

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS



SPECIAL PROGRAMS



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.

Art with Itzel: Garden Owls

Monday, September 22, 10:00 a.m. - 12:00 p.m. @ Toledo

Whooo's ready to get crafty? Itzel Krauss leads this art class where we'll turn simple crescent pavers into wise and whimsical garden owls! From big eyes to bold colors, each owl is sure to be a real hoot!

BINGO!

Wednesday, September 24, 6:00 p.m. - 7:30 p.m. @ Perrysburg

Join TVC Executive Director Dianne Barndt for a night of BINGO! at our Perrysburg location! Bring your family, your friends, and your game face for a night full of laughs and lucky streaks!

Cannabis, CBD, & Cancer

Thursday, September 11, 2:00 p.m. - 3:00 p.m. @ Toledo

Join for an informative presentation where we'll dive into the medical uses for Cannabis and CBD products, including where to start and what to look for. Facilitated by Karen Bolander, Registered Pharmacist and the formulator of Hempexco brand CBD products.

Family Art Night

Thursday, September 25, 6:00 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!

Ice Cream Social!

Monday, September 15, 5:30 p.m. - 7:00 p.m. @ Toledo

Join us for a sweet time! You're invited to our Ice Cream Social - cool treats, fun vibes, and great company await! Friends and family are welcome to join!

HEALTH & WELLNESS



Fight Back with Nutrition: Plant-Based / Heart Healthy Diets

Friday, September 12, 10:00 a.m. - 11:00 a.m. @ Toledo

Join us for this upcoming nutrition class designed specifically for cancer survivors, focusing on the benefits of plant-based and heart healthy diets. Learn practical strategies to support recovery, enhance well-being, and promote long-term health through nutrition guidance.

Aromatherapy

Wednesday, September 24, 1:00 p.m. - 2:00 p.m. @ Toledo

Thursday, September 18, 1:00 p.m. - 2:00 p.m. @ Defiance

Friday, September 26, 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: Reviewing Meditation Principles

Friday, September 19 & 26, 1:00 p.m. - 2:30 p.m. @ Toledo

Meditation is one of the most valuable skills we can develop with a wide range of benefits including stress reduction, improved physical health and increased self-awareness. We'll review basic meditation principles and practice a variety of techniques.

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 : Nutritional Labels

Monday, September 29, 2:00 p.m. - 3:00 p.m. @ Toledo

Join our class on how to read and understand nutritional labels and make smarter, healthier choices every time you shop! 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: Hydroponic Gardening

Wednesday, September 17, 4:00 p.m. - 5:00 p.m. @ Toledo

Join Matt McCloskey at this month's Garden Club for a demonstration of tabletop hydroponic growing units, specifically the Aerogarden Elite. Matt will walk you through the set up of the Aerogarden including seed planting, nutrient addition, basic maintenance, and harvesting vegetables. Facilitated by TVC's Lisa Rasey.

CHILDREN & FAMILIES



Children's Art Therapy

Wednesday, September 10, 6:00 p.m. - 7:30 p.m. @ Toledo

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

Family Art Night

Thursday, September 25, 6:00 - 7:30 p.m. @ Toledo

SIGN UP DAY: **TUESDAY, AUGUST 19**

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

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Garden Adornments**

Tuesday, September 16, 2:00 p.m. - 4:00 p.m. @ Toledo

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
Facilitator: Kayt Harden.

Art Therapy: Felt Painting

Tuesday, September 23, 2:00 p.m. - 4:00 p.m. @ Defiance

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.
Facilitator: Kayt Harden.

Art Therapy: "Painting" with Clay

Friday, September 26, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Join our upcoming adult art therapy group for a unique and sensory-rich creative experience. In this session, we'll be "painting" with air-dry clay on board—blending texture, color, and movement in a way that invites self-expression and relaxation. No art experience needed!
Facilitator: Kayt Harden.

Art Therapy: Open Art Studio

Tuesday, September 16, 4:00 p.m. - 6:00 p.m. @ Toledo

Tuesday, September 30, 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, September 11, 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, September 26, 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: Bookmark

Tuesday, September 30, 2:00 p.m. - 4:00 p.m. @ Toledo

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

Zentangle: FUNDAMENTALS

Monday, September 22, 10:00 a.m. - 12:00 p.m. @ Perrysburg

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

Craft with Lindsay: Rainbow Scratch Drawing

Monday, September 29, 11:00 a.m. - 12:30 p.m. @ Perrysburg

Join TVC Program Director Lindsay Haynes for this vibrant art class where participants will scratch the surface of creativity - literally! With rainbow scratch art, every swipe reveals a burst of hidden color and a world of imagination.

