

The Good Neighbor Adventure Club (GNAC) provides opportunities for adults with disabilities to have fun while developing leisure and social skills.



LOCATION & CONTACT

Dottie Jordan Recreation Center:
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The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.



At Dottie Jordan
Recreation Center





Activities:

GNAC participants engage in community socialization through field trips and special events; peer to peer interactions through conversational skill development and group activities; leisure education through individual and team games, arts and crafts, sports, music, and nature activities; and activities of daily living through cooking and gardening projects. Each activity is adapted based on abilities in an age appropriate manner.

- Community Outings
- Physical Fitness
- Social Activities
- Cognitive Games
- Sports
- Arts and Crafts
- Special Events
- Modern Dance
- Rowing
- Kitchen Fun
- Swimming
- Rock Band

Example Schedule:

	Choice 1:	Choice 2:
8:30-9:00 AM	Welcome	
9:00-9:30 AM	Choice Activities	
9:30AM	Morning Stretches & Exercises	
9:45AM	Morning Walk	
10:15AM	Brain Games	Outing to Dougherty Arts Center
11:00AM	Crazy Cardio	
12:00PM	Lunch	
12:30PM	Social Time	
1:00PM	Active Games: Soccer	
2:00PM	Cognitive Activity: Pictionary	
2:30PM	Program Ends	

Essential Eligibilities:

Set guidelines have been determined to ensure inclusion in all GNAC programs, by providing quality leisure services in a safe environment. As a department policy, personal care is NOT provided in adult programs. Participants in the GNAC program are expected to:

- Be able to function in a group setting with a 1:6 staff to participant ratio for up to 6.5 hours per day and be able to remain with the group at least 80% of the time without 1:1 assistance
- Be independent in feeding and eating.
- Be independent in toileting and in dressing in a timely manner.
- Have socially acceptable behaviors. Participants may not have any inappropriate or unsafe behaviors towards themselves or others.
- Be independently mobile. The GNAC program goes on various field trips and daily walks in the surrounding park area.

About GNAC

The GNAC program runs Monday through Friday from 9:00am to 2:30pm. The program is for adults ages 22 and older (or 18+ if no longer enrolled in school), with a maximum of 24 participants a day and a staff ration of 1:6.

The program is designed to provide opportunities for participants to improve social interaction skills, develop peer relationships, learn lifetime leisure skills, and build the self-confidence necessary for a high quality of life.

GNAC costs \$13 per day for City of Austin residents, and \$15 per day for nonresidents.

