

JANUARY 2025

# THE VICTORY CENTER

## NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

### NEWS & ANNOUNCEMENTS



Happy New Year from all of us at TVC!

**Save the Date: TVC's 2025 Luncheon & Fashion Show**  
**"Simply Sapphire"**  
**Tickets on sale January 6th!**



### SPECIAL PROGRAMS



#### January Book Club: Tom Lake by Ann Patchett

Friday, Jan 17, 11 a.m. - 12 p.m.

Tom Lake is a meditation on youthful love, married love, and the lives parents have led before their children were born.

Join fellow survivors to discuss and learn!

#### Virtual Reality Expedition: European Palaces

Thursday, Jan 23, 11 a.m. - 12 p.m. @ Perrysburg

A VR trip through the historical beauty of Europe. You can explore the regal palaces of Europe right from your seat!

Guide: Sara Gray from The Way Library.

#### Defiance Craft Night!

Wednesday, Jan 15, 5:30 p.m. - 7:00 p.m. @Defiance

Join us for an evening of crafts and fellowship with other cancer survivors! Make a fun Valentines Day Craft!

Facilitator: Julie Dunlap

#### NEW! Art with Lindsay: Disco Ball Painted Records

Wednesday, Jan 22, 2 p.m. - 4 p.m.

Join TVC staff Lindsay Haynes and get into the groove! Participants will take vinyl records and upcycle them into disco ball paintings!

Please wear a paint shirt.

SIGN UP DAY: **TUESDAY, DEC. 17**

### HEALTH & WELLNESS



#### Fight Back with Nutrition

Friday, Jan 10, 10 a.m. - 11 a.m.

Monday, Jan 20, 10 a.m. - 11 a.m. @Perrysburg

Are you in treatment and have questions about what to eat? Are you a survivor who would like nutritional information to maintain your health? Meet in a casual, small group setting to learn how your nutrition can help you with your cancer journey and wellness goals.

#### Aromatherapy

Wednesday, Jan 15, 1 p.m. - 2 p.m.

Friday, Jan 24, 1 p.m. - 2 p.m. @ Perrysburg

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

#### Soul Care: Making Life Easier

Friday, Jan 17, 1 p.m. - 2:30 p.m.

We'll explore our resistance to ease and practice approaches for making our lives more comfortable. Facilitated by Jane V. Lutz, MSN.

#### Soften, Breathe, Flow: Movement & Meditation

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

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. Together we will:

- Honor our incredible bodies with easy-to-do chair yoga poses
- Tap into both calming and exhilarating energy via the breath
- Learn to soften into pockets of peace

Bring your yoga mat and yoga accessories! With Kathie Jaskolski, Reiki Master/Teacher and Yoga Teacher. Questions, contact Kathie at [kathie@kathiejaskolski.com](mailto:kathie@kathiejaskolski.com)

### CHILDREN & FAMILIES



#### Children's Art Therapy

Wednesday, Jan 8, 6 p.m. - 7:30 p.m.

For children & grandchildren, ages 6-12, of cancer patients/survivors

RSVP BY CALLING **419-531-7600**

MORE NEWS →

## CREATIVE ARTS

**Art Therapy: Wool Felted Rocks**

Tuesday, Jan 7, 2 p.m. - 4 p.m.

Tuesday, Jan 14, 2 p.m. - 4 p.m. @ Defiance

Explore the soothing world of wet felting! In this session, you'll have the opportunity to create beautiful felted rocks and other unique items using wool and simple felting techniques—no artistic experience required! Felting can be a calming and therapeutic activity that encourages mindfulness, reduces stress, and promotes emotional well-being. Facilitator: Kayt Harden

**Art Therapy: Vision Boards**

Friday, Jan 10, 10 a.m. - 12 p.m. @ Perrysburg

Create vision boards to set intentions and goals for the upcoming year. This creative process helps clarify your aspirations, visualize your dreams, and manifest positive changes. Through art, you'll explore your hopes, values, and desires, empowering you to step into the new year with confidence and purpose. Whether you're looking for clarity or a fresh start, crafting a vision board is a fun and encouraging way to begin your journey of transformation. Facilitator: Kayt Harden

**Art Therapy: Open Art Studio**

Tuesday, Jan 7, 4 p.m. - 6 p.m.

Tuesday, Jan 21, 4 p.m. - 6 p.m.

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

**Card Stamping**

Returning in MARCH 2025

Create a variety of homemade cards with avid stampers, Pat & Pat! Facilitated by Pat Szymanowski & Pat Piper.

**Macramé: Coasters**

Tuesday, Jan 21, 2:00 p.m. - 4:00 p.m.

Join Art Therapist Kayt Harden for this beginner friendly macramé class!

**Zentangle: Tangle & Talk**

Thursday, Jan 9, 10 a.m. - 12 p.m. @ Perrysburg

Tuesday, Jan 21, 10 a.m. - 12 p.m.

Fundamentals of Zentangle required. Bring unfinished projects, supplies (some supplies will be available) and any questions you may have regarding Zentangle. Facilitator Maureen Hines, CZT.

**Knit Wits**

Tuesdays, 11 a.m. - 12 p.m.

Friday, Jan 17, 1 p.m. - 2 p.m. @ Perrysburg

Whether you knit, crochet, sew or do needlework, come for a time to connect with other survivors. All skill levels welcome!

