will have some fun celebrating the holidays with our annual mystery greeting and more! In the upcoming winter months, we will set our new goals, and think about where we are now and where we want to go! We hope to discover more self-advocacy groups in our region. Many of us continue to connect with other advocates and work on issues that are important to us, like SDM, transportation, and human rights! Our voices matter!**

**We will also continue our zoom meetings only for the winter months through March of 2025. Chill and Chat with Coffee will be held on Wednesday, December 4<sup>th</sup> from 4-5:30 PM and regional meetings will be held on the 2<sup>nd</sup> Tuesdays from 5-7PM and the 4<sup>th</sup> Tuesdays from 3:30-5:30PM. Feel free to join us!**

**Once again, Happy December and happy holidays from Central!**

