

# The Salvation Army Harrisburg

## Quarterly Class List: All Classes are FREE!

### January - February - March 2026



HARRISBURG  
Capital City Region

#### Youth & Family Education

#### Teaching Kitchen

#### Lunch/Snack & Learn

#### Sal Ladies

#### Youth & Family Education

In Person: 506 S. 29th Street, HBG

Jan.  
15

##### Reader's Theater

Role-play reading stories are presented with color-coded text. Expressive reading is a great way to build fluency and comprehension.

Thursday, Jan 15th: 4:30p.m.-5:15p.m.

Register at: [bit.ly/TSALiteracybyBrenda](https://bit.ly/TSALiteracybyBrenda)

#### Lunch & Learn

Join us for lunch and an educational lesson to help keep yourself happy and healthy!

In Person: 506 S. 29th Street, HBG

Jan.  
9

#### Save a Life: Basic Lifesaving Skills YOU Can Do

This interactive session will help participants be comfortable on how to handle a cardiac emergency and how to use an AED.

Friday, Jan. 9th: 11a.m. - 12:30p.m.

Feb.  
6

#### High Blood Pressure - The Silent Killer

Blood pressure-what it is, what the numbers mean, and why it's so important to control. You might feel fine, but high blood pressure is serious! Learn how to control it

Friday, Feb. 6th: 11a.m. - 12:30p.m.

Mar.  
6

#### Food-Drug Interaction

Learn common medications such as cholesterol, blood pressure, and thyroid medications, and how foods can interact with them.

Friday, Mar. 6th: 11a.m. - 12:30p.m.

Register at: [bit.ly//tsalunchnlearn](https://bit.ly//tsalunchnlearn)

#### Snack & Learn

Join us for a snack and an educational lesson on health tips, tricks, and habits!

In Person: 506 S. 29th Street, HBG

Jan.  
22

#### The Power of Vitamins & Minerals on Your Plate

This engaging educational session highlights the essential nutrients your body needs, where to find them, and simple ways to add them to your meals.

Thursday, Jan 22<sup>nd</sup>: 1:30pm-3:00pm

Feb.  
4

#### Heart Month Spotlight - Eating Smart to Manage Cholesterol

This engaging and empowering session will look at how smart food choices can help lower cholesterol and support a healthier heart.

Wednesday, Feb. 4th: 1:30p.m.-3p.m.

Register at: [bit.ly/SnackandLearn](https://bit.ly/SnackandLearn)

Start  
Jan.  
13

#### Family Teaching Kitchen

Most classes are in person: 506 S. 29th Street, HBG

##### Around the Table: Nourishing Families

A six-week cooking series for adults . Enjoy hands-on cooking with a focus on nutrition and family-friendly recipes.

Tuesdays 11:30a.m.-1:30p.m. Starting Jan. 13th

Register at: [bit.ly/AroundthetableFam](https://bit.ly/AroundthetableFam)

Start  
Jan.  
14

#### Monthly Virtual Family Cooking Class

A virtual family cooking class. Recipe kits will be provided for pick-up the week of the class.

Via Zoom: Wednesdays 5-6:30p.m. Starting Jan 14th.

Register at: [bit.ly/monthlyfamilyclass](https://bit.ly/monthlyfamilyclass)

##### Community Iron Chef

Hands-on cooking with an Iron Chef!

Must be 18 years or older.  
Monday, Feb. 16th: 11a.m. - 1p.m.

Feb.  
2

Register at: [bit.ly/thefamilytableironchef](https://bit.ly/thefamilytableironchef)

#### Love on the Menu: Couples Cooking Class

A fun, hands-on Valentine's Day cooking class where couples create and enjoy a memorable, romantic culinary experience.

Thursday, Feb 12th: 5:30-7:30p.m.

Feb.  
12

<https://bit.ly/valentinescooking>

#### Sal Ladies

Open to ladies 16+ unless otherwise noted. Free childcare for 10 and under. All activites meet Wednesday nights, 6:00- 8:00 p.m. at 506 S. 29<sup>th</sup> Street.

Jan.  
14

#### Back to Basics New Year

"Speed fellowship" activity with timed conversations, healthy snacks, and prayer together.

Feb.  
11

#### Karaoke Hymn & Potluck

Karaoke hymn sing-along with a potluck fellowship together. Please bring a dish to share.

Feb.  
25

#### Cards and Cakes

Card making class and cake bakeoff. Prizes awarded for top cakes!

Mar.  
11

#### Recipes and Rabbits

Recipe exchange and painting. We will exchange recipes and create a beautiful Spring piece to enjoy.

Mar.  
25

#### Easter Blessings- Others

Join us as we visit assisted living residents and spread Easter blessings by handing out gifts in small groups.

Email to register: [Ashley.Mauk@use.salvationarmy.org](mailto:Ashley.Mauk@use.salvationarmy.org)