

JULY 2026

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS



Registration for Over the Edge for Victory 2026 is OPEN!

Thursday, September 3 & Friday, September 4

Raise \$1,000 and take your support of TVC to new heights by rappelling down a 16-story building!

Visit www.ote4victory.org to learn more!

HEALTH & WELLNESS



Aromatherapy

Wednesday, July 15, 1:00 p.m. - 2:00 p.m. @ Toledo

Thursday, July 16, 1:00 p.m. - 2:00 p.m. @ Defiance

Friday, July 24, 1:00 p.m. - 2:00 p.m. @ Perrysburg

Discuss the benefits of aromatherapy for cancer survivors with Certified Clinical Aromatherapists, Deb Reis, Patti Leupp, or Judy Hook. Learn to identify therapeutic-grade essential oils, their properties, and how to integrate them into your routine.

Soften, Breathe, Flow: Movement & Meditation

Fridays 11:15 a.m. - 12:15 p.m. @ Toledo

This ongoing movement and meditation class contains easy-to-learn practices designed to help you soften, come into balance and decrease anxiety in these chaotic times. Bring your yoga mat and accessories! With Kathie Jaskolski, Certified Yoga Instructor with speciality in breathing practices.

Reiki & the Chakras

Fridays, 10:00 a.m. - 11:00 a.m. @ Toledo

Learn about the 7 energy channels from the base of the spine to the crown of the head and how they shape our behavior and our lives. Reiki experience will be helpful but is not required! Offered by Kathie Jaskolski, Reiki Master/Teacher.

Healthy Habits for Life: The Power of Carbs

Thursday, July 23, 11:00 a.m. - 12:00 a.m. @ Perrysburg

Join us for our Healthy Habits class as we dive into The Power of Carbs and learn how the right carbohydrates can boost your energy, support your body, and keep you feeling your best! Discover how to make carbs work for you, not against you! Facilitated by Mike Balogh, MBFit Nutrition & Fitness LLC.

Soul Care: Mindfulness

Friday, July 17 & 24, 1:00 - 2:30 p.m. @ Toledo

We'll explore mindfulness, the skill of paying attention without being overwhelmed by your circumstances. With Jane V. Lutz, MSN.

Sound Bath & Meditation

Wednesday, July 1, 10:00 a.m. - 11:00 a.m. @ Perrysburg

Monday, July 27, 6:00 p.m. - 7:00 p.m. @ Toledo

Sound baths are a meditative practice involving the use of resonant music. This creates an immersive sound that fills the room and the body, aiming to help people relax and let go of stress and anxiety. Bring your own pillow(s) and blanket(s) to get comfy! Facilitated by Ginger Materni and Holly Strawbridge.



THE VICTORY CENTER
Reaching out to cancer patients & their families.

Remember When ...

After 25 years of leasing space in Toledo, The Victory Center purchased our forever home in July of 2021!



SPECIAL PROGRAMS



July Book Club: *First Lie Wins* by Ashley Elston

Friday, July 17, 11:00 a.m. - 12:00 p.m. @ Toledo

Evie Porter has everything a nice Southern girl could want: a doting boyfriend, a house with a white picket fence, a tight group of friends. The only catch: Evie Porter doesn't exist.

BINGO Night!

Wednesday, July 29, 5:30 p.m. - 7:00 p.m. @ Perrysburg

Join Executive Director Dianne Barndt for a night of classic bingo fun at our Perrysburg location! Whether you're a seasoned bingo pro or trying it out for the very first time, come join for a fun night full of good vibes, great company, and amazing prizes! Friends and family welcome!

Cookie Decorating with Carolyn: Summer Cookies!

Tuesday, July 21, 6:00 p.m. - 7:30 p.m. @ Perrysburg

Wednesday, July 22, 6:00 p.m. - 7:30 p.m. @ Toledo

Sunshine, sweets, and summer treats! Carolyn Spalding from Bite by Carolyn leads this fun-filled cookie decorating class where we'll turn cookies into adorable summer creations like flip flops, beach balls, popsicles, and more! Whether you're a beginner or a seasoned decorator, this class is the perfect way to relax, get creative, and enjoy a little taste of summer. Frosting & icing involved - wear clothes that you don't mind getting a little dirty!

Ice Cream Social

Tuesday, July 14, 5:00 p.m. - 6:30 p.m. @ Defiance

Join us for a sweet time! You're invited to our Ice Cream Social at our Defiance office - cool treats, fun vibes, and great company await! Friends and family are welcome to join!

Music Therapy: Drumming Circle

Tuesday, July 21, 2:30 p.m. - 3:30 p.m. @ Toledo

Join us for a group drumming experience facilitated by Jaclyn Hotaling-O'Neill, state licensed and board-certified music therapist. During the group, participants will explore building cohesion, cultivating internal and external support, and using music as an outlet for creative expression and catharsis. All instruments will be provided and prior musical experience is not needed!



