

FEBRUARY 2025

# THE VICTORY CENTER

## NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

### NEWS & ANNOUNCEMENTS



**TVC will be closed Feb. 28th for our Luncheon & Fashion Show**



#### March Book Club:

##### **Anxious People by Fredrik Backman**

Friday, March 21, 11 a.m. - 12 p.m.

A poignant, charming novel about a crime that never took place, a would-be bank robber who disappears into thin air, and eight extremely anxious strangers who find they have more in common than they ever imagined!

#### **New: Tuesday Yoga In Defiance!**

Kate Walter joins the TVC family to offer yoga in Defiance on Tuesdays at 9:30 a.m. All abilities welcome!

#### **New: Aromatherapy In Defiance!**

Judy Hook will begin offering monthly Aromatherapy classes at our Defiance location!

### SPECIAL PROGRAMS



#### **BINGO Night!**

Wednesday, Feb 5, 6 p.m. - 7:30 p.m. @ Perrysburg

Join TVC Executive Director, Dianne Barndt, for BINGO with snacks and novelty prizes! Have fun with fellow survivors and enjoy some friendly competition. Family & friends are welcome!

#### **Art with Lindsay: Alcohol Ink Mini Canvas**

Wednesday, Feb 12, 2 p.m. - 4 p.m.

Join TVC staff Lindsay Haynes and create an alcohol-ink valentine inspired mini canvas! Please wear a paint shirt.

#### **Virtual Reality Expedition: The Maldives**

Thursday, Feb 27, 11 a.m. - 12 p.m. @ Perrysburg

A VR trip through the Maldives. With 26 atolls and 1,000+ islands spread across the idyllic waters of the Indian Ocean, the Maldives are an island-hopper's dream. Guide: Sara Gray from The Way Library.

### HEALTH & WELLNESS



#### **Fight Back with Nutrition**

Friday, Feb 14, 10 a.m. - 11 a.m.

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, Feb 19, 1 p.m. - 2 p.m.

Thursday, Feb 20, 1 p.m. - 2 p.m. @Defiance

Friday, Feb 21, 1 p.m. - 2 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.

#### **Soul Care: Feeling Safe**

Friday, Feb 21, 1 p.m. - 2:30 p.m.

Safety is essential for personal health and growth. In this group session we'll explore a number of ways to create and maintain security. 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)

#### **IT'S BACK! Sound Bath & Meditation**

Friday, Feb. 7, 6 p.m. - 7 p.m.

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. Facilitated by Jen Vaughn, Certified Sound Therapist

### CHILDREN & FAMILIES



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

Wednesday, Feb 12, 6 p.m. - 7:30 p.m.

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

SIGN UP DAY: **TUESDAY, JAN. 21**

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

MORE NEWS →

## CREATIVE ARTS

**Art Therapy: Zen Gardens**

Tuesday, Feb 4, 2 p.m. - 4 p.m.

Tuesday, Feb 25, 2 p.m. - 4 p.m. @ Defiance

Originating in medieval Japan, zen gardens are known for their simplicity and serenity. They have been found to aid in stress relief, reducing anxiety, increasing focus and are soothing to the mind and body. Using various materials, you will build your garden including sand, rocks, small trinkets, and collage techniques. Facilitator: Kayt Harden

**Art Therapy: Felted Hearts**

Friday, Feb 21, 10 a.m. - 12 p.m. @ Perrysburg

You're invited to join us for a relaxing and creative art therapy group where we will explore the soothing world of wet felting! In this session, you'll have the opportunity to create beautiful felted hearts 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. As you work with the soft, tactile wool, you may also experience improved focus, a sense of accomplishment, and a deeper connection to your creativity. Facilitator: Kayt Harden

**Art Therapy: Open Art Studio**

Tuesday, Feb 4, 4 p.m. - 6 p.m.

Tuesday, Feb 18, 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: Hanging Mason Jars**

Tuesday, Feb 18, 2:00 p.m. - 4:00 p.m.

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

**Zentangle: Fundamentals**

Wednesday, Feb 26, 10 a.m. - 12 p.m.

