

OCTOBER 2026

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS
AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS



TVC Defiance Celebrity Wait Night!

**"TIKI TIME" : October 22, 2026 @
Fraternal Order of the Eagles**

Join us for our upcoming Defiance Celebrity Wait Night on October 22nd!
Enjoy a fun-filled evening of delicious food and great entertainment, all
while supporting an amazing cause! For more details or to get involved,
please contact Chris at chanson@thevictorycenter.org.

November Book Club: *Theo of Golden* by Allen Levi

Friday, November 20, 11:00 a.m. - 12:00 p.m. @ Toledo

SPECIAL PROGRAMS

Family Halloween Movie Night & Pumpkin Decorating

Monday, October 19, 5:00 p.m. - 7:00 p.m. @ Toledo

Join us for a fun-filled Family Halloween Movie Night, watching the Disney movie
"Coco" (Rated PG). Bring the whole family for a festive evening of pumpkin
decorating and delicious Halloween-themed snacks. Get creative and carve or
paint your pumpkin however you'd like! Costumes are welcome, so come
dressed in your favorite Halloween look and enjoy a fun night of creativity,
treats, and family time! **Please bring your own pumpkin(s) to carve/decorate!**
We'll provide the carving tools and paint!

Flavors of Fall Juices Class

Thursday, October 22, 10:00 a.m. - 11:00 a.m. @ Perrysburg

Thursday, October 29, 3:00 p.m. - 4:00 p.m. @ Defiance

Fall is the perfect time to sip something fresh! Join us for our fall juices class
where you'll learn how to create delicious, nutrient-packed juices using fall-
inspired fruits and vegetables, while discovering the health benefits they offer.
You'll have the chance to sample some flavorful juices, explore new autumn-
inspired combinations, and head home with easy recipes! Facilitated by Melissa
Tisi-Spiller.

Mah Jongg Open Play

Tuesday, October 20, 4:00 p.m. - 6:00 p.m. @ Toledo

Calling all Mah Jongg players! Join us for Open Play Mah Jongg and enjoy a
relaxed game, friendly competition, and plenty of fun! Tiles and mats provided -
just bring your strategy and game face.

Planetarium Show: The Cosmic Origins of Halloween

Tuesday, October 13, 6:00 p.m. - 7:00 p.m. @ Defiance

Join us at Tinora Performing Arts Center and Planetarium in Defiance for a fun,
Halloween show about The Cosmic Origins of Halloween! Show starts at 6:00 -
please arrive on time to avoid disruptions! Space is limited, so make sure to
RSVP to save your spot! Participants may bring one guest. This program is
suitable for ages 8+. Tinora address- 5855 Domersville Road Defiance, OH, 43512.

Kitty Therapy Hour

Wednesday, October 14, 5:00 p.m. - 6:00 p.m. @ Toledo

Get ready for an hour of purrrrrr-fect relaxation! Join us at our Toledo office for a
fun and heartwarming hour spent cuddling, playing, and relaxing with adorable
cats and kittens from Forget-Me-Not Cat Rescue! Come ready for plenty of
cuddles, playful kitten antics, and lots of smiles! We can't wait to paws-ively
relax with you!

Healthy Living Series: Clean Body Care *VIRTUAL*

Friday, October 23, 9:00 a.m. - 10:00 a.m. @ Toledo

There are quite a few toxic ingredients in most US body care products! Arm
yourself with knowledge and learn how to read a label. Participants leave with
resources to learn ways to make their own or how to find good ready-made
products. Led by Lily Kunning, Herbalist & Educator. Participants will be sent a
zoom link via email for the class!



*Remember
When ...*

The Victory Center has been SO LUCKY
through the years to have such amazing
community support. In the fall, in particular,
we are grateful to be the recipients of
fabulous fundraising events such as these!

Thank you!

HEALTH & WELLNESS



Aromatherapy

Wednesday, October 21, 1:00 p.m. - 2:00 p.m. @ Toledo

Thursday, October 15, 1:00 p.m. - 2:00 p.m. @ Defiance

Friday, October 23, 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: 5 Simple & Healthy Recipes

Thursday, October 29, 11:00 a.m. - 12:00 p.m. @ Toledo

Looking for easy ways to make healthy eating a little simpler? Join us as we talk
about 5 delicious, nutritious, and easy-to-make recipes you can enjoy at home!
Facilitated by Mike Balogh, MBFit Nutrition & Fitness LLC.

