

OCTOBER 2025

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS



TVC Defiance Celebrity Wait Night **"Viva Las Vegas"**

October 30, 2025 @ 5:30 PM
Fraternal Order of the Eagles

Join our upcoming Defiance Celebrity Wait Night, Viva Las Vegas, on October 30th! Join us for a night of fun, food, and amazing entertainment, all while supporting a great cause! For details, please reach out to us directly or contact Jessica at jbidwell@thevictorycenter.org.

November Book Club: *The Martha's Vineyard Beach and Book Club* by Martha Hall Kelly

Friday, November 21, 11:00 a.m. - 12:00 p.m. @ Toledo

Two sisters living on Martha's Vineyard during World War II find hope in the power of storytelling when they start a wartime book club for women.

SPECIAL PROGRAMS



Advance Care Planning with Hospice of NW Ohio

Thursday, October 16, 3:00 p.m. - 4:00 p.m. @ Toledo

Join for an informative meeting about advance care planning, including how to complete a living will and designate a healthcare power of attorney. Led by Sara Chambers, BSN, RN, CHPN, and Community Educator with Hospice of Northwest Ohio.

Cookie Decorating with Carolyn!

Wednesday, October 29, 5:00 p.m. - 6:30 p.m. @ Toledo

Join us for a hands-on, guided workshop where you'll learn to decorate cookies inspired by the cozy charm of the autumn season! All supplies are provided, just bring your enthusiasm and a craving for creativity! Facilitated by Carolyn Spalding.

Virtual Reality: Great Barrier Reef

Thursday, October 23, 11:00 a.m. - 12:00 p.m. @ Perrysburg

Let's explore the Great Barrier Reef! Diving into a world of vibrant coral, crystal-clear waters, and incredible marine life - it's a true natural wonder that takes your breath away. With Guide Sara Gray from The Way Library.

NEW! Tai Chi

Tuesdays, October 14 - November 18, 6:00 p.m. - 7:00 p.m. @ Toledo

This 6 week class will introduce the principles of Tai Chi using small, mindful movements that are within your comfort zone to improve muscle tone, fluidity, balance and energy. The Tai Chi for Health program, and Qigong on which it is based, emphasize easy to learn exercises to cultivate internal power and reduce stress. Chairs are available for those needing to sit. Taught by Barb Stough, Tai Chi Health Institute Instructor.

Intro to Origami

Thursday, October 9, 4:00 p.m. - 6:00 p.m. @ Toledo

Discover the art of origami - the traditional Japanese craft of paper folding that transforms simple sheets into beautiful creations. Join our Intro to Origami class and learn more about this magical art. No experience needed! Facilitated by local Origami artist Rob Snyder.

Medicare 101: Understanding Your Options During Open Enrollment

Friday, October 3, 1:00 p.m. - 2:00 p.m. @ Toledo

Join our Medicare 101 Class to learn the basics, understand your options, and feel confident about your choices. Led by Kelly Berger of E. Mann Insurance.

HEALTH & WELLNESS



Fight Back with Nutrition: Cancer Fighters in Your Food

Tuesday, October 21, 10:00 a.m. - 11:00 a.m. @ Perrysburg

Did you know your plate can be a powerful weapon in the fight against cancer? Join us for this nutrition class on Cancer Fighting Foods, where we'll explore how everyday ingredients can help protect your health.

Aromatherapy

Wednesday, October 15, 1:00 p.m. - 2:00 p.m. @ Toledo

Thursday, October 16, 1:00 p.m. - 2:00 p.m. @ Defiance

Friday, October 24, 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.

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.

Garden Club: Fresh Flower Pumpkin Arrangement

Wednesday, October 15, 4:00 p.m. - 5:00 p.m. @ Toledo

Foam & flowers provided. Please bring 1 Pumpkin - look for an interesting medium size to small pumpkin that sits flat, pie pumpkins work great but also consider the stem and color! The day of, please bring your prepped pumpkin along with the top. Cut the top off, save it for the lid, and scoop out the inside. Facilitated by TVC's Lisa Rasey.

