



The Salvation Army Harrisburg

Quarterly Class List: All Classes are FREE!

October, November & December, 2026



HARRISBURG
Capital City Region

Leadership
Development

Literacy

Lunch &
Learn

Sal Ladies

Teaching Kitchen
and Snack & Learn

Teaching Kitchen

Start
Oct
14

Monthly Virtual Family Cooking Class

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

Wednesdays: 5p.m.-6:30p.m. Starting Oct 14th

Register at: bit.ly/monthlyfamilyclass

Snack & Learn

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

In Person: 506 S. 29th Street, HBG

Favoring Fruits and Vegetables

Oct
22

Join us to learn why fruits and vegetables are the most powerful investment in your health.

Thursday, Oct 22nd: 1:30-3p.m.

Every Breath You Take

Nov
12

Join us to explore why breathing shapes how we feel. Learn techniques to help you control it and see how it can help in managing stress related eating habits.

Thursday Nov 12th: 1:30p.m.-3p.m.

Power of Positivity

Dec
10

Join us to understand how an optimistic mindset changes outcomes and helps with making good food choices.

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

Register at: bit.ly/SnackandLearn

Lunch & Learn

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

In Person: 506 S. 29th Street, HBG

Breast Cancer

Oct
9

Join local physicians for an informative community talk on breast cancer, covering breast cancer prevention and screening recommendations. Come learn, ask questions, and take an active role in your breast health!

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

Register at: bit.ly/tsalunchnlearn

Sal Ladies

Enjoy fellowship, prayer, food, and a variety of fun activities!

*Free childcare for 10 and under unless noted

Walk by Faith Pink Party

Join us for a Pink Party with refreshments, crafts, games, devotions, prayer, and a pink balloon hunt as we honor those affected by breast cancer. Wear pink for a chance to win a prize!

Wednesday, Oct 7th: 6pm-8pm

Oct
7

Making Strides Walk

Join us for the Making Strides walk on City Island to support the fight against breast cancer! Wear pink and meet at The Salvation Army at 7:00 a.m. for transportation. The 3-5 mile walk begins at 7:30 a.m. Limited spots available.

Saturday, Oct 17th: 7a.m.-3p.m.

Oct
17

Fall Chopped

Ladies 16+ are invited to our teaching kitchen to create a fall-themed dish! Work in teams to prepare a dish in 30 minutes using provided ingredients. Judges will select the winning team! Limited spots available.

Wednesday, Oct 21st: 6p.m.-8p.m.

Oct
21

Thankful Givers

Ladies of all ages are invited to join us for Ladies Night Out as we visit a local care facility to share singing, prayer, and small gifts, bringing encouragement and joy to residents. Transportation from TSA is available (limited spots).

Wednesday, Nov 4th: 6p.m.-8p.m.

Nov
4

Thankful Worshippers

Ladies 16+ are invited to a relaxed, sensory worship experience celebrating God. Bring your favorite fall dish to share.

Wednesday, Nov 18th: 6p.m.-8p.m.

Nov
18

Cookies & Carols

Ladies of all ages are invited to Cookies and Carols! Enjoy Christmas music, cookie exchanges, and fun cookie games. Bring 2 dozen cookies and 30 copies of your recipe to share.

Wednesday, Dec 9th: 6p.m.-8p.m. (No childcare)

Dec
9

Email to Register: Ashley.Mauk@use.salvationarmy.org

Leadership Development

In Person: 506 S. 29th Street, HBG

Purpose Driven Leadership

A learning session guiding leaders to align their actions, decisions, and leadership style with a clear, meaningful purpose.

Wednesday, Oct 21st: 11:30a.m.-12:30p.m.

Register at: bit.ly/purposedleader

Oct
21

Literacy: Youth & Family Education

In Person: 506 S. 29th Street, HBG

Holiday Read Aloud Series

Join us by the Christmas tree in the lobby for holiday stories.

Thursday, Dec 3th: 4p.m.-4:45p.m.

Register at: bit.ly/TSALiteracybyBrenda

Dec
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