

AUGUST 2025

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.

September Book Club: *The Book Woman of Troublesome Creek*, by Kim Michele Richardson

Friday, September 19, 11:00 a.m. - 12:00 p.m. @ Toledo

"The Book Woman of Troublesome Creek" is a historical novel by Kim Michele Richardson that tells the story of Cussy Mary, a blue-skinned librarian in 1930s Kentucky, who faces prejudice while delivering books to remote communities.

SPECIAL PROGRAMS



Craft with Lindsay: Cat Toys!

Wednesday, August 6, 2:00 p.m. - 3:00 p.m. @ Toledo

Join TVC Program Director Lindsay Haynes for this paws-ively fun class making DIY cat toys that are sure to wow your feline friends! And test out your cat toys after class during Kitten Yoga!

Kitten Yoga!

Wednesday, August 6, 4:00 - 5:00 p.m. @ Toledo

Stretch, purr, repeat - Kitten Yoga is the cutest way to find your zen! TVC's Lisa Rasey leads this special yoga class, with kittens from Toledo Animal Rescue! **Please bring your own yoga mat!**

Understanding Her Journey: A Talk for Partners on Supporting a Wife with Breast Cancer

Monday, August 18, 5:00 p.m. - 6:00 p.m. @ Toledo

Join us for an honest, compassionate talk designed to help husbands and significant others understand what to expect when their partner is diagnosed with breast cancer. Led by John McCourt.

Virtual Reality Expedition: California State Parks

Thursday, August 28, 11:00 a.m. - 12:00 p.m. @ Perrysburg

Get ready for a journey through the California State Parks! Take a walk through the large redwood trees, explore the different lakes and deserts, and catch a glimpse of the amazing wildlife roaming around! Guide: Sara Gray from The Way Library.

Reiki I Training for Cancer Patients

Fridays: August 1 - Sept 26, 10:00 a.m. - 11:00 a.m. @ Toledo

In this 9 week Reiki training, you will: Learn easy ways to connect to healing energy, gain confidence in your ability to meet the challenges of cancer, connect to the truth of who you are and how you're meant to serve in the world, and receive a Reiki I Certification.

Class size is limited - There are spaces available for previous participants who would like a refresher. Offered by Kathie Jaskolski, Reiki Master/Teacher.

The Victory Center is excited to be able to provide a variety of programs and classes each year - for free! These programs are made possible through generous support from our community, and your participation is key to their success.

If you're unable to attend, please let us know as soon as possible. When spots go unused, it limits opportunities for others and makes it harder for us to continue offering free programs in the future.

By showing up and engaging, you're helping us keep these valuable opportunities available to everyone. We appreciate your commitment!

HEALTH & WELLNESS



Aromatherapy

Wednesday, August 20, 1:00 p.m. - 2:00 p.m. @ Toledo

Thursday, August 21, 1:00 p.m. - 2:00 p.m. @ Defiance

Friday, August 22, 1:00 p.m. - 2:00 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: Taking Care of Yourself

Friday, August 15, 1:00 p.m. - 2:30 p.m. @ Toledo

We've all heard "put your oxygen mask on first" but taking care of yourself when you must help others can be challenging. We'll focus on taking care of ourselves so we can effectively help others. 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, and 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, August 11, 2:00 p.m. - 3:00 p.m. @ Perrysburg

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: Herbal Teas

Wednesday, August 20, 4:00 p.m. - 5:00 p.m. @ Toledo

Using fresh garden herbs, we'll make our own tea and discuss how to preserve our herbs for the winter. We'll also discuss herb benefits and possible side effects. Bring your favorite teacup! Facilitated by TVC's Lisa Rasey.

CHILDREN & FAMILIES



Children's Art Therapy

Wednesday, August 13, 6:00 p.m. - 7:30 p.m. @ Toledo

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

SIGN UP DAY: **TUESDAY, JULY 22**

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

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Felt Painting**

Tuesday, August 5, 2:00 p.m. - 4:00 p.m. @ Toledo

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. Felt painting offers more than artistic expression. It can help reduce stress, enhance mindfulness, and unlock emotions in a safe, supportive space. No experience is needed—just a willingness to explore. See you there!

Facilitator: Kayt Harden

Art Therapy: Garden Adornments

Friday, August 15, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Tuesday, August 19, 2:00 p.m. - 4:00 p.m. @ Defiance

Join us for a joyful session of creativity and connection in our upcoming art therapy group, where we'll be turning recycled materials into colorful garden adornments! Using recycled plastic, puffy paint, and colored Mod Podge, participants will design and craft cheerful decorations to brighten up potted plants or outdoor gardens. No artistic experience needed—just bring your imagination and a willingness to explore your creativity. This hands-on activity promotes mindfulness, relaxation, and a sense of accomplishment.

Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Tuesday, August 5, 4:00 p.m. - 6:00 p.m. @ Toledo

Tuesday, August 26, 4:00 p.m. - 6:00 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, August 14, 10:00 a.m. - 12:00 p.m. @ Perrysburg

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

Writing Through Cancer

Friday, August 22, 2:00 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: Dragonfly

Tuesday, August 26, 2:00 p.m. - 4:00 p.m. @ Toledo

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

Zentangle: Tangle & Talk

Monday, August 11, 10:00 a.m. - 12:00 p.m. @ Toledo

Fundamentals of Zentangle required. Bring those unfinished projects and share tangles! Please bring your Zentangle markers and supplies! Facilitated by Survivor Michelle Martin.

Craft with Lindsay: Dot Painting

Monday, August 18, 11:00 a.m. - 12:30 p.m. @ Perrysburg

Dive into the world of color and creativity in our dot painting art class! This class requires no experience... whether you're a spot-on beginner or a dot-tastic pro, bring your creativity and excitement to make art with dots!

Color Me Calm

Monday, August 4, 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, August 21, 7:00 p.m. - 8:00 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, August 8 & 22, 1:00 p.m. - 2:00 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, August 7, 2:00 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. - 12:00 p.m. @ Toledo

Thursdays, 5:30 p.m. - 7:00 p.m. @ Toledo

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

Thursdays, 4:30 p.m. - 5:30 p.m. @ Defiance

Yoga allows for gentle stretching, greater flexibility, deep breathing and better relaxation. Mats are available. Led by Instructors, Mike Zerner, Heather Klinger, or Caroline Dawson.

Chair Yoga

Thursdays, 10:00 a.m. - 11:00 a.m. @ Toledo

Thursdays, 1:30 p.m. - 3:00 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, 10:00 a.m. - 11:00 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, 5:00 p.m. - 6:00 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 Lindsay Haynes at TVC to get instructions for online registering.

Pink Ribbon Program

Wednesdays: August 6 - September 10, 10:00 a.m. - 11:00 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.**

AUGUST 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:00 Reiki I 11:15 Soften Breathe Flow	2
3	4 10:30 Yoga 1:30 Color Me Calm	5 10:00 Healthy Steps 12:30 Yoga 2:00 Felt Painting 4:00 Art Studio	6 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 2:00 Craft with Lindsay 4:00 Kitten Yoga 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	7 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 4:30 Yoga 5:30 Yoga 6:00 Young Cancer SG	8 10:00 Reiki I 11:15 Soften Breathe Flow 1:00 Line Dancing	9 10:00 Wig Bank 12:00 Teens Against Cancer
10	11 10:00 Tangle & Talk 10:30 Yoga 2:00 Healthy Habits 6:00 Blood Cancer SG	12 10:00 Healthy Steps 12:30 Yoga 6:00 Breast Cancer SG	13 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	14 10:00 Chair Yoga 10:00 Card Making 1:30 Chair Yoga/Meditate 4:30 Yoga 5:30 Yoga	15 10:00 Garden Adornments 10:00 Reiki I 11:15 Soften Breathe Flow 1:00 Soul Care	16
17	18 10:30 Yoga 11:00 Craft with Lindsay 5:00 Understanding Her Journey Talk	19 10:00 Healthy Steps 12:30 Yoga 2:00 Garden Adornments	20 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	21 10:00 Chair Yoga 1:00 Aromatherapy 1:30 Chair Yoga/Meditate 4:30 Yoga 5:30 Yoga 7:00 Belly Dancing	22 10:00 Reiki I 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing 2:00 Writing Through Cancer	23
24	25 10:30 Yoga 1:00 Wig Bank	26 10:00 Healthy Steps 12:30 Yoga 2:00 Macrame 4:00 Art Studio 6:00 Breast Cancer SG 6:00 Caregiver/Family SG	27 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Metastatic Cancer SG	28 10:00 Chair Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 4:30 Yoga 5:30 Yoga 6:00 General Cancer SG	29 10:00 Reiki I 11:15 Soften Breathe Flow	30
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SUPPORT GROUPS



Blood Cancer Support Group
Mon., August 11, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with L & L Society.

Men's Cancer Support Group
Wed., August 20, 6:00 p.m. – 7:30 p.m. @ Toledo

Breast Cancer Support Group
Tues., August 12 & 26, 6:00 p.m. – 7:30 p.m. @ Toledo
Funded by The Breast Cancer Fund of Ohio.

Children's Art Therapy Group
Wed., August 13, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.

Teens Against Cancer
Sat., August 9, 12:00 p.m. – 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer

Metastatic Breast Cancer Support Group
Wed., August 6, 6:00 p.m. – 7:30 p.m. @ Toledo
Offered in partnership with Mercy Health.

Young Cancer Survivors Support Group
Thurs., August 7, 6:00 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., August 13, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., August 28, 6:00 p.m. – 7:30 p.m. @ Defiance
For any cancer patient & their family

Metastatic & Advanced Cancer Support Group
Wed., August 27, 6:00 p.m. – 7:30 p.m. @ Toledo

Caregiver & Family Support Group
Tues., August 26, 6:00 p.m. – 7:30 p.m. @ Toledo

**SIGN UP DAY:
TUESDAY, JULY 22**

**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



thevictorycenter.org