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

Come connect with other cancer survivors and discuss the book *The Book Woman of Troublesome Creek* by Kim Michele Richardson

Color Me Calm

Monday, September 8, 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, September 18, 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, September 12 & 26, 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, September 4, 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.**

SEPTEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 TVC CLOSED 	2 10:00 Healthy Steps 12:30 Yoga	3 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	4 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	5 10:00 Reiki I 11:15 Soften Breathe Flow	6 
7	8 10:30 Yoga 1:30 Color Me Calm 6:00 Blood Cancer SG	9 10:00 Healthy Steps 12:30 Yoga 6:00 Breast Cancer SG	10 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	11 10:00 Chair Yoga 10:00 Card Making 1:30 Chair Yoga/Meditate 2:00 Cannabis & CBD 4:30 Yoga 5:30 Yoga	12 10:00 Nutrition 10:00 Reiki I 11:15 Soften Breathe Flow 1:00 Line Dancing	13 10:00 Wig Bank 12:00 Teens Against Cancer
14	15 10:30 Yoga 5:30 Ice Cream Social	16 10:00 Healthy Steps 12:30 Yoga 2:00 Garden Adornments 4:00 Art Studio	17 10:00 Wig Bank NO NIA NO HEALTHY STEPS 4:00 Garden Club 5:00 Aquatic Exercise 6:00 Men's Cancer SG	18 10:00 Chair Yoga 1:00 Aromatherapy 1:30 Chair Yoga/Meditate 4:30 Yoga 5:30 Yoga 7:00 Belly Dancing	19 10:00 Reiki I 11:00 Book Club 11:15 Soften Breathe Flow 1:00 Soul Care	20
21	22 10:00 Zentangle Fundamentals 10:00 Art with Itzel 10:30 Yoga 1:00 Wig Bank	23 10:00 Healthy Steps 12:30 Yoga 2:00 Felt Painting 6:00 Breast Cancer SG 6:00 Caregiver/Family SG	24 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Metastatic Cancer SG 6:00 BINGO!	25 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 4:30 Yoga 5:30 Yoga 6:00 General Cancer SG 6:00 Family Art Night	26 10:00 Reiki I 10:00 "Painting" with Clay 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Soul Care 1:00 Line Dancing 2:00 Writing Through Cancer	27
28	29 10:30 Yoga 11:00 Craft with Lindsay 2:00 Healthy Habits	30 10:00 Healthy Steps 12:30 Yoga 2:00 Macrame 4:00 Art Studio				

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SEPTEMBER 2025

SUPPORT GROUPS



- Blood Cancer Support Group**
Mon., Sept 8, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with L & L Society.
- Men's Cancer Support Group**
Wed., Sept 17, 6:00 p.m. – 7:30 p.m. @ Toledo
- Breast Cancer Support Group**
Tues., Sept 9 & 23, 6:00 p.m. – 7:30 p.m. @ Toledo
Funded by The Breast Cancer Fund of Ohio.
- Children's Art Therapy Group**
Wed., Sept 10, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.
- Teens Against Cancer**
Sat., Sept 13, 12:00 p.m. – 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer

- Metastatic Breast Cancer Support Group**
Wed., Sept 3, 6:00 p.m. – 7:30 p.m. @ Toledo
Offered in partnership with Mercy Health.
- Young Cancer Survivors Support Group**
Thurs., Sept 4, 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., Sept 10, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., Sept 25, 6:00 p.m. – 7:30 p.m. @ Defiance
For any cancer patient & their family
- Metastatic & Advanced Cancer Support Group**
Wed., Sept 24, 6:00 p.m. – 7:30 p.m. @ Toledo
- Caregiver & Family Support Group**
Tues., Sept 23, 6:00 p.m. – 7:30 p.m. @ Toledo

**SIGN UP DAY:
TUESDAY, AUGUST 19**

**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 & 4th Monday, call for appointment

Held at our Perrysburg Location:

12623 Eckel Junction Rd, Perrysburg, OH 43551

THANK YOU

   thevictorycenter.org