Sound Bath & Meditation

Monday, October 13, 9:00 a.m. - 10:00 a.m. @ Toledo

Sound baths are a meditative practice involving the use of resonant music. This creates an immersive sound that fills the room and the body, aiming to help people relax and let go of stress and anxiety. Bring your own pillow(s) and blanket(s) to get comfy! Facilitated by Ginger Materni.

Lymphedema Education

Tuesday, October 21, 10:00 a.m. - 11:00 a.m. @ Defiance

This session will educate survivors about cancer related lymphedema. Learn about the risk factors, common signs and symptoms, and effective strategies to reduce the chance of occurrence. Facilitated by Mary Pollock, OT.

Reiki II Training & Atunement

Fridays, October 10 - December 19, 10:00 a.m. - 11:00 a.m. @ Toledo

Reiki II is about continued self-healing and growth, but it also enables you to help others grow and heal with Reiki. You will receive a Reiki II Attunement. You will also learn 3 Reiki symbols and their names. Each has its own unique healing signature. Each participant will receive a detailed Reiki II Manual. Reiki I Training is a prerequisite. Taught by Kathie Jaskolski, Reiki Master/Teacher.

CHILDREN & FAMILIES



Children's Art Therapy

Wednesday, October 8, 6:00 p.m. - 7:30 p.m. @ Toledo

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

SIGN UP DAY: **TUESDAY, SEPTEMBER 16**

RSVP BY CALLING:

419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Printmaking on Canvas Bags**

Tuesday, October 14, 2:00 p.m. - 4:00 p.m. @ Toledo

During this session, we'll create one-of-a-kind canvas bags using printmaking techniques with leaves and other natural items gathered from the autumn season! Participants will explore patterns, textures, and colors in a relaxed, supportive atmosphere where the emphasis is on the creative process rather than the final creation. Facilitator: Kayt Harden

Art Therapy: "Painting" with Clay

Tuesday, October 21, 1:00 p.m. - 3:00 p.m. @ Defiance

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: Driftwood Painting

Friday, October 24, 10:00 a.m. - 12:00 p.m. @ Perrysburg

In this art therapy group, we'll paint intuitively on uniquely shaped driftwood gathered right off the shores of Lake Erie! You are encouraged to use bright, vivid colors as you wish, while enjoying a restorative and uplifting atmosphere. Facilitator: Kayt Harden

Macramé: Ghost

Tuesday, October 28, 2:00 p.m. - 4:00 p.m. @ Toledo

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

Art Therapy: Open Art Studio

Tuesday, October 14, 4:00 p.m. - 6:00 p.m. @ Toledo

Tuesday, October 28 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, October 9, 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, October 24, 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.

Zentangle: 10 to Zen

Wednesday, October 8, 10:00 a.m. - 12:00 p.m. @ Toledo

Monday, October 27, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Zentangle Fundamentals required. Attendees are asked to bring personal tools - pens, gel pens, colored pencils, etc.

Facilitated by Maureen Hines, CZT

Art with Itzel: Painted Wooden Candy Corn

Monday, October 20, 10:00 a.m. - 12:00 p.m. @ Toledo

Join Itzel Krauss and get crafty this fall! Join our Wooden Candy Corn Painting Class and create your own adorable, hand-painted candy corn decor pieces.

Color Me Calm

Monday, October 6, 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.

Craft with Lindsay: Vinyl Record Pumpkins

Monday, October 13, 11:00 a.m. - 12:30 p.m. @ Perrysburg

Join TVC Program Director Lindsay Haynes for a fun, hands-on class where we'll turn old vinyl records into one-of-a-kind painted pumpkins — perfect for fall decor with a musical twist!

MOVEMENT

**Belly Dancing**

Thursday, October 16, 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, October 10 & 24, 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, October 2, 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 - ZOOM AVAILABLE!

