

AUGUST 2026

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS
AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS



Registration for OTE4Victory 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!

September Book Club: *The Women* by Kristin Hannah

Friday, September 18, 11:00 a.m. - 12:00 p.m. @ Toledo

HEALTH & WELLNESS

Aromatherapy

Wednesday, August 19, 1:00 p.m. - 2:00 p.m. @ Toledo

Thursday, August 20, 1:00 p.m. - 2:00 p.m. @ Defiance

Friday, August 28, 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

When we breathe well, we create optimal conditions for our health and well being. Observing the breath, which occurs 22,000 times per day, is an invitation to observe our relationship to all of life. Kathie will lead practices that invite you to soften, listen and receive this powerful life-changing energy in a new and exciting way! Movement will be gentle and suitable for all levels!

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: Navigating the Grocery Store

Thursday, August 20, 11:00 a.m. - 12:00 a.m. @ Toledo

Grocery shopping can feel overwhelming, but making healthy choices doesn't have to be complicated! Join us for an informative Healthy Habits class all about navigating the grocery store with confidence. Facilitated by Mike Balogh, MBFit Nutrition & Fitness LLC.

Soul Care: Pets & Spirituality

Friday, August 21 & 28, 1:00 - 2:30 p.m. @ Toledo

In this month's soul care class, we'll explore the influence of pets on our spiritual journey. With Jane V. Lutz, MSN.

Music Therapy: Drumming Circle

Tuesday, August 18, 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!

Sound Bath & Meditation

Wednesday, August 5, 10:00 a.m. - 11:00 a.m. @ Perrysburg

Monday, August 31, 6:00 p.m. - 7:00 p.m. @ Toledo

Tuesday, August 11, 2:00 p.m. - 3:00 p.m. @ Defiance

Sound baths are a meditative practice involving the use of resonant music made by singing bowls and other instruments. 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, Holly Strawbridge, and Lisa Fry.



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



Remember When ...

One of The Victory Center's greatest assets is its amazing staff! Though many faces have changed through the years, the commitment to our cancer patients has not!

SPECIAL PROGRAMS

Sound Bath & Meditation in Defiance!

Tuesday, August 11, 2:00 p.m. - 3:00 p.m. @ Defiance

Join us in Defiance for a relaxing sound bath! During this soothing session, you'll be surrounded by the gentle vibrations and peaceful sounds of crystal singing bowls and other instruments, helping to promote deep relaxation and reduce stress. Facilitated by Lisa Fry and Jansen Emerson from Mystical Moons. Please bring a yoga mat or blankets/pillows to get comfy! Chairs are available as well!

Art with Lindsay: Fake Cake Tissue Boxes

Monday, August 10, 1:00 p.m. - 3:00 p.m. @ Perrysburg

Tuesday, August 4, 4:00 p.m. - 6:00 p.m. @ Toledo

Thursday, August 27, 1:00 p.m. - 3:00 p.m. @ Defiance

Get ready for a creative class making fake cake tissue boxes using lightweight spackle, piping tips, sprinkles, cherries, and all the faux frosting fun you can imagine! Decorate your own masterpiece that looks almost good enough to eat! No baking required! Wear clothes you don't mind getting messy! Participants may choose one class to attend. With Program Director Lindsay Haynes.

Legacy by Design: Practical Estate Planning Solutions

Thursday, August 13, 11:30 a.m. - 1:00 p.m. @ Toledo

Join us for a light lunch followed by a presentation including an overview of estate planning and its significance, as well as consequences of passing away without a will in Ohio. Spouses are welcome to attend as well. Presented by Joseph P. Singer, III, Esq.

Intro to Mah Jongg

Wednesday, August 5, 5:00 p.m. - 7:00 p.m. @ Toledo

Ready to learn a new game and have some fun? Join us for our Intro to Mah Jongg class! Whether you've never played before or are looking for a refresher, this beginner-friendly class will teach you the basics of this classic tile-based game in a relaxed and welcoming environment! Led by Kateri Walsh, Mah Jongg teacher!