Come learn the relaxing art of Zentangle! Zentangle is a form of meditative art that involves creating intricate designs using repetitive patterns. Facilitator Maureen Hines, CZT.

**Zentangle: Valentine Surprise!**

Wednesday, Feb 5, 10 a.m. - 1 p.m. @Perrysburg

Thursday, Feb 13, 10 a.m. - 1 p.m.

Fundamentals of Zentangle required. A fun and inventive Valentine Surprise project awaits! Facilitator Maureen Hines, CZT.

**Knit Wits**

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

Friday, Feb 14, 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, Feb 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 Maggie Kollman from Way Library.

## MOVEMENT

**Belly Dancing**

Thursday, Feb 20, 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, Feb 14, 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, Feb 6, 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, 10:30a.m. - 12 p.m.

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

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

Tuesdays, 9:30 a.m. - 10:30 a.m. @ Defiance

Yoga allows for gentle stretching, greater flexibility, deep breathing and better relaxation. Mats are available. Led by Instructors, Mike Zerner, Kate Walter, 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.**

# FEBRUARY 2025

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	10:30 Yoga  1:30 Color Me Calm	3 9:30 Yoga 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Zen Gardens 4:00 Art Studio	4 10:00 Pink Ribbon 10:00 Zentangle 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 BINGO 6:00 Met Breast Cancer SG	5 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	6 11:15 Soften Breathe Flow  6:00 Sound Bath	7 11:15 Soften Breathe Flow  6:00 Sound Bath
9	10:30 Yoga  6:00 Blood Cancer SG	10 9:30 Yoga 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG	11 10:00 Pink Ribbon 11:30 NIA Fitness 2:00 Alcohol Inks 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	12 10:00 Chair Yoga 10:00 Zentangle 1:30 Chair Yoga/Meditate 5:30 Yoga	13 10:00 Nutrition 11:15 Soften Breathe Flow 1:00 Knit Wits 1:00 Line Dancing	14 10:00 Nutrition 11:15 Soften Breathe Flow 1:00 Knit Wits 1:00 Line Dancing
16	17  10:30 Yoga	18 9:30 Yoga 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Macrame 4:00 Art Studio	19 10:00 Pink Ribbon 10:00 Wig Bank 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	20 10:00 Chair Yoga 1:00 Aromatherapy 1:30 Chair Yoga/Meditate 5:30 Yoga 7:00 Belly Dancing	21 10:00 Felted Hearts 11:15 Soften Breathe Flow 1:00 Soul Care 1:00 Aromatherapy	22
23	24 10:30 Yoga  1:00 Wig Bank	25 9:30 Yoga 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Zen Gardens 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	26 10:00 Pink Ribbon 10:00 Zentangle Fund. 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG	27 10:00 Chair Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	28 TVC CLOSED 	

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### SUPPORT GROUPS



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

Mon., Feb 10, 6 p.m. – 7:30 p.m.  
In Partnership with L & L Society.

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

Wed., Feb 19, 6 p.m. – 7:30 p.m.

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

Tues., Feb 11 & 25, 6 p.m. – 7:30 p.m.  
Funded by The Breast Cancer Fund of Ohio.


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

Wed., Feb 12, 6 p.m. – 7:30 p.m.  
For children ages 6 – 12.


#### **Teens Against Cancer**

Sat., Feb 8, 12 p.m. – 1:30 p.m.  
For Teens ages 13-19


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

Wed., Feb 5, 6 p.m. – 7:30 p.m.  
 Offered in partnership with Mercy Health.

#### **Young Cancer Survivors**

Thurs., Feb 6, 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., Feb 12 & 26, 6 p.m. – 7:30 p.m.  
 Thurs., Feb 27, 6 p.m. – 7:30 p.m. @Defiance  
For any cancer patient & their family

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

Tues., Feb 25, 6 p.m. – 7:30 p.m.

SIGN UP DAY:  
**TUESDAY, JAN. 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 10 a.m. – 12 p.m., call for appointment

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

12623 Eckel Junction Rd, Perrysburg, OH 43551

THANK YOU