

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



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! Visit www.ote4victory.org to learn more.



Welcome Lindsay Haynes! TVC's new Program Director

Hey there! Many of you already know me from my time at the front desk as the Administrative Assistant in Toledo, and I am so excited to now be starting my new position as the Program Director at The Victory Center! I am passionate about the important work we do here at TVC, and I am dedicated to continuing to build and implement services and programs that align with our mission of providing hope and support.

-Lindsay

SPECIAL PROGRAMS



July Book Club: *Diamond Eye* by Kate Quinn

Friday, July 18, 11 a.m. - 12 p.m. @ Toledo

The *New York Times* bestselling author of *The Rose Code* returns with an unforgettable World War II tale of a quiet bookworm who becomes history's deadliest female sniper. Based on a true story.

Brain Health and Dementia Workshop

Thursday, July 10, 3:00 p.m. - 4:00 p.m. @ Toledo

Join us for a workshop presented by the NWO Alzheimer's Association. Learn about Alzheimer's and Dementia, healthy habits that people can incorporate in their lives to decrease their likelihood of getting the disease, and the importance of early detection!

Advanced/Metastatic Cancer Support Group

Wednesday, July 23, 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: Dominican Republic

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

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

HEALTH & WELLNESS



Fight Back with Nutrition

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



Tuesday, July 22, 10 a.m. - 11:30 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, July 23, 1 p.m. - 2 p.m. @ Toledo

Thursday, July 17, 1 p.m. - 12 p.m. @ Defiance

Friday, July 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: Letting Go

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

Releasing everything that no longer serves you is a pathway to happiness and can also be challenging. We'll discuss ways to free yourself from stuff, people and attitudes that are no longer in your best interest. 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 accessories! With Kathie Jaskolski, Reiki Master/Teacher and Yoga Teacher.

Healthy Habits for Life

Monday, July 7, 2 p.m. - 3 p.m. @ Toledo

We'll learn some gentle chair exercises to keep you moving during chemo! 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

Wednesday, July 16, 4 p.m. - 5 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, July 9, 6 p.m. - 7:30 p.m. @ Toledo

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

SIGN UP DAY: **TUESDAY, JUNE 17**

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

CREATIVE ARTS

**Art Therapy: Suncatchers**

Tuesday, July 15, 2 p.m. - 4 p.m. @ Toledo

Join us and create crystal beaded suncatchers designed to catch the light—and lift the spirit. Craft shimmering strands of beads and crystals that hang from a natural stick, forming a beautiful, light-catching mobile to hang in a window or outdoor space. As the summer sun filters through your creation, it'll serve as a daily reminder of strength, beauty, and hope! Facilitator: Kayt Harden

Art Therapy: Power Cards

Friday, July 11, 10 a.m. - 12 p.m. @ Perrysburg

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

Join Kayt for a special art therapy group where you'll create personalized Power Cards—a fun and inspiring way to explore your creative inspiration, set daily intentions, and bring your dreams to life through the expressive magic of collage. Using empowering self-affirmations, you will have the opportunity to tap into creativity as a tool for healing. Whether you're seeking clarity, motivation, or just a little creative joy, these pocket-sized pieces of inspiration will become powerful reminders of your resilience and vision. Bring your imagination, and let's turn your power into a vibrant reality! Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Tuesday, July 15, 4 p.m. - 6 p.m. @ Toledo

Tuesday, July 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 Making

Tuesday, July 15, 10 a.m. - 12 p.m. @ Perrysburg

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

Writing Through Cancer

Friday, July 25, 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.

Macramé: Feathers / Leaves

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

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

Knit Wits

Friday, July 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, July 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, July 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, July 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.