**Color Me Calm**

Monday, Jan 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! Guided by Maggie Kollman from Way Library.

## MOVEMENT

**Belly Dancing**

Thursday, Jan 16, 7 p.m. - 8 p.m.

Belly Dancing is a low impact dance technique that can help you achieve a more joyful body image. Dance in your socks, barefoot, or in soft shoes. Ladies only. No dance experience required.

Instructor: Cheryl Johnson

**Line Dancing**

Friday, Jan 10 & 24, 1 p.m. - 2 p.m.

Join us and learn to line dance. It's fun and great exercise!

Facilitated by Survivor Mary Leugers.

**Walking with Nature**

Thursday, Jan 2, 2 p.m. - 3:30 p.m.

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 p.m.

Thursdays, 5:30 p.m. - 7 p.m.

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

Thursdays, 10:30 a.m. - 11:30 a.m. @ Defiance

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

**Chair Yoga**

Thursdays, 10 a.m. - 11 a.m.

Thursdays, 1:30 p.m. - 3 p.m. @ Perrysburg w/ Meditation

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

**NIA Fitness**

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

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 a.m. - 11 a.m.

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.

**Aquatic Exercise**

Wednesdays, 5 p.m. - 6 p.m. @ Central Park West NOMS

This free, weekly exercise class is held at the Central Park West Health Center's (NOMS) heated pool for cancer survivors. You must be a registered participant at TVC to participate. Please call Hattie Lykowski at TVC to get instructions for online registering.

**Pink Ribbon Program**


Wednesdays: Jan 29 - March 5, 10 a.m. - 11 a.m.

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.**

# JANUARY 2025

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>TVC CLOSED</b> 	2 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	3 11:15 Soften Breathe Flow	4
5	6	7	8	9	10	11
10:30 Yoga  1:30 Color Me Calm	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Felted Rocks 4:00 Art Studio	NO NIA 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG 6:00 General Cancer SG 6:00 Children's Art Therapy	10:00 Chair Yoga 10:00 Zentangle 1:30 Chair Yoga/Meditate 5:30 Yoga	10:00 Vision Boards 10:00 Nutrition 11:15 Soften Breathe Flow 1:00 Line Dancing	10:00 Book Club 11:15 Soften Breathe Flow 1:00 Knit Wits 1:00 Soul Care	10:00 Wig Bank
12	13	14	15	16	17	18
10:30 Yoga  6:00 Blood Cancer SG	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Felted Rocks 6:00 Breast Cancer SG	11:30 NIA Fitness 1:30 Healthy Steps 1:00 Aromatherapy 5:00 Aquatic Exercise 5:30 Craft Night 6:00 Men's Cancer SG	10:00 Chair Yoga 1:30 Chair Yoga/Meditate 5:30 Yoga 7:00 Belly Dancing	10:00 Chair Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	11:00 Book Club 11:15 Soften Breathe Flow 1:00 Knit Wits 1:00 Soul Care	18
19	20	21	22	23	24	25
	10:00 Nutrition 10:30 Yoga	10:00 Healthy Steps 10:00 Zentangle 11:00 Knit Wits 12:30 Yoga 2:00 Macrame 4:00 Art Studio	10:00 Wig Bank 11:30 NIA Fitness 1:30 Healthy Steps 2:00 Disco Ball Records 5:00 Aquatic Exercise 6:00 General Cancer SG	10:00 Chair Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing	25
26	27	28	29	30	31	
	10:30 Yoga  1:00 Wig Bank	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise	10:00 Chair Yoga 1:30 Chair Yoga/Meditate 5:30 Yoga	11:15 Soften Breathe Flow	

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### SUPPORT GROUPS



#### **Blood Cancer Support Group**

Mon., Jan 13, 6 p.m. – 7:30 p.m.

In Partnership with L & L Society.

#### **Men's Cancer Support Group**

Wed., Jan 15, 6 p.m. – 7:30 p.m.

#### **Breast Cancer Support Group**

Tues., Jan 14 & 28, 6 p.m. – 7:30 p.m.

Funded by The Breast Cancer Fund of Ohio.

#### **Children's Art Therapy Group**

Wed., Jan 8, 6 p.m. – 7:30 p.m..

For children ages 6 - 12.

 : Zoom Option Available

#### **Metastatic Breast Cancer Group**

Wed., Jan 8, 6 p.m. – 7:30 p.m.



Offered in partnership with Mercy Health.

#### **Young Cancer Survivors**

Thurs., Jan 2, 6 p.m. – 7:30 p.m. @Perrysburg



For those in their 20s, 30s, and 40s.

Offered in partnership with Mercy Health.

#### **General Cancer Support Group**

Wed., Jan 8 & 22, 6 p.m. – 7:30 p.m.



Thurs., Jan 23, 6 p.m. – 7:30 p.m. @Defiance

For any cancer patient & their family

#### **Caregiver & Family Support Group**

Tues., Jan 28, 6 p.m. – 7:30 p.m.

SIGN UP DAY:

**TUESDAY, DEC. 17**

**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 10 a.m. – 12 p.m., call for appointment

#### **Held at our Perrysburg Location:**

12623 Eckel Junction Rd, Perrysburg, OH 43551

THANK YOU