



The Salvation Army Harrisburg Quarterly Class List: All Classes are FREE! April - May - June 2026

**Financial
Literacy**

**Health
Education**

Literacy

**Lunch/Snack
& Learn**

**Sal
Ladies**

**Cooking
Classes**

Easter Read-Alouds

**April
2**

Celebrating Easter through Literature.

- In Person: 506 S. 29th Street, HBG
- Thursday, 4/2/26 from 4:15 - 4:45 PM
- Register: <https://bit.ly/TSaliteracybyBrenda>

Community Iron Chef Cooking Class

**April
13**

An afternoon with an Iron Chef! Course is completely free and in person, must be over 18 years old. Hands-on cooking with an Iron Chef!

- In Person: 506 S. 29th Street, HBG
- Monday, 4/13/26: 11:00AM - 1:00PM
- Register: <https://bit.ly/thefamilytableironchef>

Games & Grub

**April
8**

Laid back board and game night with some fun grub! Bring a seasonal favorite dish to share.

- In Person: 506 S. 29th Street, HBG
- Wednesday, 4/8/26 from 6:00 - 8:00 PM
- Email: Ashley.Mauk@use.salvationarmy.org (along with any children for childcare)

S.H.A.P.E. Cooking Class Series

**Ongoing:
Starts
April
21**

Smart, Healthy, Affordable Purchasing & Eating (S.H.A.P.E) cooking series is an educational 4 class series focused on saving money, eating healthy, and cooking delicious dishes.

- In Person: 506 S. 29th Street, HBG
- Tuesdays: 4/21/26 to 5/12/26: 11:30AM - 1:30PM
- Register: <https://bit.ly/SHAPEcooking>

Monthly Virtual Family Cooking Class

**Ongoing:
Starts
April 8**

Join us virtually, with your family in your own kitchen, for a fun and educational cooking class. Recipe kits will be provided for pick-up the week of class.

- Sessions on Zoom
- Wednesdays: 4/8, 5/13, & 6/10 from 5:00 - 6:30 PM
- Register: <https://bit.ly/monthlyfamilyclass>

Come to the Garden Alone

**April
22**

Join us as we enjoy fellowship and learning with ladies from another community. We will celebrate "Earth Day" by creating an earth day craft that will enhance our homes.

- In Person: 506 S. 29th Street, HBG
- Wednesday, 4/22/26: 6:00 - 8:00 PM
- Email: Ashley.Mauk@use.salvationarmy.org (along with any children for childcare)

Lunch & Learn: Allergy vs. Illness

**April
10**

Join us for an engaging session on exploring key differences between allergies and illnesses and how to spot the signs of each.

- In person: 506 S. 29th Street, HBG
- Friday, 4/10/2026 from 11:00 AM - 12:30 PM
- Register: bit.ly/tsalunchnlearn

Budget Your Way to a Better Day

**April
30**

Budget your way to a cruise by simple planning and training.

- In Person: 506 S. 29th Street, Hbg.
- Thursday, 4/30/2026: 5:30 - 7:30 PM
- Register: bit.ly/46MtZiv

CPR & AED Certification Training Class

**April
11**

The Peyton Walker Fdn. presents CPR & AED Certification Training. Please arrive by 8:45 AM for check-in. Your \$25.00 fee covers training materials and is nonrefundable, but may be credited toward a future CPR class.

- In Person: 506 S. 29th Street, HBG
- Saturday, April 11: 9:00 - 11:00AM
- Register: www.bit.ly/TSAcpraed

Snack & Learn: Mindful Eating

**April
30**

Join us for a discussion on what mindful eating is and how it helps with digestion, emotional eating, and food relationship benefits.

- In Person: 506 S. 29th Street, HBG
- Thursday, 4/30/26: 1:30 - 3:00 PM
- Register: bit.ly/SnackandLearn

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April - May - June 2026 Classes (continued)

**Financial
Literacy**

**Health
Education**

Literacy

**Lunch/Snack
& Learn**

**Sal
Ladies**

**Cooking
Classes**

**May
1**

Lunch & Learn: Sleep Health

Join us to improve your sleep health and discover how better rest can improve your overall well-being. We'll share practical tips to help you fall asleep faster, stay asleep longer, and wake up feeling refreshed and energized.

- In Person: 506 S. 29th Street, HBG
- Friday, 5/1/2026: 11:00 AM - 12:30 PM
- Register: bit.ly/tsalunchnlearn

**May
13**

Wonder Woman

Ladies of all ages are invited to our Wonder Woman Ladies Tea as we celebrate the inspiring women of the past who have shaped our lives. Come dressed as your favorite 'Wonder Woman' for a chance to win a prize!

- In Person: 506 S. 29th Street, HBG
- Wednesday, 5/13/26: 6:00 - 8:00 PM
- Email: Ashley.Mauk@use.salvationarmy.org (along with any children for childcare)

**May
7**

Conquering the Paper Mountain!

A step-by-step guide on how to keep the documents under control.

- Online session
- Thursday, 5/7/26: 6:00 - 7:00 PM
- Register: bit.ly/46HeywC

**May
27**

Color Me Mine Party

End of the year Ladies Night Out Party! We will enjoy snacks, pottery, fellowship and prayer. Cost of pottery starts at \$5.00.

- In Person: 506 S. 29th Street, HBG
- Wednesday, 5/27/26: 6:00 - 8:00 PM
- Email: Ashley.Mauk@use.salvationarmy.org (along with any children for childcare)

**May
7**

Reader's Theater

Explore reading through scripts and theater style. This class is for early readers.

- In person: 506 S. 29th Street, HBG
- Thursday, 5/7/2026 from 4:15 - 5:00 PM
- Register: <https://bit.ly/TSALiteracybyBrenda>

**May
28**

Kick Off Summer Cooking Class

Kick off summer with flavor! Join our Cooking Class and learn fresh, seasonal recipes perfect for the sunny season.

- In Person: 506 S. 29th Street, HBG
- Thursday, 5/28/26: 5:00 - 7:00 PM
- Register: <https://bit.ly/TSAsummercooking>

**May
7**

Snack & Learn: Gut Health Basics

Join us for an engaging and informative session on gut health and why it is important for your health. Learn everyday foods that can support digestive health.

- In person: 506 S. 29th Street, HBG
- Thursday, 5/7/2026 from 1:30 - 3:00 PM
- Register: bit.ly/SnackandLearn

**June
5**

Lunch & Learn: Supplements

This session provides a quick overview of different supplements, explores potential health benefits, and highlights possible side effects and risks to consider. Learn how to choose the right option for your needs and use it safely and effectively.

- In Person: 506 S. 29th Street, Hbg.
- Friday, 6/5/2026: 11:00 AM - 12:30 PM
- Register: bit.ly/tsalunchnlearn

If you have any questions, please call 717-233-6755.

**And don't forget to join us on Sunday mornings:
9:30 AM - Coffee Fellowship
10:00 AM - Morning Worship**