

# How to attend the NOLP September 2020 Ring Central Nutrition classes

Computer/Tablet/Smart Phone or Call in:

**From a computer, smart phone or tablet:** in a web browser type in Ringcentral.com., Join a Meeting, enter Meeting ID and password

**Call in (no video):** Dial the Phone Call-in number listed below, enter Meeting ID, press # to enter as participant and password.

**Disclaimer:** data usage charges may apply depending on your data plan with your service provider.

## Aging and Nutrition

### Sensory Changes

- Wednesday, September 9, 2020  
10:00 – 11:00 AM

Meeting ID: 148 210 6951  
Password: 319601

No computer or smartphone:

Join by telephone by dialing:

1 213 250 5700

Meeting ID: 148 210 6951#

Then, press # to enter as participant

Password: 319601

## Aging and Brain Health

- Wednesday, September 23, 2020  
2:30 – 3:30 PM

Meeting ID: 148 888 5978  
Password: 652295

Do not have a computer/internet:

Join by telephone by dialing:

1 213 250 5700

Meeting ID: 148 888 5978#

Then, press # to join as participant

Password: 652295

## YOGA

- Friday, September 11, 2020  
10:15 – 11:30 AM

- Friday, September 18, 2020  
10:15 – 11:30 AM

- Friday, September 25, 2020  
10:15 – 11:30 AM

Meeting ID: 149 019 8905  
Password: 138772

Do not have a computer/internet:

Join by telephone by dialing:

1 213 250 5700

Meeting ID: 149 019 8905#

Then, press # to enter as participant

Password: 138772

## Whats Cookin

### Food Demonstration

- Cooking with Chef Gilligan  
From LA Trade Tech Culinary Arts  
Friday, September 18, 2020  
1:00 – 2:00 PM

Meeting ID: 148 152 8681  
Password: 566863

No computer or smartphone:

Join by phone call by dialing:

1 213 250 5700

Meeting ID: 148 152 8681#

Then, press # to enter as participant

Password: 566863

## What's Cooking with Martin

- Wednesday, September 30  
2:30 – 3:30 PM

Meeting ID: 148 340 3324  
Password: 084696

Do not have a computer/internet:

Join by telephone call by dialing:

1 213 250 5700

Meeting ID: 148 340 3324#

Then, press # to join as participant

Password: 084696

**Turn the page to see more classes**

For more information, contact Janelle at 213-201-1556 E-mail: [jlheureux@apla.org](mailto:jlheureux@apla.org)

-----Tear Here-----

Please fill out this section and give to NOLP staff member

<b>Name:</b>	<b>NOLP</b>	<b>Tele:</b>	
<b>Email address:</b>		<b>Preferred contact:</b>	<b>Class Date</b>
		<input type="checkbox"/> Phone	<input type="checkbox"/> Sept 9 <input type="checkbox"/> Sept 18 <input type="checkbox"/> Sept 22 <input type="checkbox"/> Sept 25 <input type="checkbox"/> Sept 29
		<input type="checkbox"/> Email	<input type="checkbox"/> Sept 11 <input type="checkbox"/> Sept 18 Cookin <input type="checkbox"/> Sept 23 <input type="checkbox"/> Sept 30

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## What Do YOU Want?

- Tuesday, September 22, 2020  
10:00 – 11:00 AM

Meeting ID: 148 901 3907  
Password: 240414

### **Don't have a computer or smartphone?**

Join by telephone call by dialing:  
1 213 250 5700  
Meeting ID: 148 901 3907#  
Then, press # to join as participant  
Password: 240414

## Physical Activity During Lockdown

- Tuesday, September 29,2020  
10:00 – 11:00 AM

Meeting ID: 148 433 3081  
Password: 962676

### **Don't have a computer or smartphone?**

Join by telephone call by dialing:  
1 213 250 5700  
Meeting ID: 148 433 3081#  
Then, press # to enter as participant  
Password: 962676

Check Off the class you plan to atten. Keep the top portion. Fill out the bottom of the form and give to NOLP staff.

For more inforamtion call Janelle: 213.201.1556 E-mail: [jlheureux@apla.org](mailto:jlheureux@apla.org)

-----TEAR HERE-----

Please fill out this section and give to NOLP staff member

<b>Name:</b>	<b>NOLP#</b>	<b>Telephone #</b>
<b>Email:</b>	<b>Preferred Contact:</b> <input type="checkbox"/> Phone <input type="checkbox"/> Email	<b>Date of Class</b> <input type="checkbox"/> Sept 9 <input type="checkbox"/> Sept 18 <input type="checkbox"/> Sept 22 <input type="checkbox"/> Sept 25 <input type="checkbox"/> Sept 29 <input type="checkbox"/> Sept 11 <input type="checkbox"/> Sept 18 Cookin <input type="checkbox"/> Sept 23 <input type="checkbox"/> Sept 30