Healthy Living Series: Herbalism for Outdoor Living *VIRTUAL*

Friday, July 24, 9:00 a.m. - 10:00 a.m.

Maximize your enjoyment of the great outdoors this summer with the power of herbal remedies. This practical and engaging class will teach you how to prepare and use effective herbal solutions for common seasonal needs. We will cover essential topics such as creating natural insect repellents, soothing bug bites and stings, easing sun exposure, and preparing cooling herbal infusions for hydration. Led by Lily Kunning, Herbalist & Educator. Participants will be sent a zoom link via email for the class!

SIGN UP DAY: TUESDAY, JUNE 16

RSVP BY CALLING:

419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Circular Tapestry Weaving**

Wednesday, July 1, 1:00 p.m. - 3:00 p.m. @ Toledo

This supportive art therapy group invites you to slow your body and mind through the simple, rhythmic act of weaving. Using yarn and circular looms, participants will create a soft tapestry, with the option to incorporate felt or fabric for added texture and personal meaning. No prior experience is needed—this is about exploration, not perfection. Facilitator: Kayt Harden

Art Therapy: Lace Painting

Friday, July 10, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Join our adult survivor art therapy group for a creative, supportive, and reflective mixed-media painting experience. In this group, participants will use lace and textured materials on canvas to create unique layered artwork, exploring pattern, color, and personal expression as the images come to life. This supportive group offers a space for connection, creativity, and healing alongside others who “just get it. Facilitator: Kayt Harden

Art Therapy: Weaving your Story

Thursday, July 9, 10:00 a.m. - 12:00 p.m. @ Defiance

In this upcoming session, join us to create a weaving centered around sharing your story. Weavings are an ancient process that promotes story telling and integration. You all have a story to tell. We will use yarn, thread, rope, fabric and other materials to weave together pieces of your story. The fibers used will be a metaphor for memories, emotions, thoughts, sensations, dreams, aspirations and experiences! Facilitator: Alanna Burke-Sindlinger

Macramé: : Key Wristlets *Intermediate*

Wednesday, July 8, 3:30 p.m. - 5:30 p.m. @ Toledo

Join Art Therapist Kayt Harden for this month's macrame class, making a macrame key wristlet!

Art Therapy: Open Art Studio

Wednesday, July 1, 3:00 p.m. - 5:00 p.m. @ Toledo

Participants choose any art medium and work at their own pace. Bring a project or use this opportunity to start something new!

Card Making

Thursday, July 9, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Tuesday, July 7, 10:00 a.m. - 12:00 p.m. @ Toledo

Create a variety of homemade cards with TVC Volunteers Debbie McNamee & Cheryl Harwick! Participants may attend one class, not both.

Fundamentals of Zentangle

Tuesday, July 14, 10:00 a.m. - 12:00 p.m. @ Toledo

Learn the calming and creative art of Zentangle, in our Fundamentals of Zentangle class! Facilitated by Jerrie Mowery, CZT.

Writing Through Cancer

Friday, July 24, 2:00 p.m. - 3:30 p.m. @ Toledo

Thursday, July 2, 2:30 p.m. - 4:00 p.m. @ Perrysburg

Whether you're newly diagnosed, in treatment, or navigating survivorship, this workshop is a safe, judgment-free space to reflect, connect, and find healing through storytelling. No writing experience needed—just bring your voice. Facilitated by Chantal Crane and Lori Lux.

Craft & Connect

Thursday, July 2, 10:00 a.m. - 12:00 p.m. @ Defiance

Drop into this open crafting studio and connect and relax with other participants while working on a self guided crafting activity!

Art with Itzel: Cyanotype Art

Thursday, July 16, 10:00 a.m. - 12:00 p.m. @ Toledo

A cyanotype is a monochrome print or image made by placing objects on a pre-prepared light-sensitive surface!

Art with Lindsay: Clothespin Dragonflies

Monday, July 13, 1:00 p.m. - 3:00 p.m. @ Perrysburg

Thursday, July 30, 1:00 p.m. - 3:00 p.m. @ Defiance

Using clothespins and acrylic paint, we'll create beautiful dragonfly wall decorations! With Program Director Lindsay Haynes.

Color Me Calm

Monday, July 6, 1:30 p.m. - 2:30 p.m. @ Perrysburg

Come and enjoy a stress-free hour of coloring. With light music to help you feel calm, we will leave our worries at the door! With Program Director Lindsay Haynes.

