

JUNE 2025

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



National Cancer Survivor Day

Sunday, June 1, 12 p.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.

Intimacy & Cancer Event with Baskets of Care

Monday, June 30, 6 p.m. - 7:30 p.m. @Toledo

This special program is an opportunity for women to discuss all things related to intimacy, both during and after the cancer journey. This includes both emotional intimacy and physical intimacy, body acceptance after surgery, how treatment and side effects affect intimacy, and personal intimate health.

OVER THE EDGE FOR VICTORY

Saturday Sept 5 & 6! Downtown Toledo

How much are you willing to challenge yourself today? Climb or rappel 16-stories down the former Toledo Edison building in downtown Toledo. Earn incentives while fundraising \$1,000 for the opportunity of a lifetime. Registration is OPEN!

July Book Club: *Diamond Eye* by Kate Quinn

Friday, July , 11 a.m. - 12 p.m. @ Toledo

SPECIAL PROGRAMS



Cannaley Tree House Retreat

Tuesday, June 24, 12:00 p.m. - 4:00 p.m.

Come explore the Toledo Metroparks Tree Houses with the whole family! A day of fun including water color, yoga, a scavenger hunt, games, and snacks! The Cannaley Treehouse Village is located at the Beach Ridge area of Oak Openings Preserve.

3520 Waterville Swanton Rd, Swanton, OH 43558

Legacy by Design: Practical Estate Planning Solutions

Tuesday, June 10, 11:30 a.m. - 1:00 p.m. @ Toledo

Join us for a light lunch followed by a presentation including an overview of estate planning and its significance, as well as consequences of passing away without a will in Ohio. Spouses are welcome to attend as well. Presented by Joseph P. Singer, III, Esq.

BINGO!

Thursday, June 12, 5:00 p.m. - 6:30 p.m. @Defiance

Come to a fun evening of BINGO at our Defiance location. Prizes and refreshments will be included. Feel free to bring a guest or two!

Advanced/Metastatic Cancer Support Group

Wednesday, June 25, 6:00 p.m. - 7:30 p.m. @ Toledo

A support group for anyone with a metastatic, advanced, or stage 4 cancer diagnosis. With Jessica Zemanek, LCP.

Virtual Reality Expedition: Egypt

Thursday, June 26, 11 a.m. - 12 p.m. @ Perrysburg

A breathtaking journey through the vibrant streets, historic landmarks, and cultural treasures of Egypt.

Guide: Sara Gray from The Way Library.

HEALTH & WELLNESS



Fight Back with Nutrition

Friday, June 13, 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, June 18, 1 p.m. - 2 p.m. @ Toledo

Thursday, June 19, 1 p.m. - 12 p.m. @Defiance

Friday, June 27, 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: Keeping a Positive Attitude

Friday, June 20, 1 p.m. - 2:30 p.m. @ Toledo

Maintaining a positive outlook can be challenging during difficult times so we'll explore a variety of approaches for keeping our energy high. 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

Healthy Habits for Life

Monday, June 9, 2 p.m. - 3 p.m. @ Perrysburg

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: Garden Art

Wednesday, June 18, 4 p.m. - 5 p.m. @ Toledo

Join Lisa & Peggy to create beautiful garden art using beads and wire. Facilitated by TVC's Lisa Rasey.

CHILDREN & FAMILIES



Children's Art Therapy

Wednesday, June 11, 6 p.m. - 7:30 p.m. @ Toledo

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

SIGN UP DAY: **TUESDAY, MAY 20**

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

MORE NEWS

CREATIVE ARTS

**Art Therapy: Mosaic Stepping Stones**

Tuesday, June 3, 2 p.m. - 4 p.m. @ Toledo

In this peaceful, supportive space, you'll create your very own beautiful stepping stone mosaic, a lasting symbol of strength, resilience, and hope. Whether you're an experienced artist or just beginning your creative journey, this class offers a fun, relaxing way to express yourself and connect with others on a similar path. Take a step toward healing, one stone at a time! Facilitator: Kayt Harden

Art Therapy: Mindful Marks

Tuesday, June 17, 2 p.m. - 4 p.m. @ Defiance

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: Felt Painting

Friday, June 20, 10 a.m. - 12 p.m. @ Perrysburg

Discover the calming, creative world of felt painting in our upcoming art therapy group. Using soft sheets of felt held in embroidery hoops, we'll guide you through a tactile, expressive process that blends color, texture, and imagination. No experience is needed—just a willingness to explore. As your hands move through fibers and colors, you'll connect more deeply with your inner self and the present moment. Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Tuesday, June 3, 4 p.m. - 6 p.m. @ Toledo

Tuesday, June 24, 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, June 12, 10 a.m. - 12 p.m. @ Perrysburg

Create a variety of homemade cards with TVC Volunteers Debbie McNamee & Cheryl Harwick!

