

OPA SOUTH ORANGE COUNTY FALL PROGRAMS 2023

Fall Programs run from 9/18/23—11/17/23 (9-Weeks)



Power Hour— Monday -
Thursday

Daily homework help and assistance! Earn Power Bucks for completing your homework and earn prizes at the weekly Power Store!



Healthy Habits— Wednesdays
w/ Gabby @ 3:45pm

Members learn to incorporate a healthy lifestyle into their lives that will eventually create healthy habits going forward.



Spread Kindness—Mondays w/
Emma @ 3:45pm

Learn the importance of being kind to yourself and others through art-focused activities such as clay sculpting and DIY thank you cards, as well as group-centered activities.



Masters of Yoga — Thursdays w/
Jessica @ 3:45pm

Members will learn how important it is to not only move your body, but to stretch your body too. The goal of this program is to have members improve their balance, coordination, creativity and



Triple Play—Tuesdays w/ AJ @
3:45pm

Through their minds, bodies, and souls, members interact in fun and exciting games.



Directive Draw/Art 4 the Heart —
Fridays @ 3:45pm

Members learn self expression, coping skills, and relaxation techniques through the arts. Practice with different mediums to hone art proficiency.

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