SCAN
Social Community Activities Network
STAY ACTIVE | STAY HEALTHY | STAY CONNECTED

Resources and Links for Zoom

To participate in a Virtual SCAN Class or Virtual Events, you will need to have **Zoom** installed on your computer, tablet, or phone. Zoom is free and user-friendly, but some folks might find they need some extra help to become familiar and comfortable using it. To make this easier for you, SCAN has prepared this resource guide so you can get in some Zoom practice before joining your virtual class or event.

Zoom allows you to be part of an *online video meeting*. You will need a webcam if you want to enjoy the full video experience. Your tablet and phone have built-in cameras, and most newer laptops do as well. You may decide to purchase a webcam if you do not have one, but some of our SCAN classes and events allow you to participate by phone.

An Email address is a requirement to participate online.
How do I get an Email Address?

An Email address is a requirement to participate in an online class or event, because this is the way SCAN will be communicating with you and sending out information and links to Zoom. Email is important because it is a fast, efficient, and reliable form of communication that is free and easily accessible.

There are too many different email providers to mention, but here are some links that provide information on setting up an email address.

https://www.lifewire.com/best-free-email-accounts-1356641

https://www.wikihow.com/Make-an-Email-Address-for-Free

https://support.google.com/mail/answer/56256?hl=en-GB

http://de.lbcc.edu/resources_tools/files/yahooemail/getemail.html

### *SCAN has gone virtual and we hope you will too!*
With Virtual SCAN@Home, you will enjoy a diverse selection of SCAN classes and online events while at home on your computer or tablet. Some classes also have a phone-in option. Participate in our virtual classes and never worry about bad weather or transportation!

Where do I get Zoom?

You can get Zoom for free online at **Zoom.com**, the **Google Play Store**, or the **Apple Store**.

1. Download from the Zoom website: ZOOM.COM
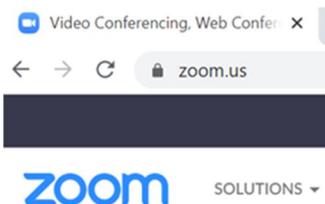
This is your fist stop on your computer. Now click on the **RESOURCES** tab on the far right part of the top of the screen and go to **Download Zoom Client**. That's it!
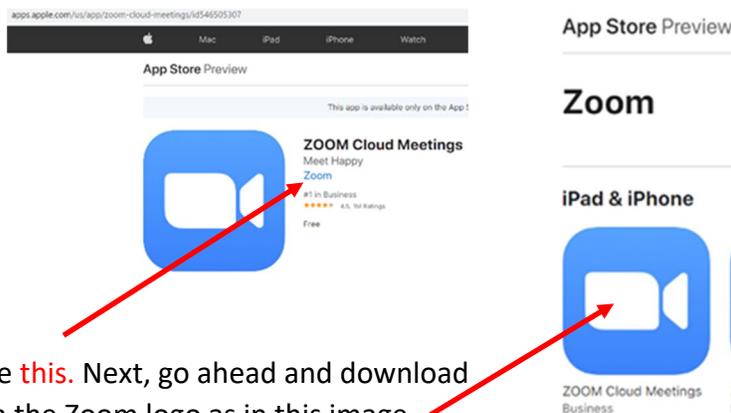
2. Get the Zoom app from the Google Play Store for your Android phone or tablet.

If you use the Google Play Store for your phone or tablet, search for **Zoom** and this is what you are looking for. Download and install it.
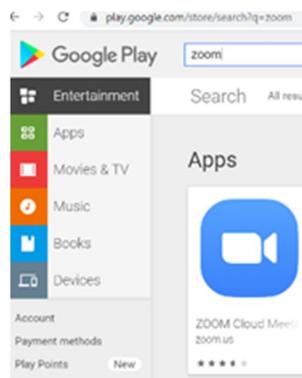
2. Get the Zoom app from the Apple Store for your Apple phone or tablet.

If you are an iPad or iPhone user, go to the Apple Store and search for Zoom there.

Click the Zoom link and you will see this. Next, go ahead and download Zoom on your device by clicking on the Zoom logo as in this image.

I have Zoom installed — now what?

Now that you have downloaded and installed Zoom, here are some resources to prepare you for taking a class or participating in a virtual event. The good news is that Zoom provides excellent resources and video tutorials on its website, so that is a good place to begin. Look under the **RESOURCES** tab to locate a full range of information on all aspects of using Zoom. If you don't want to read the information, you can watch any of the live video tutorials. There are also numerous tutorials on **YouTube**. The photos below show the variety of information available to you on the Zoom site.

Zoom Help Center: https://support.zoom.us/hc/en-us/articles/360029527911

You have questions and Zoom provides answers to your most basic questions. Begin by reading about the most frequently asked questions, shown to the right.

Prepare yourself in advance to be comfortable in the Zoom setting during your SCAN class or webinar.

WATCH A VIDEO!

Zoom has numerous video tutorials to get you up to speed and ready for your online class or event.

Virtual SCAN@Home — Resources & Links for Using Zoom

SCANNJ.ORG | 732.542.1326

How will I get my Zoom link to join a class or an event?

Once you register for a class or event, you will be *emailed an invitation* with the link for Zoom . All you need to do is click the link to join the class or event. In the body of the invitation, there will also be *call-in numbers* if you wish to participate by phone. *Below is a SAMPLE Zoom invitation.*

Andrea Tarr is inviting you to a scheduled Zoom meeting.

Topic: Jack's Jazz Club

TOPIC, DATE & TIME

Time: Jul 29, 2020 10:00 AM Eastern Time (US and Canada)

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://zoom.us/meeting/tJcldOCrrT4iE9wrmd0ea38jpdatXDSK4-zG/ics?icsToken=98tyKuCrpjgjGdeQuBCPRowqGojCXenztiVHj_pKjhLhUyVSMVv8JuZDJopbI_OE

Join Zoom Meeting

https://zoom.us/j/93839335898?pwd=M1NKT3A3Q1VDcEEwZ1g5b0JJNWNodz09

LINK TO JOIN CLASS/EVENT

Click the link and Zoom will take you to your class. Follow the prompts to access your video and audio.

Meeting ID: 938 3933 5898

Dial by your location

   +1 312 626 6799 US (Chicago)

   +1 929 205 6099 US (New York)

   +1 301 715 8592 US (Germantown)

   +1 346 248 7799 US (Houston)

   +1 669 900 6833 US (San Jose)

   +1 253 215 8782 US (Tacoma)

Call-in numbers for phone participation.

Best Practices for Zoom Classes — Useful information for You!

- Use an external microphone, if possible, for best sound quality.
- Your computer camera should be at your eye level or slightly above.
- You should be framed from your chest up.
- Do not frame yourself in front of a window. The light will obliterate your face.
- Have good lighting on your face as well as in the background. Lamps in the background are good to make the shot look warmer.
- Be mindful of your background. Bookshelves, for example, are good backdrops.
- Do a test record of yourself using your camera and see what the background and overall shot looks like. Make adjustments as you see fit.
- If you are participating in a Fitness class, some of these guidelines may not apply to you.