Soul Care: Self Love

Friday, October 16 & 23, 1:00 - 2:30 p.m. @ Toledo

Loving oneself is one of the most important characteristics we can develop and
also one of the most difficult. We'll work on this through group discussion and
meditation. With Jane V. Lutz, MSN.

Music Therapy: Drumming Circle

Tuesday, October 20, 2:30 p.m. - 3:20 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!

Nutrition: Planning Balanced Meals and Snacks

Wednesday, October 28, 11:00 a.m. - 12:00 p.m. @ Perrysburg

Join licensed dietitian and TVC volunteer Julie Hebek in this month's nutrition
class!

Sound Bath & Meditation

Monday, October 26, 6:00 p.m. - 7:00 p.m. @ Toledo

Tuesday, October 27, 2:00 p.m. - 3:00 p.m. @ Defiance

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 Holly Strawbridge & Lisa Fry.

SIGN UP DAY: **TUESDAY, SEPTEMBER 15**

RSVP BY CALLING:

419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Lace Painting**

Wednesday, October 14, 3:30 p.m. - 5:30 p.m. @ Toledo

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 paintings, 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: Faux Stained Glass Painting

Friday, October 9, 10:00 a.m. - 12:00 p.m. @ Perrysburg

On watercolor paper, we will create our own stained glass-inspired designs by exploring the beautiful contrast of light and dark. Participants can choose to add color using water-soluble wax pastels, watercolor paint, or watercolor pencils to achieve a variety of vibrant effects! Facilitator: Kayt Harden

Art Therapy: Altered Books

Tuesday, October 6, 12:00 p.m. - 2:00 p.m. @ Defiance

This month we are going to start a process called 'Altered Books.' Altered books is a process that uses published books and transforms them into a visual journal that you can keep coming back to, tracking your experiences over time and becoming a container to hold your intention and all of what you have been carrying. Recycled books will be provided, but if you have a book that you would like to use for this process, you are welcome to bring it! Facilitator: Alanna Burke-Sindlinger

Macramé: Skeletons

Wednesday, October 7, 3:00 p.m. - 5:00 p.m. @ Toledo

Join Michelle Martin in this month's macrame class, making macrame skeletons!

Card Making

Thursday, October 15, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Tuesday, October 13, 10:00 a.m. - 12:00 p.m. @ Toledo

Tuesday, October 13, 1:30 p.m. - 3:30 p.m. @ Toledo

Create a variety of homemade cards with TVC Volunteers Debbie McNamee & Cheryl Harwick! **Participants may choose one class to attend - no more than one.**

Fundamentals of Zentangle

Thursday, October 15, 1:00 p.m. - 3:00 p.m. @ Toledo

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

Writing Through Cancer

Friday, October 23, 2:00 p.m. - 3:30 p.m. @ Toledo

Wednesday, October 21, 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, October 8, 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: Bat Paintings

Friday, October 16, 12:00 p.m. - 2:00 p.m. @ Perrysburg

Art enthusiast and TVC volunteer Paige Smith hosts this fun art workshop making cool bat paintings! Please wear clothing you don't mind getting messy!

Art with Itzel: Mod Podge Coasters

Monday, October 19, 10:00 a.m. - 12:00 p.m. @ Toledo

TVC's Itzel Krauss hosts this fun art class, making fun coasters decorated with beautiful images and mod podge!

Art with Lindsay: DIY Halloween Door Mats

Monday, October 12, 1:00 p.m. - 3:00 p.m. @ Perrysburg

Tuesday, October 20, 1:00 p.m. - 3:00 p.m. @ Defiance

Join us for a fun Halloween art class, painting Halloween themed door mats! Please wear clothes you don't mind getting messy!

Color Me Calm

Monday, October 5, 2:00 p.m. - 3:00 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!

