

APRIL 2025

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



TVC's Annual Survivor Art Showcase with a Special Dedication at 1 p.m.

Saturday, April 26, 11 a.m. - 2 p.m. @ TVC Toledo

- Explore the art of TVC cancer survivors! Refreshments, Food Truck, Music, Door Prizes & more!
- Join us at 1 p.m. as we dedicate The Victory Center's Serenity Garden and newly paved Memorial Walkway, a space of peace, reflection, and remembrance!
- Participants may enter up to three pieces for the show. Drop off submissions at TVC with completed entry form by Wed. 4/23!

Save the Date: TVC's 17th Annual Celebrity Wait Night

May 15th, 2025 at The Pinnacle

Presented by Toledo Clinic, CWN will be an extraordinary event that goes far beyond a typical fundraiser. This unique evening offers a powerful platform to support survivors and mingle with friends as we go *Around the World* for TVC's mission. To purchase tickets: Email Kimberly at knewman@thevictorycenter.org

May Book Club

Animals I Want to See by Tom Seaman

Friday, May 16, 11 a.m. - 12 p.m. @ Toledo

SPECIAL PROGRAMS



Decoupage Bird Houses with Lori

Thursday, April 17, 11:30 a.m. - 12:30 p.m. @ Toledo

Join us for a fun, creative craft class where you'll design and decorate your own decoupage birdhouse! Using beautiful patterned papers, vibrant colors, and magazines, you'll transform a simple birdhouse into a charming, one-of-a-kind piece. Perfect for beginners and craft lovers alike. Facilitated by survivor and TVC volunteer Lori Knous!

Glass Mosaic Class (2 parts)

Pt. 1: Thursday, April 10, 5 p.m. - 7 p.m. @ Toledo

Pt. 2: Monday, April 14, 2 p.m. - 4 p.m. @ Toledo

In this glass mosaic class you'll design and assemble a stunning mosaic piece using colorful glass. Learn the art of cutting, arranging, and grouting to bring your unique vision to life. Please bring a 5x7 frame with glass, no backing. Facilitated by TVC's Executive Director Dianne Barndt!

Virtual Reality Expedition: Argentina

Thursday, April 24, 11 a.m. - 12 p.m. @ Perrysburg

From the bustling streets of Buenos Aires, where tango dancers and street artists bring the city to life, to the awe-inspiring Iguazú Falls, one of the world's most stunning natural wonders, this immersive experience takes you on a journey like no other. Guide: Sara Gray from The Way Library.

SIGN UP DAY: **TUESDAY, MAR 18**

HEALTH & WELLNESS



Fight Back with Nutrition

Friday, April 11, 10 a.m. - 11 a.m. @ Toledo

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, April 16, 1 p.m. - 2 p.m. @ Toledo

Thursday, April 17, 1 p.m. - 2 p.m. @ Defiance

Friday, April 25, 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: You Are Powerful

Friday, April 18, 1 p.m. - 2:30 p.m. @ Toledo

Explore personal strength, agency and courage through small group discussion and meditation.

Facilitated by Jane V. Lutz, MSN.

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. 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

NEW! Garden Club

Wednesday, April 23, 3 p.m. - 4 p.m. @ Toledo

Join a welcoming community for participants who find joy, healing, and relaxation through gardening. Whether you're a seasoned gardener or just starting out, join us as we nurture plants, share gardening tips, and create a beautiful, calming space together. Facilitated by TVC's Lisa Rasey.

CHILDREN & FAMILIES



Children's Art Therapy

Wednesday, April 9, 6 p.m. - 7:30 p.m. @ Toledo

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

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

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Tapestry Weaving**

Tuesday, April 8, 2 p.m. - 4 p.m. @ Toledo

Tuesday, April 22, 2 p.m. - 4 p.m. @ Defiance

In this hands-on session, we'll guide you through the basics of creating your own DIY loom, and weaving with yarn to create a small, personalized tapestry. As you work with the fibers, you'll engage in a calming, repetitive process that encourages mindfulness and helps reduce stress. Weaving is a wonderful way to relax and connect with your emotions through texture and color. It promotes focus, fine motor skills, and a sense of accomplishment as you see your piece take shape. Facilitator: Kayt Harden

Art Therapy: Button Art

Friday, April 18, 10 a.m. - 12 p.m. @ Perrysburg

In this workshop we will use colorful buttons to create beautiful, personalized artwork in a supportive environment. The simple act of sorting, arranging, and gluing buttons allows for focus on the present moment, promoting mindfulness and relaxation. Button art not only encourages creativity, but the process can improve fine motor skills, and provide a calming outlet. Whether you're looking to connect with others, explore your creativity, or simply unwind, this group offers a welcoming space for self-expression and healing.

Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Tuesday, April 8, 4 p.m. - 6 p.m. @ Toledo

Tuesday, April 29, 4 p.m. - 6 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 Stamping

Thursday, April 3, 10 a.m. - 12 p.m. @ Perrysburg

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

Art with Dottie: Easter Surprise

Friday, April 4, 10:30 a.m. - 12:30 p.m. @ Toledo

Dottie is back for a special Spring class! Join for an Easter surprise craft! Facilitated by Dottie Huls

Zentagle: Wood Bunnies

Monday, April 7, 10 a.m. - 12 p.m. @ Perrysburg

Monday, April 14, 10 a.m. - 12 p.m. @ Toledo

Fundamentals of Zentangle required. Celebrate Spring by tangling on wooden bunnies! Please bring your Zentangle markers and supplies! Facilitated by Maureen Hines, CZT

Macramé: Mini Wall Hanging

Tuesday, April 29, 2:00 p.m. - 4:00 p.m. @ Toledo

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

Knit Wits

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

Friday, April 11, 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, April 7, 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, April 17, 7 p.m. - 8 p.m. @ Toledo

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, April 11 & 25, 1 p.m. - 2 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, April 3, 2 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 p.m. @ Toledo

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

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

Tuesdays, 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, Kate Walter, or Caroline Dawson.

Chair Yoga

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

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. @ 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 a.m. - 11 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.

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: April 2 - May 7, 10 a.m. - 11 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.**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:30 Yoga	2 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	3 10:00 Chair Yoga 10:00 Card Stamping 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	4 10:30 Art with Dottie 11:15 Soften Breathe Flow	5 10:00 Wig Bank 12:00 Teens Against Cancer
6 10:00 Zentangle 10:30 Yoga 1:30 Color Me Calm	7 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:30 Yoga 2:00 Tapestry Weaving 4:00 Art Studio 6:00 Breast Cancer SG	8 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	9 10:00 Chair Yoga 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	10 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 5:00 Glass Mosaic Part 1 5:30 Yoga	11 10:00 Nutrition 11:15 Soften Breathe Flow 1:00 Knit Wits 1:00 Line Dancing	12 10:00 Wig Bank 12:00 Teens Against Cancer
13 10:00 Zentangle 10:30 Yoga 2:00 Glass Mosaic Part 2 6:00 Blood Cancer SG	14 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:30 Yoga	15 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	16 10:00 Chair Yoga 11:30 Bird Houses 1:00 Aromatherapy 1:30 Chair Yoga/Meditate 5:30 Yoga 7:00 Belly Dancing	17 10:00 Chair Yoga 11:30 Bird Houses 1:00 Aromatherapy 1:30 Chair Yoga/Meditate 5:30 Yoga 7:00 Belly Dancing	18 10:00 Button Art 11:15 Soften Breathe Flow 1:00 Soul Care	19 10:00 Button Art 11:15 Soften Breathe Flow 1:00 Soul Care
20 10:30 Yoga 1:00 Wig Bank	21 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:30 Yoga 2:00 Tapestry Weaving 6:00 Breast Cancer SG 6:00 Caregiver/Family SG	22 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 3:00 Garden Club 5:00 Aquatic Exercise 6:00 General Cancer SG	23 10:00 Chair Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	24 10:00 Chair Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	25 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing	26 11 - 2 TVC Survivor Art Show! 1:00 Serenity Garden Dedication
27 10:30 Yoga 1:00 Wig Bank	28 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:30 Yoga 2:00 Macrame 4:00 Art Studio	29 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise	30 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise			
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SUPPORT GROUPS



Blood Cancer Support Group

Mon., April 14, 6 p.m. – 7:30 p.m. @Toledo
In Partnership with L & L Society.

Men's Cancer Support Group

Wed., April 16, 6 p.m. – 7:30 p.m. @Toledo

Breast Cancer Support Group

Tues., April 8 & 22, 6 p.m. – 7:30 p.m. @Toledo
Funded by The Breast Cancer Fund of Ohio.


Children's Art Therapy Group

Wed., April 9, 6 p.m. – 7:30 p.m. @Toledo
For children ages 6 – 12.


Teens Against Cancer

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


Metastatic Breast Cancer Group

Wed., April 2, 6 p.m. – 7:30 p.m. @Toledo
 Offered in partnership with Mercy Health.

Young Cancer Survivors

Thurs., April 3, 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., April 9 & 23, 6 p.m. – 7:30 p.m. @Toledo
 Thurs., April 24, 6 p.m. – 7:30 p.m. @Defiance
For any cancer patient & their family

Caregiver & Family Support Group

Tues., April 22, 6 p.m. – 7:30 p.m. @Toledo

SIGN UP DAY:

TUESDAY, MAR. 18

**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