**SANYS Weekly Event Update for the week of 11/09/2020**

**And here’s what you might have missed last week of 11/2**

**Right of the Week – We have a right to have fun!**

**How are you having fun right now during this time?**

**With the election and quarantine,**

**how are you figuring out to have fun?**

**Wellness Quote told to you by Shameka:**

**“It’s not the load that breaks you down, it’s the way you carry it.” – Lena Horne**

This past Wednesday Staying Connect Advocacy/Wellness Meeting

We discussion our voting experiences and celebrated our voting work and advocacy accomplishments then had a fun time moving and grooving with Jacky Vimisilk

**Closing Song ~ Introduced by Sophia**

**Smile by Kirk Franklin**

[**https://www.youtube.com/watch?v=Z8SPwT3nQZ8**](https://www.youtube.com/watch?v=Z8SPwT3nQZ8)

Last Friday’s Open Mic

Song Suggested by Mike Rogers-

Gloria Estafan- Coming Out of the Dark

<https://youtu.be/QS7qLDizDYo>

**Here is what’s coming up this week**

**Every Weekday at 10-11am and 4:30-5:30pm**

**Open Coffee Hour/Tea Time Chats** hosted by People Inc.

<https://us02web.zoom.us/j/7163227070>

Meeting ID 716 322 7070

Password on request to [rbanner@people-inc.org](mailto:rbanner@people-inc.org)

**Monday November 9th**

**9:30-10:00 Coffee Clutch hosted by Long Island Region**

Join Zoom Meeting

Join Zoom Meeting

<https://us02web.zoom.us/j/200922882>

Meeting ID: 200 922 882

One tap mobile

+19292056099,,200922882# US (New York)

Contact Michelle or Marisol with questions and concerns

[mflood@sanys.org](mailto:mflood@sanys.org); [sanysliregion@gmail.com](mailto:sanysliregion@gmail.com)

**1pm-2pm SARTAC** National Self-advocacy Call

[**https://zoom.us/j/324815633**](https://zoom.us/j/324815633)

Or call 1-929-436-2866

Meeting ID: 324 815 633

**Tuesday November 10th**

**11:00AM**

Topic: Social Justice Group

Join Zoom Meeting

<https://us02web.zoom.us/j/86200517129?pwd=WE9ZQlFDRW9OV3JDeTRjWDI5NzNuQT09>

Meeting ID: 862 0051 7129

Passcode: 12344

One tap mobile

+17209289299,,86200517129#,,,,,,0#,,12344# US (Denver)

Dial by your location

        +1 720 928 9299 US (Denver)

Meeting ID: 862 0051 7129

Passcode: 12344

**Wednesday November 11th**

SANYS is closed to honor Veteran’s Day on Wednesday. No Wednesday Staying Connected meeting.

**Thursday November 12th**

**11am -12pm** Communication is Key biweekly chat

Host: Center for Self Advocacy, Inc.

Date: Thursday, November 12, 2020

Time: 11:00 am - noon

How to join:

Link:

<https://us02web.zoom.us/j/632063927>

Meeting ID: 632 063 927

Password:12344

One tap mobile: +16468769923,,632063927#,,,,0#,,12344# (US, New York)

**1pm-2pm SARTAC** National Self-advocacy Call

[**https://zoom.us/j/324815633**](https://zoom.us/j/324815633)

Or call 1-929-436-2866

Meeting ID: 324 815 633

**Friday November 13th**

**1pm -3pm** Staying Connected Open Mic Support Group.

Here is the info to join:

<https://us02web.zoom.us/j/84144965654>

Call in: 1-929-205-6099

Meeting ID: 841 4496 5654

One touch call in:  +19292056099,,84144965654#

**Saturday November 14th**

**1-2pm** Saturday Chat with Gwen hosted by People Inc.

Chat ID 716 322 7070

Password on request to  [gsquire@people-inc.org](mailto:gsquire@people-inc.org)

**7:30-9:30** DJ Joe Zoom Party [https://zoom.us/j/98074946684](https://zoom.us/j/98074946684?fbclid=IwAR2LKaUdgBiG-K7qJ-Y5OaHDwyL82CC2W2BLYgCD8mZRsdPo5cr_rbilOyw)

Mark your calendars !!!!!!!

The Self Advocacy Association Of NYS

Presents

Advocacy Never Stops

2020 Virtual Statewide Conference

December 2-3,2020

To register, go to   
[**https://forms.gle/FG2ze5RwoV1Mg69j8**](https://sanys.us8.list-manage.com/track/click?u=d5e6125d9ac600ba9ca03d4ed&id=6f598883ad&e=5dca463284)

Please contact your Regional Coordinator or call SANYS at

(518)382-1454 if you need assistance to register for the Statewide Conference.