



The Salvation Army Harrisburg Quarterly Class List: All Classes are FREE! July, August and September, 2025

Family Services

Teaching Kitchen Classes

Youth & Family Ed. Classes

Sal Ladies Events

July
9

Snack & Learn: Healthy Hydration

Learn why staying hydrated is essential for your health, energy, and focus in this interactive hydration education class. Discover how much water your body really needs and explore fun, practical ways to make healthy hydration a daily habit.

- In Person: 506 S. 29th Street, HBG
- Wednesday, July 9th, 9:30am - 11:00am
- Register: bit.ly/SnackandLearn

Lunch & Learn: Fall Prevention

This fall prevention class empowers participants with practical strategies to stay safe and steady in their daily lives. Learn how to improve balance, strengthen muscles, and make simple home adjustments to reduce the risk of falls.

- In Person: 506 S. 29th Street, HBG
- Friday, Sept 5th, 11:00am - 12:30pm
- Register: bit.ly/tsalunchnlearn

Sept.
5

Monthly Virtual Family Cooking Class

Join us virtually with your family in your own kitchen for a fun and educational cooking class. Recipe kits will be provided and can be picked up one week prior to the class. Zoom link will be sent out via email.

- Virtual class via Zoom, 5:00pm-6:30pm
- Wednesday evenings: July 16, Aug 20, & Sept 17
- Register: <https://bit.ly/monthlyfamilyclass>

Starts
July
16

Sal Ladies Fall Paint Night

Ladies 16 and up - join us for our first "Ladies Night Out" in Harrisburg. We will painting a fall scene, enjoy a time of prayer and devotions, along with food, fellowship and fun! Childcare available for 10 and under if needed.

- In Person: 506 S. 29th Street, HBG
- Wednesday, Sept 24: 6:00PM-8:00PM
- To register, email Ashley.Mauk@use.salvationarmy.org

Sept.
24

Snack & Learn: Safe Slicing - Knife Skills for Life

This knife safety class teaches essential skills for handling, using, and storing knives safely in the kitchen. Participants will learn proper cutting techniques and safety tips to prevent injuries and build confidence with kitchen tools.

- In Person: 506 S. 29th Street, HBG
- Wednesday, July 23: 9:30am - 11:00am
- Register: bit.ly/SnackandLearn

July
23

Reading WITH Your Children

Make story time a daily part of your day. Learn strategies to improve comprehension while reading WITH your child.

- In Person: 506 S. 29th Street, HBG
- Thursday, Sept 25: 4:00PM-5:00PM
- Register: www.bit.ly/TSALiteracy

Sept.
25

Around the Table: Nourishing Families

Around the Table: Nourishing Families is a six-week adult cooking series designed for adults raising children. This class will focus on mindfulness and nutrition. We will be hands-on cooking each week, with recipes designed to nourish your family!

- In Person: 506 S. 29th Street, HBG
- 1:00pm - 3:00pm: Aug 6, 13, 20, 27, Sept 3, 10
- Register: <https://bit.ly/AroundthetableFam>

Starts
Aug.
6

Fall Family Fun Fest!

Games, Prizes, Pumpkin Decorating, Face Painting & More!
FREE Fun for the whole family! Sign-ups start in August.

- Thursday, September 25 @ 506 S. 29th Street, Hbg
- Event will be 5:00-7:00 PM
- Register: www.bit.ly/TSAllfallfun

Sept.
25

Snack & Learn: Balanced Bites

Balanced Bites is a fun and informative class that teaches the importance of choosing nutritious snacks to fuel your body and mind. Participants will explore healthy snack options, learn how to build balanced mini-meals, and discover how smart snacking supports overall well-being.

- In Person: 506 S. 29th Street, HBG
- Thursday August 14 from 1:30PM - 3:00PM
- Register: bit.ly/SnackandLearn

Aug.
14



Join us for worship each
Sunday:

Coffee Fellowship - 9:30 a.m.
Church Service - 10:00 a.m.
Sunday School - 11:15 a.m.

Questions?

Please call

717-233-6755



HARRISBURG CAPITAL CITY REGION



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