CHILDREN & FAMILIES

**Children's Art Therapy: Garden Stones**

Wednesday, July 8, 6:00 p.m. - 7:30 p.m. @ Toledo

For children & grandchildren, ages 6-12, of cancer patients/survivors. Join us for a special children's art therapy group as we create painted stones for our Survivor Garden. Children will have the opportunity to design one stone to leave in the garden as a symbol of hope, strength, and connection, and another to take home as a personal keepsake. This meaningful activity offers a creative and supportive space for children who have a loved one impacted by cancer to express themselves, share experiences, and honor their journey together. Facilitator: Kayt Harden

MOVEMENT

**Line Dancing**

Friday, July 10 & 24, 1:00 p.m. - 2:00 p.m. @ Toledo

Join us and learn to line dance. It's fun and great exercise! Facilitated by Survivor Mary Leugers.

Walking with Nature

Thursday, July 2, 5:00 p.m. - 6:30 p.m. @ Toledo

Nature has the ability to reduce fatigue and increase creativity. In case of inclement weather, we will move the program indoors. Led by Patty Toneff of Ruth Esther Retreats. Meet at TVC Toledo.

Yoga

Mondays, 10:30 a.m. - 12:00 p.m. @ Toledo

Thursdays, 5:30 p.m. - 7:00 p.m. @ Toledo

Tuesdays, 12:30 p.m. - 1:30 p.m. @ Perrysburg

Yoga allows for gentle stretching, greater flexibility, deep breathing and better relaxation. Mats are available. Led by Instructors, Mike Zerner or Caroline Dawson.

Chair Yoga

Thursdays, 10:00 a.m. - 11:00 a.m. @ Toledo - ZOOM AVAILABLE!

Thursdays, 1:00 p.m. - 2:00 p.m. @ Perrysburg

Tuesdays, 10:00 a.m. - 11:00 a.m. @ Defiance

Chair yoga provides the movements of yoga from a comfortable seated position. Led by Certified Yoga Instructors, Caroline Dawson, Lisa Rasey & Melissa Tisi-Spiller.

NIA Fitness

Wednesdays, 11:30 a.m. - 12:30 p.m. @ Toledo

This type of movement connects body, mind, and spirit, and helps to release tension and emotions, making room for healing & balance. Led by RN Deb Reis, Certified Nia Instructor.

Healthy Steps

Tuesdays, 10:00 a.m. - 11:00 a.m. @ Toledo

Wednesdays, 1:30 p.m. - 2:30 p.m. @ Perrysburg

Healthy Steps is a gentle exercise which moves the lymph system, using music and props. Can be done standing or seated. Led by Nicole Reamsnyder, Certified & Licensed in Lebed Method.

Tai Chi

Tuesdays, 6:00 p.m. - 7:00 p.m. @ Toledo

Tai Chi helps strengthen the body, calm the mind, and restore balance. Slow, intentional movements help improve flexibility, reduce stress, boost focus, and support overall well-being - one gentle flow at a time! Beginners welcome - no tai chi experience required! Facilitated by Holly Strawbridge.

Pink Ribbon Program

Wednesdays, June 3 - July 8, 10:00 a.m. - 11:00 a.m. @ Toledo

Pilates-based, post-operative 6-week exercise program to help breast cancer survivors regain mobility & improve quality of life. Intended to help improve strength, range of motion, and sense of wellbeing. Facilitator: Kathy Farber, Ph.D. **New participants must fill out forms and get your band & booklet from the front desk.**

Aquatic Exercise @ Ft. Meigs YMCA

Saturdays, 11:30am - 12:30pm @ Ft. Meigs YMCA

Aquatic Exercise offers a gentle, low-impact way for cancer patients and survivors to build strength and improve flexibility in a heated therapy pool.

Please call 419-531-7600 to RSVP. Address: 13415 Eckel Junction Rd. Perrysburg, OH 43551. Offered in partnership with the YMCA of Greater Toledo!