Brain Health Workshop

Monday, August 17, 3:00 p.m. - 4:00 p.m. @ Toledo

In this workshop presented by Paula Birney from the NWO Alzheimer's Association, you'll learn about Alzheimer's and Dementia, healthy habits that people can incorporate in their lives to decrease their likelihood of getting the disease, and the importance of early detection!

Healthy Living Series: Building a Natural Medicine Cabinet *VIRTUAL*

Friday, August 28, 9:00 a.m. - 10:00 a.m.

American medicine cabinets contain remedies and body care that are rife with problems. Learn about what kinds of problems are associated with NSAIDs, allergy medicines, antibiotic ointments, toothpastes, deodorants, and more. Discover a world of other ways to address the issues of first aid, home remedies for common ailments. Led by Lily Kunning, Herbalist & Educator. Participants will be sent a zoom link via email for the class!

SIGN UP DAY: **TUESDAY, JULY 21**

RSVP BY CALLING:

419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Mosaic Stepping Stones**

Wednesday, August 26, 1:00 p.m. - 3:00 p.m. @ Toledo

You're invited to step into art therapy, where healing and creativity come together! In this peaceful, supportive space, you'll create your very own beautiful stepping stone mosaic, a lasting symbol of strength, resilience, and hope. Whether you're an experienced artist or just beginning your creative journey, this class offers a fun, relaxing way to express yourself and connect with others on a similar path. Take a step toward healing, one stone at a time! Facilitator: Kayt Harden

Art Therapy: Needle Felted Wool Balls

Friday, August 21, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Join us this month for a warm, creative art therapy session where we'll be needle felting colorful designs into wool dryer balls. This hands-on activity is both soothing and playful—an opportunity to slow down, explore soft textures, and create something beautiful and useful to take home. No prior experience is needed, just a willingness to enjoy the process. Come connect with others in a supportive space, share stories if you'd like, or simply enjoy the calming rhythm of making. Space is limited, so sign up to reserve your spot and treat yourself to an afternoon of creativity, comfort, and community.. Facilitator: Kayt Harden

Art Therapy: Radical Acts of Self Expression

Thursday, August 13, 10:00 a.m. - 12:00 p.m. @ Defiance

How do you express yourself? What is it like for you to express yourself? Is it easy? Is it hard? Do you express yourself visually, verbally, through song or through movement? Are certain emotions hard to express while others are easier. This art therapy group will focus on exploring the various ways to express ourselves. You will be invited to bring your voice and your creativity to explore self expression through art making, sound and movement. Facilitator: Alanna Burke-Sindlinger

Macramé: Mini Tapestry *Easy*

Wednesday, August 12, 4:00 p.m. - 6:00 p.m. @ Toledo

Join Art Therapist Kayt Harden for this month's macrame class, making a mini tapestry.

Art Therapy: Open Art Studio

Wednesday, August 26, 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, August 13, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Tuesday, August 11, 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.

Zentangle: The Zendala Circle of Life

Thursday, August 20, 1:00 p.m. - 3:00 p.m. @ Toledo

Come join us in making Zendalas! We will be using an O5 Royal Blue pen. The Fundamentals of Zentangle class is a prerequisite to attend. Facilitated by Harley King, CZT.

Writing Through Cancer

Friday, August 28, 2:00 p.m. - 3:30 p.m. @ Toledo

Monday, August 17, 5:00 p.m. - 6:30 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, August 6, 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!

Painting with Paige: Fall Squirrel Painting

Friday, August 14, 12:00 p.m. - 2:00 p.m. @ Perrysburg

Join art enthusiast and TVC volunteer Paige Smith for a fun painting class, making an adorable painting of a squirrel- perfect for fall!

Color Me Calm

Monday, August 3, 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! Guided by Program Director Lindsay Haynes.