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 - ZOOM AVAILABLE!

 Thursdays, 1:30 p.m. - 3:00 p.m. @ Perrysburg w/

Meditation - ZOOM AVAILABLE!

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: October 8 - November 12, 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.**

OCTOBER 2025

TVC @ Toledo

TVC @ Perrysburg

TVC @ Defiance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	2 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	3 NO SOFTEN BREATHE FLOW 1:00 Medicare 101	4
5	6 10:30 Yoga 1:30 Color Me Calm	7 10:00 Healthy Steps 12:30 Yoga	8 10:00 Zentangle 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	9 10:00 Chair Yoga 10:00 Card Making 1:30 Chair Yoga/Meditate 4:00 Intro to Origami 4:30 Yoga 5:30 Yoga	10 10:00 Reiki II 11:15 Soften Breathe Flow 1:00 Line Dancing	11 10:00 Wig Bank 12:00 Teens Against Cancer
12	13 9:00 Sound Bath 10:30 Yoga 11:00 Craft with Lindsay 6:00 Blood Cancer SG	14 10:00 Healthy Steps 12:30 Yoga 2:00 Canvas Bags 4:00 Art Studio 6:00 Tai Chi 6:00 Breast Cancer SG	15 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	16 10:00 Chair Yoga 1:00 Aromatherapy 1:30 Chair Yoga/Meditate 3:00 Advance Care Planning 4:30 Yoga 5:30 Yoga 7:00 Belly Dancing	17 10:00 Reiki II 11:15 Soften Breathe Flow	18
19	20 10:00 Art with Itzel 10:30 Yoga	21 10:00 Healthy Steps 10:00 Nutrition 10:00 Lymphedema Ed 12:30 Yoga 1:00 "Painting" with Clay 6:00 Tai Chi	22 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Metastatic Cancer SG	23 10:00 Chair Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 4:30 Yoga 5:30 Yoga 6:00 General Cancer SG	24 10:00 Reiki II 10:00 Driftwood Painting 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing 2:00 Writing Through Cancer	25
26	27 10:00 Zentangle 10:30 Yoga 1:00 Wig Bank	28 10:00 Healthy Steps 12:30 Yoga 2:00 Macrame 4:00 Art Studio 6:00 Tai Chi 6:00 Breast Cancer SG 6:00 Caregiver/Family SG	29 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 5:00 Cookie Decorating	30 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 4:30 Yoga 5:30 Yoga 5:30 Defiance CWN	31 10:00 Reiki II 11:15 Soften Breathe Flow HAPPY HALLOWEEN	

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SUPPORT GROUPS



- Blood Cancer Support Group**
Mon., October 13, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with L & L Society.
- Men's Cancer Support Group**
Wed., October 15, 6:00 p.m. – 7:30 p.m. @ Toledo
- Breast Cancer Support Group**
Tues., October 14 & 28, 6:00 p.m. – 7:30 p.m. @ Toledo
Funded by The Breast Cancer Fund of Ohio.
- Children's Art Therapy Group**
Wed., October 8, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.
- Teens Against Cancer**
Sat., October 11, 12:00 p.m. – 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer
- Metastatic Breast Cancer Support Group**
Wed., October 1, 6:00 p.m. – 7:30 p.m. @ Toledo
Offered in partnership with Mercy Health.
- Young Cancer Survivors Support Group**
Thurs., October 2, 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., October 8, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., October 23, 6:00 p.m. – 7:30 p.m. @ Defiance
For any cancer patient & their family
- Metastatic & Advanced Cancer Support Group**
Wed., October 22, 6:00 p.m. – 7:30 p.m. @ Toledo
- Caregiver & Family Support Group**
Tues., October 28, 6:00 p.m. – 7:30 p.m. @ Toledo

SIGN UP DAY:

**TUESDAY,
SEPTEMBER 16**

**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