

MAY 2025

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



Save the Date: National Cancer Survivor Day

Sunday, June 1, 11 a.m. - 2 p.m. @ TVC Toledo

- “Level Up” with TVC at our Retro Arcade themed event!
- Live music, food, raffle prizes, and games!
- Bring your family & friends for a day of fellowship and celebration.

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

All TVC Offices will close at 2pm 5/15/25

SPECIAL PROGRAMS



May Book Club: *Animals I Want to See* by Tom Seeman

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

Join book club to discuss and learn!

Healthy Habits for Life

Monday, May 5, 2:30 p.m. - 3:30 p.m. @ Toledo

Come talk and learn all about proteins, carbs and fats. While also understanding portions sizes to build your perfect plate. Any diet or exercise questions? Bring them along and we can all talk in a small comfortable group! Facilitated by Mike Balough, MBFit Nutrition & Fitness LLC

Garden Club: All About Bees!

Wednesday, May 21, 4 p.m. - 5 p.m. @ Toledo

TVC's Renee Jessen will be joining garden club to talk all about bees and how they help our gardens!

Facilitated by TVC's Lisa Rasey.

Writing Through Cancer

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

Whether you're newly diagnosed, in treatment, or navigating survivorship, this workshop offers 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.

Virtual Reality Expedition: Barcelona

Thursday, May 29, 11 a.m. - 12 p.m. @ Perrysburg

A breathtaking journey through the vibrant streets, historic landmarks, and cultural treasures of Barcelona, Spain. Guide: Sara Gray from The Way Library.

HEALTH & WELLNESS



Fight Back with Nutrition

Friday, May 9, 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, May 21, 1 p.m. - 2 p.m. @ Toledo

Thursday, May 15, 11 a.m. - 12 p.m. @ Defiance

Friday, May 16, 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: Overcoming Victim Mentality

Friday, May 16, 1 p.m. - 2:30 p.m. @ Toledo

People with victim mentality blame, complain and think their happiness depends on factors outside of themselves. We'll explore ways to overcome this consciousness.

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

CHILDREN & FAMILIES



Children's Art Therapy

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

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

NEW! Family Art Night

Thursday, May 29, 6 p.m. - 7:30 p.m. @ Toledo

Family Art Night with art therapist Kayt Harden invites cancer survivors and the kids in their life to connect and create together in a fun, relaxing environment.

SIGN UP DAY: **TUESDAY, APR. 15**

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

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Impasto Painting**

Tuesday, May 6, 2 p.m. - 4 p.m. @ Toledo

Tuesday, May 13, 2 p.m. - 4 p.m. @ Defiance

Join us for a unique and therapeutic art session exploring the creative process of combining sand and acrylic paint to create textured impasto paintings. This group offers a peaceful space to express yourself, connect with others and experience the healing power of art. No prior experience is needed. All materials will be provided, wear a paint shirt! Facilitator: Kayt Harden

Art Therapy: Mindful Marks

Friday, May 23, 10 a.m. - 12 p.m. @ Perrysburg

In this session, we'll use different types of markers to create abstract drawings with patterns, shapes, and repetitive lines to promote relaxation and mindfulness. You'll also have the chance to contribute to a group artwork, symbolizing our shared experience. This is a great opportunity to express yourself, connect with others, and enjoy the therapeutic power of creativity. Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Tuesday, May 6, 4 p.m. - 6 p.m. @ Toledo

Tuesday, May 27, 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 Making

Thursday, May 8, 10 a.m. - 12 p.m. @ Perrysburg

Create a variety of homemade cards with TVC Volunteer Debbie McNamee!

Art with Lindsay: Spring Painted Tote Bags

Wednesday, May 14, 2 p.m. - 3:30 p.m. @ Toledo

Design and paint your own spring tote bag! Facilitated by Lindsay Haynes.

Zentangle: FUNDAMENTALS

Wednesday, May 7, 10 a.m. - 12 p.m. @ Perrysburg

Learn the calming and creative art of Zentangle! Facilitated by Maureen Hines, CZT

Zentangle: Tangle & Talk

Wednesday, May 28, 10 a.m. - 12 p.m. @ Toledo

Fundamentals of Zentangle required. Bring those unfinished projects and share tangles. Please bring your Zentangle markers and supplies! Facilitated by Maureen Hines, CZT

Macramé: Plant Hangers

Tuesday, May 27, 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, May 9, 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, May 5, 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, May 15, 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, May 9 & 23, 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, May 1, 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.**

MAY 2025



TVC @ Toledo

TVC @ Perrysburg

TVC @ Defiance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	2 11:15 Soften Breathe Flow	3
4	5 10:30 Yoga 1:30 Color Me Calm 2:30 Healthy Habits	6 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:30 Yoga 2:00 Impasto Painting 4:00 Art Studio	7 10:00 Pink Ribbon 10:00 Zentangle Fundamentals 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	8 10:00 Chair Yoga 10:00 Card Making 1:30 Chair Yoga/Meditate 5:30 Yoga	9 10:00 Nutrition 11:15 Soften Breathe Flow 1:00 Knit Wits 1:00 Line Dancing	10 10:00 Wig Bank 12:00 Teens Against Cancer
11	12 10:30 Yoga 6:00 Blood Cancer SG	13 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:30 Yoga 2:00 Impasto Painting 6:00 Breast Cancer SG	14 11:30 NIA Fitness 1:30 Healthy Steps 2:00 Art with Lindsay 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	15 10:00 Chair Yoga 11:00 Aromatherapy NO Chair Yoga Celebrity Wait Night! 5:30 Yoga 7:00 Belly Dancing	16 11:00 Book Club 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Soul Care	17
18	19 10:30 Yoga 6:00 Blood Cancer SG	20 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:30 Yoga	21 10:00 Wig Bank 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 4:00 Garden Club 5:00 Aquatic Exercise 6:00 Men's Cancer SG	22 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	23 10:00 Mindful Marks 11:15 Soften Breathe Flow 1:00 Line Dancing 2:00 Writing Through Cancer	24
25	26 TVC CLOSED MEMORIAL DAY	27 10:00 Healthy Steps 10:30 Yoga 12:30 Yoga 1:00 Wig Bank 2:00 Macrame 4:00 Art Studio 6:00 Caregiver/Family SG 6:00 Breast Cancer SG	28 10:00 Tangle & Talk 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG	29 10:00 Chair Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 Family Art Night	30	

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SUPPORT GROUPS



Blood Cancer Support Group

Mon., May 12, 6 p.m. – 7:30 p.m. @Toledo
In Partnership with L & L Society.

Men's Cancer Support Group

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

Breast Cancer Support Group

Tues., May 13 & 27, 6 p.m. – 7:30 p.m. @Toledo
Funded by The Breast Cancer Fund of Ohio.


Children's Art Therapy Group

Wed., May 14, 6 p.m. – 7:30 p.m. @Toledo
For children ages 6 – 12.


Teens Against Cancer

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


Metastatic Breast Cancer Group

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

Young Cancer Survivors

Thurs., May 8, 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., May 14 & 28, 6 p.m. – 7:30 p.m. @Toledo
 Thurs., May 22, 6 p.m. – 7:30 p.m. @Defiance
For any cancer patient & their family

Caregiver & Family Support Group

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

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

Held at our Perrysburg Location:

12623 Eckel Junction Rd, Perrysburg, OH 43551

THANK YOU