

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

FRIDAY, AUGUST 28, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Cardio Workout	Do this full body DANCE cardio workout to some of the popular/trending <a href="#">#TikTok</a> songs! This mashup of 8 different songs is sure to get you sweating and guaranteed to put a smile on your face! <a href="#">Click Here</a>
<b>Health &amp; Wellness</b>	Vision Board	Can a vision board really affect your future? Want a new love interest, meaningful career or a better self-image? Some people swear by the power of the vision board, a tool they use to display, and then hopefully achieve, specific life goals. Learn more about the science of vision boards. <a href="#">Click Here</a>

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<b>Arts</b>	Mobile Photography	Want to shoot better pictures with your iPhone or your basic phone. Here are 5 tips to make your photoshoot amazing. <a href="#"><u>Click Here</u></a>
<b>Academic Success</b>	Money Matters	Have you learned what credit is? Join Ms. Wendy's Money Matters virtual lesson to learn about why credit is important and learn tips on how to build your credit. <a href="#"><u>Click Here</u></a>
<b>Character and Citizenship</b>	Lessons Learned	What are the lessons in life people learn too late? What do the 100-year old's and elders among us regret from their lives? Do they regret the things they did, or the things they didn't do? Learn this and more in the video. Enjoy! <a href="#"><u>Click Here</u></a>