JULY 2026

- TVC @ Toledo
- TVC @ Perrysburg
- TVC @ Defiance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
10:30 Yoga 1:30 Color Me Calm	10:00 Healthy Steps 10:00 Chair Yoga 10:00 Card Making 12:30 Yoga 6:00 Tai Chi	10:00 Pink Ribbon 10:00 Sound Bath 11:30 NIA Fitness 1:30 Healthy Steps 1:00 Tapestry Weaving 3:00 Open Art Studio 6:00 Met Breast Cancer SG	10:00 Chair Yoga 10:00 Craft & Connect 1:00 Chair Yoga 2:30 Writing Through Cancer 5:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	10:00 Reiki & the Chakras 10:00 Lace Painting 11:15 Soften Breathe Flow 1:00 Line Dancing	TVC CLOSED FOR 4 TH OF JULY	4 TH OF JULY NO AQUATIC EXERCISE
12	13	14	15	16	17	18
10:30 Yoga 1:00 Art with Lindsay 6:00 Blood Cancer SG	10:00 Healthy Steps 10:00 Fund. of Zentangle 10:00 Chair Yoga 12:30 Yoga 5:00 Ice Cream Social 6:00 Tai Chi 6:00 Breast Cancer SG	10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 3:30 Macrame 6:00 General Cancer SG 6:00 Children's Art Therapy	10:00 Chair Yoga 10:00 Art with Itzel 1:00 Aromatherapy 1:00 Chair Yoga 5:30 Yoga	10:00 Chair Yoga 10:00 Art with Itzel 1:00 Aromatherapy 1:00 Chair Yoga 5:30 Yoga	10:00 Reiki & the Chakras 11:00 Book Club 11:15 Soften Breathe Flow 1:00 Soul Care	11:30 Aquatic Exercise 12:00 Teens Against Cancer
19	20	21	22	23	24	25
10:30 Yoga	10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 2:30 Music Therapy 6:00 Cookie Decorating 6:00 Tai Chi	11:30 NIA Fitness 1:30 Healthy Steps 6:00 Men's Cancer SG	10:00 Chair Yoga 10:00 Healthy Habits 1:00 Chair Yoga 5:30 Yoga 6:00 General Cancer SG	10:00 Chair Yoga 11:00 Healthy Habits 1:00 Chair Yoga 5:30 Yoga 6:00 General Cancer SG	9:00 Healthy Living Series *VIRTUAL* 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing 1:00 Soul Care 2:00 Writing Through Cancer	11:30 Aquatic Exercise
26	27	28	29	30	31	
10:30 Yoga 1:00 Wig Bank 6:00 Sound Bath	10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 6:00 Tai Chi 6:00 Breast Cancer SG 6:00 Caregiver/Family SG	11:30 NIA Fitness 1:30 Healthy Steps 5:30 BINGO NIGHT!	11:30 NIA Fitness 1:30 Healthy Steps	10:00 Chair Yoga 1:00 Chair Yoga 1:00 Art with Lindsay 5:30 Yoga	10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	

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SUPPORT GROUPS



Blood Cancer Support Group

Mon., July 13, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with Blood Cancer United.

Men’s Cancer Support Group

Wed., July 15, 6:00 p.m. – 7:30 p.m. @ Toledo

Breast Cancer Support Group

Tues., July 14 & 28, 6:00 p.m. – 7:30 p.m. @ Toledo -

ZOOM Available

Funded by The Breast Cancer Fund of Ohio.

Children’s Art Therapy Group

Wed., July 8, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.

Teens Against Cancer

Sat., July 11, 12:00 p.m. – 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer

Metastatic Breast Cancer Support Group

Wed., July 1, 6:00 p.m. – 7:30 p.m. @ Toledo - **ZOOM Available**
Offered in partnership with Mercy Health.

Young Cancer Survivors Support Group

Thurs., July 2, 6:00 p.m. – 7:30 p.m. @ Perrysburg - **ZOOM Available**
For those in their 20s, 30s, and 40s.
Offered in partnership with Mercy Health.

General Cancer Support Group

Wed., July 8, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., July 23, 6:00 p.m. – 7:30 p.m. @ Defiance - **ZOOM Available**
For any cancer patient & their family

Caregiver & Family Support Group

Tues., July 28, 6:00 p.m. – 7:30 p.m. @ Toledo

**SIGN UP DAY:
TUESDAY, JUNE 16**

**RSVPs are required for
ALL TVC programs and
services!**

419-531-7600

OUR LOCATIONS:

TVC Toledo

3166 N Republic Blvd.
Toledo, OH 43615

TVC Perrysburg

In Mercy Health Hospital
12623 Eckel Junction Rd.
Perrysburg, OH 43551

TVC Defiance

In ProMedica Defiance Hospital
1200 Ralston Ave.
Defiance, OH 43512

THE WIG BANK



**The Wig Bank is open to any cancer survivor
experiencing hair loss due to treatment.**

Wigs are FREE, and new or are donated & gently used. Trained wig fitters are here to help with fitting and practical advice. Call 419-531-7600 for more information.

One wig per person per calendar year, lifetime limit of 2 wigs. Appointment required.

Wig Bank:

2nd Saturday, 3rd Wednesday, & 4th Monday

Wig Tips & Trims:

2nd Saturday & 4th Monday., call for appointment

Held at our Perrysburg Location:

12623 Eckel Junction Rd, Perrysburg, OH 43551

The Victory Center is excited to be able to provide a variety of programs and classes each year – for free! These programs are made possible through generous support from our community, and your participation is key to their success. If you’re unable to attend a program you signed up for, please let us know as soon as possible. When spots go unused, it limits opportunities for others and makes it harder for us to continue offering free programs in the future. By showing up and engaging, you’re helping us keep these valuable opportunities available to everyone. We appreciate your commitment!