NEW TIME! Walking with Nature

Wednesday, July 2, 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.**

JULY 2025

TVC @ Toledo

TVC @ Perrysburg

TVC @ Defiance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>10:00 Healthy Steps</div> <div>10:30 Yoga</div> <div>12:30 Yoga</div>	<div>2</div> <div>10:00 Pink Ribbon</div> <div>11:30 NIA Fitness</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div> <div>6:00 Walking with Nature</div> <div>6:00 Met Breast Cancer SG</div>	<div>3</div> <div>10:00 Chair Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>5:30 Yoga</div> <div>6:00 Young Cancer SG</div>	<div>4</div> <div>TVC CLOSED</div> <div>HAPPY 4TH OF JULY</div>	<div>5</div>
<div>6</div>	<div>7</div> <div>10:30 Yoga</div> <div>1:30 Color Me Calm</div> <div>2:00 Healthy Habits</div>	<div>8</div> <div>10:00 Healthy Steps</div> <div>10:30 Yoga</div> <div>12:30 Yoga</div> <div>6:00 Breast Cancer SG</div>	<div>9</div> <div>10:00 Pink Ribbon</div> <div>NO NIA Fitness</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div> <div>6:00 General Cancer SG</div> <div>6:00 Children's Art Therapy</div>	<div>10</div> <div>10:00 Chair Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>3:00 Brain Health</div> <div>5:30 Yoga</div>	<div>11</div> <div>10:00 Nutrition</div> <div>10:00 Power Cards</div> <div>11:15 Soften Breathe Flow</div> <div>1:00 Knit Wits</div> <div>1:00 Line Dancing</div>	<div>12</div> <div>10:00 Wig Bank</div> <div>12:00 Teens Against Cancer</div>
<div>13</div>	<div>14</div> <div>10:30 Yoga</div> <div>6:00 Blood Cancer SG</div>	<div>15</div> <div>10:00 Healthy Steps</div> <div>10:00 Card Making</div> <div>10:30 Yoga</div> <div>12:30 Yoga</div> <div>2:00 Suncatchers</div> <div>4:00 Art Studio</div>	<div>16</div> <div>10:00 Wig Bank</div> <div>NO NIA Fitness</div> <div>1:30 Healthy Steps</div> <div>4:00 Garden Club</div> <div>5:00 Aquatic Exercise</div> <div>6:00 Men's Cancer SG</div>	<div>17</div> <div>10:00 Chair Yoga</div> <div>1:00 Aromatherapy</div> <div>1:30 Chair Yoga/Meditate</div> <div>5:30 Yoga</div> <div>7:00 Belly Dancing</div>	<div>18</div> <div>11:00 Book Club</div> <div>11:15 Soften Breathe Flow</div> <div>1:00 Soul Care</div>	<div>19</div>
<div>20</div>	<div>21</div> <div>10:30 Yoga</div>	<div>22</div> <div>10:00 Healthy Steps</div> <div>10:00 Nutrition</div> <div>10:30 Yoga</div> <div>12:30 Yoga</div> <div>2:00 Power Cards</div> <div>6:00 Caregiver/Family SG</div> <div>6:00 Breast Cancer SG</div>	<div>23</div> <div>11:30 NIA Fitness</div> <div>1:00 Aromatherapy</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div> <div>6:00 Metastatic Cancer SG</div>	<div>24</div> <div>10:00 Chair Yoga</div> <div>11:00 VR Expedition</div> <div>1:30 Chair Yoga/Meditate</div> <div>5:30 Yoga</div> <div>6:00 General Cancer SG</div>	<div>25</div> <div>11:15 Soften Breathe Flow</div> <div>1:00 Aromatherapy</div> <div>1:00 Line Dancing</div> <div>2:00 Writing Through Cancer</div>	<div>26</div>
<div>27</div>	<div>28</div> <div>10:30 Yoga</div> <div>1:00 Wig Bank</div>	<div>29</div> <div>10:00 Healthy Steps</div> <div>10:30 Yoga</div> <div>12:30 Yoga</div> <div>2:00 Macrame</div> <div>4:00 Art Studio</div>	<div>30</div> <div>11:30 NIA Fitness</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div>	<div>31</div> <div>10:00 Chair Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>5:30 Yoga</div>		

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JULY 2025

SUPPORT GROUPS



Blood Cancer Support Group

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

Men's Cancer Support Group

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

Breast Cancer Support Group

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

Children's Art Therapy Group

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


Teens Against Cancer

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


Metastatic Breast Cancer Group

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

Young Cancer Survivors

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

Metastatic & Advanced Cancer Support Group

Wed., July 23, 6 p.m. – 7:30 p.m. @Toledo

Caregiver & Family Support Group

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

**SIGN UP DAY:
TUESDAY, JUNE 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