Writing Through Cancer

Friday, June 27, 2 p.m. - 3:30 p.m. @ Toledo

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.

Zentangle: Bears

Monday, June 16, 10 a.m. - 12 p.m. @ Perrysburg

Monday, June 23, 10 a.m. - 12 p.m. @ Toledo

Fundamentals of Zentangle required. Tangle on stand-up bears! Feel free to bring colored pencils or watercolors. Facilitated by Maureen Hines, CZT

Macramé: Owl Keychains

Tuesday, June 24, 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, June 13, 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, June 2, 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, June 19, 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, June 13 & 27, 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.

NEW TIME! Walking with Nature

Wednesday, June 4, 6 p.m. - 7:30 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, 10:30a.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: June 4 - July 9, 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.**

JUNE 2025

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















SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NATIONAL CANCER SURVIVOR DAY 12:00 - 2:00	2 10:30 Yoga 1:30 Color Me Calm	3 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:30 Yoga 2:00 Mosaic Stones 4:00 Art Studio	4 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Walking with Nature 6:00 Met Breast Cancer SG	5 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 Young Cancer SG	6 11:15 Soften Breathe Flow	7
8	9 10:30 Yoga 2:00 Healthy Habits 6:00 Blood Cancer SG	10 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 11:30 Estate Planning 12:30 Yoga 6:00 Breast Cancer SG	11 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	12 10:00 Chair Yoga 10:00 Card Making 1:30 Chair Yoga/Meditate 5:00 BINGO! 5:30 Yoga	13 10:00 Nutrition 11:15 Soften Breathe Flow 1:00 Knit Wits 1:00 Line Dancing	14 10:00 Wig Bank 12:00 Teens Against Cancer
15	16 10:00 Zentangle 10:30 Yoga	17 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:30 Yoga 2:00 Mindful Marks	18 10:00 Wig Bank 10:00 Pink Ribbon 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	19 10:00 Chair Yoga 1:00 Aromatherapy 1:30 Chair Yoga/Meditate 5:30 Yoga 7:00 Belly Dancing	20 10:00 Felt Paintng 11:15 Soften Breathe Flow 1:00 Soul Care	21
22	23 10:00 Zentangle 10:30 Yoga 1:00 Wig Bank	24 10:00 Healthy Steps 10:30 Yoga 11:00 Knit Wits 12:00 Treehouse Retreat 12:30 Yoga 2:00 Macrame 4:00 Art Studio 6:00 Caregiver/Family SG 6:00 Breast Cancer SG	25 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Metastatic Cancer SG	26 10:00 Chair Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	27 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing 2:00 Writing Through Cancer	28
29	30 10:30 Yoga 6:00 Intimacy & Cancer Workshop					

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SUPPORT GROUPS



-  **Blood Cancer Support Group**
Mon., June 9, 6 p.m. – 7:30 p.m. @Toledo
In Partnership with L & L Society.
-  **Men's Cancer Support Group**
Wed., June 18, 6 p.m. – 7:30 p.m. @Toledo
-  **Breast Cancer Support Group**
Tues., June 10 & 24, 6 p.m. – 7:30 p.m. @Toledo
Funded by The Breast Cancer Fund of Ohio.
-  **Children's Art Therapy Group**
Wed., June 11, 6 p.m. – 7:30 p.m. @Toledo
For children ages 6 – 12.
-  **Teens Against Cancer**
Sat., June 14, 12 p.m. – 1:30 p.m. @Toledo
For Teens ages 13-19 with cancer
-  **Metastatic Breast Cancer Group**
Wed., June 4, 6 p.m. – 7:30 p.m. @Toledo
 Offered in partnership with Mercy Health.
-  **Young Cancer Survivors**
Thurs., June 5, 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., June 11, 6 p.m. – 7:30 p.m. @Toledo
 Thurs., June 26, 6 p.m. – 7:30 p.m. @Defiance
For any cancer patient & their family
-  **Metastatic & Advanced Cancer Support Group**
Wed., June 25, 6 p.m. – 7:30 p.m. @Toledo
-  **Caregiver & Family Support Group**
Tues., June 24, 6 p.m. – 7:30 p.m. @Toledo

**SIGN UP DAY:
TUESDAY, MAY 20**

**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