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**BOYS & GIRLS CLUBS
OF CARSON**

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, JULY 27, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Hand Therapy	On the computer all day now? Are your hands giving you pain? Here are 5 simple tricks and stretches to improve the flexibility and pain level in your hands. Click Here
Health & Wellness	Health Care	With quarantine getting in the way of self care opportunities, this is a DIY manicure video. Learn how to clean, prep, shape, paint, and polish your nails at home. Click Here

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Arts	Get Crafty! Arts	Pencil drawing for beginners: In this easy drawing tutorial video beginners learn how to draw with curves by learning basic techniques in a simple step by step approach. The art tutorial is designed for complete beginners to drawing and makes it easy to draw. <u>Click Here</u>
Academic Success	Explore a virtual trip- Foothill College	Let's take a virtual tour of Foothill College. Learn interesting facts about the campus while discovering the amazing opportunities offered from this school. This is one of the best community colleges for transferring to a UC or Cal State. <u>Click Here</u>
Character and Citizenship	Leadership	Interested in being an entrepreneur? Mr. Rigo discusses starting up your own entrepreneur as a youth and the different types of businesses that might interest you. <u>Click Here</u>