



The Salvation Army Harrisburg Quarterly Class List: All Classes are FREE! April - May - June 2024

Family Services Classes

Teaching Kitchen Classes

Youth & Family Ed. Classes

April
1

An Afternoon with an Iron Chef

An Afternoon with an Iron Chef! The course is completely free and in person, but you must be over 18 years old. Hands-on cooking with an Iron Chef!

- In Person: 506 S. 29th Street, HBG
- Monday, April 1st: 11:00 AM - 1:00 PM
- Register: <https://bit.ly/thefamilytableironchef>

Lunch & Learn: Stroke Awareness & Prevention

Review the different types of stroke and associated risk factors that would lead to an event. Additionally, we hope to review strategies towards reducing individual risk factors and teach some of the distinct signs of symptoms of stroke that would warrant acute medical attention.

- In Person: 506 S. 29th Street, HBG
- Friday, May 3rd: 11:00 AM - 12:30 PM
- Register: www.bit.ly/tsalunchlearn

May
3

Starts
April
4

Cooking Matters for Adults: Daytime

Join us in person for 6 weeks to be inspired to make healthy and affordable meals. This class is completely free and will include a hands-on recipe to cook each session.

- In Person: 506 S. 29th Street, HBG
- Thursdays, April 4 - May 9: 11:30 AM - 1:30 PM
- Register: www.bit.ly/famtablecookmatters

Summer Reading Support

Help prevent summer learning loss. Learn strategies to help bridge the gap between grade levels.

- In Person: 506 S. 29th Street, HBG
- Wednesday, May 15: 3:00-4:15 PM
- Register: www.bit.ly/TSAliteracy

May
15

Starts
April
11

Seed to Supper

Join the Penn State Extension Master Gardeners of Dauphin County, The Salvation Army, and Penn State Health in learning how to build healthy soil, plan your growing space, choose your crops, care for your growing garden and harvesting your bounty!

- In Person: 506 S. 29th Street, HBG
- Thursdays, April 11th - May 16: 5:30-7:30 PM
- Register: <https://bit.ly/TSAGardening>

Game of Life: Financial Literacy Style

Interactive learning and fun for the whole family. Learn to make your money work better for you. We'll help with the kids, we'll cover diner, all you have to do is sign up and show up ready for fun and learning!

- In Person: 506 S. 29th Street, HBG
- Wednesday, May 23, 5:30 - 7:30 PM
- Register: https://bit.ly/TSA_GAME

May
23

April
12

Lunch & Learn: Atrial Fibrillation

Join us for an informative session by Dr. Sarah Hussain, cardiologist, to learn more about Atrial Fibrillation.

- In Person: 506 S. 29th Street, HBG
- Friday, April 12th: 11:00 AM - 12:30 PM
- Register: www.bit.ly/tsalunchlearn

An Afternoon with an Iron Chef

An Afternoon with an Iron Chef! The course is completely free and in person, but you must be over 18 years old. Hands-on cooking with an Iron Chef!

- In Person: 506 S. 29th Street, HBG
- Monday, June 3: 11:00 AM - 1:00 PM
- Register: <https://bit.ly/thefamilytableironchef>

June
3

April
16

Cooking Matters for Adults: Evenings

Join us in person for 6 weeks to be inspired to make healthy and affordable meals. This class is completely free and will include a hands-on recipe to cook each session.

- In Person: 506 S. 29th Street, HBG
- Tuesday evenings, Apr 16-May 21: 5:30-7:30 PM
- Register: www.bit.ly/famtablecookmatters

Cooking Matters for Adults: Evenings

Join us in person for 6 weeks to be inspired to make healthy and affordable meals. This class is completely free and will include a hands-on recipe to cook each session.

- In Person: 506 S. 29th Street, HBG
- Tuesday evenings, June 4 - July 9, 5:30-7:30PM
- Register: www.bit.ly/famtablecookmatters

Starts
June
4

April
17

Ready, Set, Read!

Understand the development of reading and literacy skills. Learn strategies to help your child read for meaning.

- In Person: 506 S. 29th Street, HBG
- Wednesday, April 17, 3:00-4:15PM
- Register: www.bit.ly/TSAliteracy

Lunch and Learn: Topic TBA

Topic of discussion will be announced at a later date.

- In Person: 506 S. 29th Street, HBG
- Friday, June 7th: 11:00 AM - 12:30 PM
- Register: www.bit.ly/tsalunchlearn

June
7

Starts
April
17

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: 5:00-6:00 PM
- Wednesdays: April 17, May 15 & June 19
- Register: <https://bit.ly/monthlyfamilyclass>

Adulting Done Right: Where did My Money Go?

Overwhelmed by bills? Motivated for a financial change but not sure where to start? We can Help! Come and join us to learn how to create and maintain a budget and stay on top of your bills. Food & childcare provided.

- In Person: 506 S. 29th Street, HBG
- Wednesday, June 12th: 5:30-7:30 PM
- Register: https://bit.ly/TSA_Adulting

June
12

QUESTIONS? Please call 717-233-6755. Don't forget: Join us for church every Sunday at 10:00 AM.