



The Salvation Army Harrisburg

Quarterly Class List: All Classes are FREE!

October, November & December, 2025



HARRISBURG
Capital City Region

Youth & Family Education

Teaching Kitchen

Community Health

Sal Ladies

Lunch & Learn

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

In Person: 506 S. 29th Street, HBG

Oct
3

Patient Portals

An informative presentation to learn the benefits of using patient portals while navigating health care.

Friday, Oct 3rd : 11a.m. - 12:30p.m.

Oct
16

Cancer Education BINGO

We're seeking participants due for colorectal, breast, lung, or HPV-related screenings or vaccines.

Thursday, Oct 16th: 11a.m. - 1p.m.

Nov
14

Diabetes

Join us for an informative discussion on diabetes management.

Friday, Nov 14th: 11a.m. - 12:30p.m.

Register at: bit.ly/tsalunchnlearn

Youth & Family Education

In Person: 506 S. 29th Street, HBG

Nov
13

The Season of Fall Read-Aloud

An adventure of Fall stories shared in a read-aloud setting.

Thursday, Nov 13th: 4:30p.m.-5p.m.

Dec
4

Holiday Read Aloud Series

Join us by the Christmas tree for holiday favorites. Cookies and milk will be served.

Thursday, Dec 4th: 4:30p.m.-5p.m.

Register at: bit.ly/TSALiteracybyBrenda

Family Teaching Kitchen

* In Person: 506 S. 29th Street, HBG

Start
Oct
8

Around the Table: Nourishing Families

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

Wednesdays 11:30a.m.-1:30p.m. Starting Oct 8th

Register at: bit.ly/AroundthetableFam

Start
Oct
15

Monthly Virtual Family Cooking Class

A virtual family cooking class. Recipe kits will be provided and can be picked up one week prior to the class.

Wednesdays 5p.m.-6:30p.m. Starting Oct 15th

Register at: bit.ly/monthlyfamilyclass

Nov
3

Community Iron Chef

Hands-on cooking with an Iron Chef!

Must be 18 years or older.

Monday, Nov 3rd, 11a.m. - 1p.m.

Register at: bit.ly/thefamilytableironchef

Snack & Learn

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

In Person: 506 S. 29th Street, HBG

Oct
17

Plan Smart, Eat Confidently

Learn how to build confidence with meal planning and food selection to create healthy nutritious meals.

Friday, Oct 17th: 2p.m.-3:30p.m.

Oct
21

Fat Facts

Discover how to replace unhealthy fats with healthier options and learn their impact on the body.

Tuesday Oct 21st: 1:30p.m.-3p.m.

Nov
18

Sugar Shift

Explore the impact of added sugars on health and teach you to make a delicious, no-added-sugar snack.

Tuesday, Nov 18th: 1:30p.m.-3p.m.

Dec
10

Safe Slicing - Knife Skills for Life

Learn essential knife safety, proper cutting techniques, and tips to prevent injuries, building confidence in the kitchen.

Wednesday, Dec 10th: 1:30p.m.-3p.m.

Register at: bit.ly/SnackandLearn

Sal Ladies

Enjoy fellowship, prayer, food, and a variety of fun activities!
*free childcare for 10 and under

Oct
8

Fall Feuds with Friends at The Dog House

Join us for family feud trivia & dinner!

Wednesday, Oct 8th: 7p.m- 9p.m.

The Dog House : 6791 Linglestown Road
(Transportation can be provided if needed)

Oct
22

Walk By Faith Pink Party

Discover the importance and impact of Breast Cancer prevention and honor those affected.

Wednesday, Oct 22nd: 6p.m.-8p.m.

TSA : 506 S. 29th Street, HBG

Nov
5

Thankful Diamond Art

Create Fall Thankful Diamond Art pieces.

Wednesday, Nov 5th: 10a.m.-12p.m.

TSA : 506 S. 29th Street, HBG

Nov
19

Confident Hope

Discover our confident hope in Jesus by experiencing worship through all five senses.

Wednesday, Nov 19th: 6p.m.-8p.m.

TSA : 506 S. 29th Street, HBG

Dec
10

Sounds of Christmas

Enjoy live holiday music at Ladies Night Out - Christmas Style!

Wednesday, Dec 10th: 6p.m.-8:30p.m. (No childcare)

Centennial Barn : 5300 N Front St, HBG

Register at: Ashley.Mauk@use.salvationarmy.org