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.

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**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

**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

**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 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

- Wednesday, September 30
  - 2:30 – 3:30 PM
  - Meeting ID: 148 340 3324
  - Password: 084696

Do not have a computer/internet:
Join by telephone by dialing: 1 213 250 5700
Meeting ID: 148 340 3324#
Then, press # to join as participant
Password: 084696

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Turn the page to see more classes

For more information, contact Janelle at 213-201-1556  E-mail: jlheureux@apla.org

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Please fill out this section and give to NOLP staff member

<table>
<thead>
<tr>
<th>Name:</th>
<th>NOLP</th>
<th>Tele:</th>
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</thead>
<tbody>
<tr>
<td>Email address:</td>
<td>Preferred contact:</td>
<td>Class Date</td>
</tr>
<tr>
<td>Email</td>
<td>Phone</td>
<td>Sept 9</td>
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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 information call Janelle: 213.201.1556   E-mail: jlheureux@apla.org

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

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<td>☐ Sept 9   ☐ Sept 18   ☐ Sept 22   ☐ Sept 25   ☐ Sept 29</td>
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<td>☐ Email</td>
<td>☐ Sept 11   ☐ Sept 18 Cookin   ☐ Sept 23   ☐ Sept 30</td>
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