CHILDREN & FAMILIES

**Children's Art Therapy: Sensory Jars**

Wednesday, August 12, 6:00 p.m. - 7:30 p.m. @ Toledo

For children & grandchildren, ages 6-12, of cancer patients/survivors. Join us this month for a gentle, creative art therapy group designed to support children who have a loved one with a cancer diagnosis. In this session, we'll be making calming sensory jars. These colorful, soothing bottles are filled with glitter, water, and other small materials that can be swirled and watched as a way to help express feelings and find moments of calm. This activity offers kids a safe, supportive space to create, connect, and share at their own pace, while learning simple tools for grounding and emotional expression. Facilitator: Kayt Harden

MOVEMENT

**Line Dancing**

Friday, August 14 & 28, 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, August 6, 2:00 p.m. - 3:30 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, August 5 - Sept. 9, 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!



● TVC @ Toledo

● TVC @ Perrysburg

● TVC @ Defiance

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 11:30 Aquatic Exercise
2	3 10:30 Yoga 1:30 Color Me Calm	4 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 4:00 Art with Lindsay 6:00 Tai Chi	5 10:00 Pink Ribbon 10:00 Sound Bath 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Intro to Mah Jongg 6:00 Met Breast Cancer SG	6 10:00 Chair Yoga 10:00 Craft & Connect 1:00 Chair Yoga 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	7 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	8 10:00 Wig Bank 11:30 Aquatic Exercise 12:00 Teens Against Cancer
9	10 10:30 Yoga 1:00 Art with Lindsay 6:00 Blood Cancer SG	11 10:00 Healthy Steps 10:00 Card Making 10:00 Chair Yoga 12:30 Yoga 2:00 Sound Bath NO TAI CHI 6:00 Breast Cancer SG	12 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 4:00 Macrame 6:00 General Cancer SG 6:00 Children's Art Therapy	13 10:00 Chair Yoga 10:00 Card Making 10:00 Art Therapy 11:30 Estate Planning 1:00 Chair Yoga 5:30 Yoga	14 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Painting with Paige 1:00 Line Dancing	15 11:30 Aquatic Exercise
16	17 10:30 Yoga 3:00 Brain Health Workshop 5:00 Writing Through Cancer	18 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 2:30 Music Therapy 6:00 Tai Chi	19 10:00 Wig Bank 10:00 Pink Ribbon NO NIA 1:00 Aromatherapy 1:30 Healthy Steps 6:00 Men's Cancer SG	20 10:00 Chair Yoga 11:00 Healthy Habits 1:00 Aromatherapy 1:00 Chair Yoga 1:00 Zentangle 5:30 Yoga	21 10:00 Reiki & the Chakras 10:00 Needle Felted Wool Balls 11:15 Soften Breathe Flow 1:00 Soul Care	22 11:30 Aquatic Exercise
23	24 10:30 Yoga 1:00 Wig Bank	25 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	26 10:00 Pink Ribbon 11:30 NIA Fitness 1:00 Mosaic Stones 1:30 Healthy Steps 3:00 Open Art Studio	27 10:00 Chair Yoga 1:00 Chair Yoga 1:00 Art with Lindsay 5:30 Yoga 6:00 General Cancer SG	28 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	29 11:30 Aquatic Exercise
30	31 10:30 Yoga 6:00 Sound Bath					

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SUPPORT GROUPS



- Blood Cancer Support Group**
Mon., August 10, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with Blood Cancer United.
- Men's Cancer Support Group**
Wed., August 19, 6:00 p.m. – 7:30 p.m. @ Toledo
- Breast Cancer Support Group**
Tues., August 11 & 25, 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., August 12, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.
- Teens Against Cancer**
Sat., August 8, 12:00 p.m. – 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer

- Metastatic Breast Cancer Support Group**
Wed., August 5, 6:00 p.m. – 7:30 p.m. @ Toledo - **ZOOM Available**
Offered in partnership with Mercy Health.
- Young Cancer Survivors Support Group**
Thurs., August 6, 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., August 12, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., August 27, 6:00 p.m. – 7:30 p.m. @ Defiance -
ZOOM Available
For any cancer patient & their family
- Caregiver & Family Support Group**
Tues., August 25, 6:00 p.m. – 7:30 p.m. @ Toledo

**SIGN UP DAY:
TUESDAY, JULY 21**

**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!

THANK YOU



thevictorycenter.org