Here is how to upload your picture from a file on your computer. Note, the steps are in order, but I grabbed screen snapshots from different uploads so my background photo is not consistent from start to finish of the document below.

1. Open your web browser (such as Internet Explorer, Firefox or Safari) to www.meetup.com.

Then pull down My Groups menu and select the “New England Over 50 Hiking” meetup group.
Next click on the RED My Profile box as below

Then click the “Upload a New Photo” Box
A file browser pops up. Navigate to the folder with your photo showing a close-up of your face that can be recognized, click on that file and then click “Choose”.

It will take a minute or so to upload the new photo.
After the new photo is uploaded, it may take a couple minutes until it is available to select. Click the refresh (like as shown in the photo below) until the number of photos changes to indicate your new photo is available.

Then, click on photos.
Click the Arrow below each photo until you see the photo to use for your main profile picture.

When your new photo shows, click to “Set as main profile photo”.
You should now see the photo change on your page.