CHILDREN & FAMILIES

**Children's Art Therapy: Lego Printmaking**

Wednesday, October 14, 6:00 p.m. - 7:30 p.m. @ Toledo

For children & grandchildren, ages 6-12, of cancer patients/survivors. Children who have a loved one diagnosed with cancer may experience a wide range of emotions as they navigate changes at home. This month, our Children's Art Therapy Group will explore emotion identification through a fun and creative printmaking activity using LEGO bricks, paint, and rollers. As children experiment with shapes, textures, colors, and patterns, they'll be encouraged to explore and express different emotions through their one-of-a-kind print. Facilitator: Kayt Harden

MOVEMENT

**Line Dancing**

Friday, October 9 & 23, 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, October 1, 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, Oct. 7 - Nov. 11, 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



OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 Chair Yoga 1:00 Chair Yoga 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	2 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	3 11:30 Aquatic Exercise
4 10:30 Yoga 2:00 Color Me Calm	5 10:00 Healthy Steps 10:00 Chair Yoga 12:00 Art Therapy 12:30 Yoga 6:00 Tai Chi	6 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 3:00 Macrame 6:00 Met Breast Cancer SG	7 10:00 Chair Yoga 10:00 Craft & Connect 1:00 Chair Yoga 5:30 Yoga	8 10:00 Reiki & the Chakras 10:00 Faux Stained Glass Painting 11:15 Soften Breathe Flow 1:00 Line Dancing	9 10:00 Reiki & the Chakras 10:00 Faux Stained Glass Painting 11:15 Soften Breathe Flow 1:00 Line Dancing	10 10:00 Wig Bank 11:30 Aquatic Exercise 12:00 Teens Against Cancer
11 10:30 Yoga 1:00 Art with Lindsay 6:00 Blood Cancer SG	12 10:00 Healthy Steps 10:00 Chair Yoga 10:00 Card Making 12:30 Yoga 1:30 Card Making 6:00 Planetarium Show 6:00 Tai Chi 6:00 Breast Cancer SG	13 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 3:30 Lace Painting 5:00 Kitten Therapy 6:00 General Cancer SG 6:00 Children's Art Therapy	14 10:00 Chair Yoga 10:00 Card Making 1:00 Aromatherapy 1:00 Fundamentals of Zentangle 1:00 Chair Yoga 5:30 Yoga	15 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Painting with Paige 1:00 Soul Care	16 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Painting with Paige 1:00 Soul Care	17 11:30 Aquatic Exercise
18 10:00 Art with Itzel 10:30 Yoga 5:00 Halloween Movie Night	19 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 1:00 Art with Lindsay 2:30 Music Therapy 4:00 Mah Jongg Open Play 6:00 Tai Chi	20 10:00 Pink Ribbon 11:30 NIA Fitness 1:00 Aromatherapy NO HEALTHY STEPS 5:00 Writing Through Cancer 6:00 Men's Cancer SG	21 10:00 Fall Juicing Class 10:00 Chair Yoga 1:00 Chair Yoga 5:30 Yoga 5:30 Defiance CWN 6:00 General Cancer SG	22 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	23 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	24 11:30 Aquatic Exercise
25 10:30 Yoga 1:00 Wig Bank 6:00 Prostate Cancer SG 6:00 Sound Bath	26 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 2:00 Sound Bath 6:00 Tai Chi 6:00 Caregiver/Family SG 6:00 Breast Cancer SG	27 10:00 Pink Ribbon 11:00 Nutrition 11:30 NIA Fitness 1:30 Healthy Steps	28 10:00 Chair Yoga 11:00 Healthy Habits 1:00 Chair Yoga 3:00 Fall Juicing Class 5:30 Yoga	29 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	30 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	31 11:30 Aquatic Exercise Happy Halloween

THE VICTORY CENTER NEWSLETTER

OCTOBER 2026

SUPPORT GROUPS



Blood Cancer Support Group

Mon., Oct 12, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with Blood Cancer United.

Men's Cancer Support Group

Wed., Oct 21, 6:00 p.m. – 7:30 p.m. @ Toledo

Breast Cancer Support Group

Tues., Oct 13 & 27, 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., Oct 14, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.

Teens Against Cancer

Sat., Oct 10, 12:00 p.m. – 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer

Metastatic Breast Cancer Support Group

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

Young Cancer Survivors Support Group

Thurs., Oct 1, 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., Oct 14, 6:00 p.m. – 7:30 p.m. @ Toledo
 Thurs., Oct 22, 6:00 p.m. – 7:30 p.m. @ Defiance - **ZOOM Available**
For any cancer patient & their family

Caregiver & Family Support Group

Tues., Oct 27, 6:00 p.m. – 7:30 p.m. @ Toledo

Prostate Cancer Support Group

Mon., Oct 26, 6:00 p.m. – 7:30 p.m. @ Toledo

SIGN UP DAY:

TUESDAY, SEPTEMBER 15

**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