

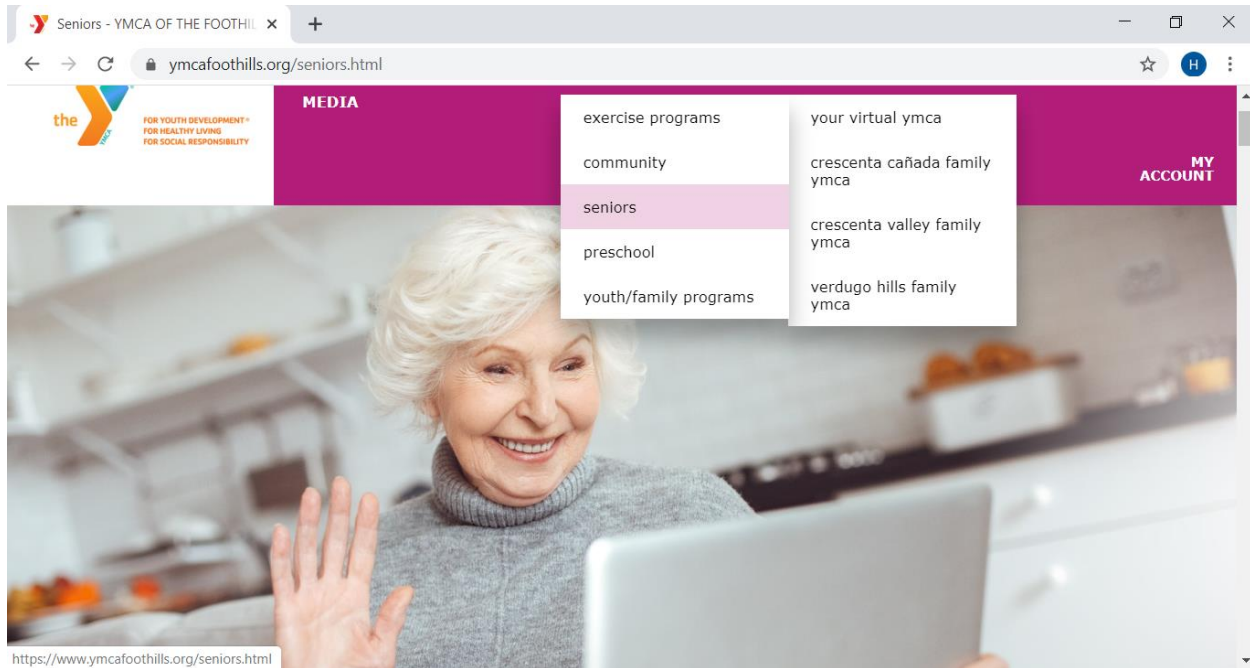
## **How to access the Virtual YMCA of the Foothills – Zoom**

What you'll need:

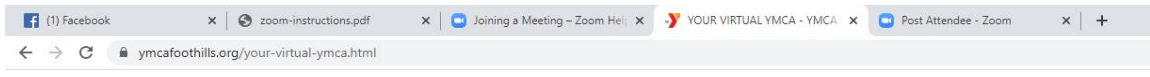
- An internet-connected computer, laptop, tablet or smartphone
- Headset or ear buds
- Microphone or webcam with microphone

To join the YMCA of the Foothills:

- Open the YMCA of the Foothills website: [www.ymcafoothills.org](http://www.ymcafoothills.org)
- At the top of the website – go to locations and select Locations: your virtual ymca - seniors



- Scroll down the page to Virtual Social Hour and click on the time you'd like to join



### VIRTUAL SOCIAL HOUR

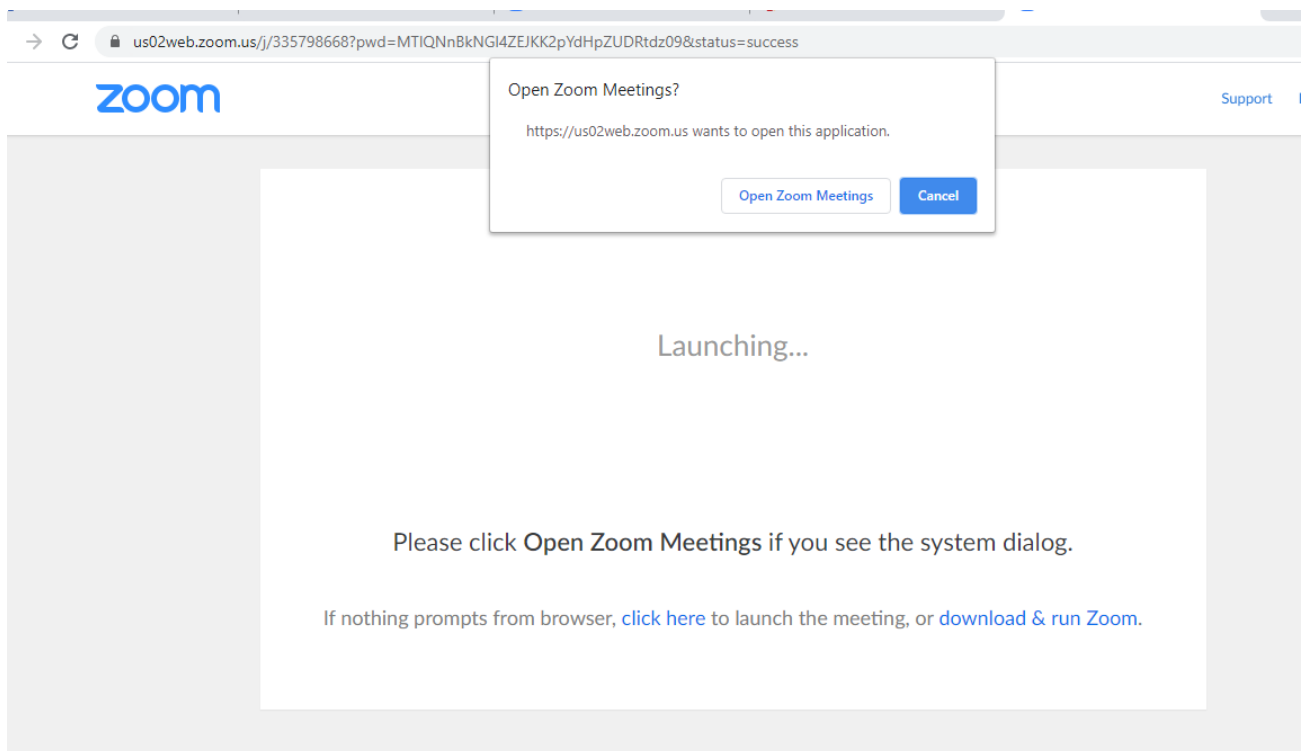
Join us every Monday at 11am or Thursday's at 3pm for an hour of virtual social time. It is so important for us to connect with one another during this time. Join us for conversations inspiring us to do new things during quarantine or even just meet a new friend.

Join Monday at 11am


Join Thursday at 3pm



Once you have selected your preferred time zoom will launch on your computer



- Click on Open Zoom Meeting

 **Please wait for the host to start this meeting.**

**This is a recurring meeting**

Coffee break

Test Computer Audio

If you are the host, please [login](#) to start this meeting.