

## MONDAYS

Starting  
Monday  
5th May

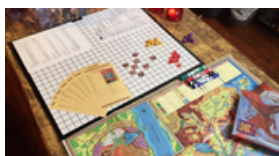


### VIBE & STRIDE

1:00pm - 3:00pm

Vibe and Stride mixes walking and dance, promoting movement, a healthy body, it's all about thriving while having fun!

RYSS Wyong & Community



### DUNGEONS & DRAGONS

5:00pm - 7:00pm

Bring your creative mind and your best story line to help us create a social game we can get 'lost' in a role-playing adventure!

RYSS Wyong



## TUESDAYS

Starting  
Tuesday  
6th May



### THE SOCIALITES

10:30am - 1:30pm

Join The Socialites to get out and about in the community with like-minded people visiting some exciting venues and attractions

Community Based



### THRIFTY CREATIONS

3:00pm - 5:00pm

Join us in transforming second-hand thrift shop finds into fashionable or up-cycled pieces. We will explore thrift shops for treasures and get our craft on with like-minded peers

RYSS Wyong & Community

## WEDNESDAYS

Starting  
Wednesday  
7th May



### COOKING

12:00pm - 2:00pm

Have fun learning basic cooking skills in a vintage homestyle kitchen with a small group under the guided support of our facilitator

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### COOKING

3:00pm - 5:00pm

Have fun learning basic cooking skills in a vintage homestyle kitchen with a small group under the guided support of our facilitator

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### HEALTHY GAMING

5:30pm - 7:30pm

Healthy Gaming is designed to establish an inclusive gaming community where young people can develop gaming skills and build social & supportive connections

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## THURSDAYS

Starting  
Thursday 8th  
May



### PARENTING WITH PURPOSE

10:00am - 12:00pm

A supportive group for young parents to build life skills, connect with peers, and strengthen family bonds through practical activities and shared experiences.

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### COOKING

10:00am - 12:00pm

Have fun learning basic cooking skills, a variety of easy to cook at home recipes and getting to know each other

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### THE SOCIALITES

3:30pm - 6:30pm

Join The Socialites to get out and about in the community with like-minded people visiting some exciting venues and attractions

Community Based

## FRIDAYS

Starting  
Friday 9th  
May



### SPIN CITY DJ'S

11:00am - 1:00pm

Spin City DJ brings the beats, the skills, and the energy—learn to mix, scratch, and create your own sound while having a blast!

RYSS Wyoming



### PHOTOGRAPHY

3:30pm - 5:30pm

Join us in a journey of creativity through photography! Our program fosters self-expression, confidence, and practical skills.

Community Based



## RYSS ABILITIES

RYSS Abilities Group Programs are 8-week social engagement and living skills based programs open to young people aged 12 - 25, who are eligible for NDIS funding in a range of core and capacity building areas.



Scan the QR Code  
to enrol in any of  
our Abilities  
Groups



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Support Services Inc.

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