

NOVEMBER 2025

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS



Give Toledo The Bird: Thanksgiving Help Application

Due Date: Monday, November 3

TVC is partnering with local organization "Give Toledo the Bird" to provide Thanksgiving dinners, complete with all the fixings, to 15 TVC families in need! If you are selected, TVC will connect you with "Give Toledo the Bird" founder, Carolyn Spalding, who has been providing holiday dinners since 2020 to those who might not be able to afford it otherwise. Get an application at any TVC location!

Save The Date: TVC HOLIDAY PARTY & POTLUCK

Monday, December 8, 5:00 p.m. - 7:00 p.m. @ Toledo

TVC's Annual Holiday Party is just around the corner! Mark your calendars and join us for a tree-mendous night filled with laughter, light, and plenty of peppermint cheer! Participants are invited to bring a guest! ****Please bring your best homemade dish (or store-bought classic!) to share - main dish, side dish, or dessert! Please RSVP with the dish you'll be bringing.**

SPECIAL PROGRAMS



Virtual Reality: Global Landmarks

Thursday, November 20, 11:00 a.m. - 12:00 p.m. @ Perrysburg

From standing beneath the Eiffel Tower in Paris, to walking along the Great Wall of China, or even gazing up at the ancient ruins of Machu Picchu...let's get ready to explore global landmarks! With Guide Sara Gray from The Way Library.

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.

Lymphedema Education

Tuesday, November 18, 3:00 p.m. - 4:00 p.m. @ Perrysburg

This session will provide education for survivors of any type of cancer about cancer-related lymphedema. Participants will learn about its risk factors, signs and symptoms, and strategies to reduce the risk of developing it. Facilitated by Cindy Robertson, Lymphedema Therapist.

Art with Itzel and Sharlene: Mandala Painted Journals

Monday, November 10, 6:00 p.m. - 8:00 p.m. @ Toledo

Join Itzel Krauss and local artist Sharlene Germani and paint beautiful mandala journals! Participants will be guided to make common mandala elements such as petals, teardrops, and swoops...with a few winter-themed elements added for fun! Paintings will be completed on a black leather-like journal.

SIGN UP DAY: **TUESDAY, OCTOBER 21**

HEALTH & WELLNESS



Fight Back with Nutrition: Breast Cancer, Prostate Cancer, and Sore Mouth/Throat Nutrition

Friday, November 14, 10:00 a.m. - 11:00 a.m. @ Toledo

In this class, we'll explore the vital role of nutrition in managing the side effects of breast and prostate cancer treatments, as well as coping with sore mouth and throat conditions. Learn how to optimize dietary choices to maintain strength, support immune function, reduce treatment-related discomfort, and promote overall well-being during and after cancer care.

Aromatherapy

Wednesday, November 19, 1:00 p.m. - 2:00 p.m. @ Toledo

Thursday, November 20, 1:00 p.m. - 2:00 p.m. @ Defiance

Friday, November 21, 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.

Soul Care: Gratitude

Friday, November 21, 1:00 p.m. - 2:30 p.m. @ Toledo

Gratitude...one of the most powerful attitudes we can have. In this session, we'll explore deepening our levels of gratitude. With Jane V. Lutz, MSN.

Healthy Habits for Life: Nutritional Labels

Monday, November 17, 2:00 p.m. - 3:00 p.m. @ Perrysburg

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 Balogh, MBFit Nutrition & Fitness LLC.

Sound Bath & Meditation

Wednesday, November 5, 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.

Reiki II Training & Attunement

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, November 12, 6:00 p.m. - 7:30 p.m. @ Toledo

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

RSVP BY CALLING:

419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: "Painting" with Clay**

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

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 canvas—blending texture, color, and movement in a way that invites self-expression and relaxation. No art experience needed!

This guided group offers a supportive, calming environment where you can unwind, connect, and explore your creativity. Whether you're looking to relieve stress, engage your senses, or simply enjoy a mindful moment, this is a space to create freely and feel restored.

Facilitator: Kayt Harden

Art Therapy: Crystal Suncatchers

Friday, November 14, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Tuesday, November 25, 2:00 p.m. - 4:00 p.m. @ Defiance

As the days grow shorter and sunlight becomes more fleeting, join us this November for a special art therapy group where we'll create crystal beaded suncatchers designed to catch the light—and lift the spirit.

Participants will 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. Even as daylight fades, these suncatchers will reflect and amplify the light we do have—offering a gentle reminder of brightness, warmth, and hope during the darker months ahead. Beadwork is not only creative but also a calming, meditative practice that encourages mindfulness, focus, and emotional healing.

Let's bring a little sparkle to carry us through the season. Space is limited, so sign up soon—and let the light in. Facilitator: Kayt Harden

Art Therapy: Open Art Studio

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

Tuesday, November 18, 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!

Macramé: Pumpkin Coasters (Intermediate)

Tuesday, November 18, 2:00 p.m. - 4:00 p.m. @ Toledo

Join Art Therapist Kayt Harden for this intermediate level macramé class, making pumpkin coasters!

Card Making

Thursday, November 13, 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, November 21, 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: Rock The Fall

Wednesday, November 19, 10:00 a.m. - 12:00 p.m. @ Toledo

Join this month's Zentangle class and tangle on rocks! Fundamentals of Zentangle required prior to taking class. Please bring your own pens, colored pencils, etc. Facilitated by Maureen Hines, CZT.

Think Outside The Box Drawing

Monday, November 10, 2:00 p.m. - 3:00 p.m. @ Perrysburg

Tuesday, November 25, 2:00 p.m. - 3:00 p.m. @ Toledo

In this fun drawing class, we don't just draw - we rethink, reimagine, and rewrite how we see the world around us. We'll take simple shapes and challenge our brain to turn them into something completely unexpected. With Program Director Lindsay Haynes.

Color Me Calm

Monday, November 3, 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

**Line Dancing**

Friday, November 14 and 21, 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, Nov 6, 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.**

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. ****CLASS IS FULL & ON A WAITLIST - TAI CHI WILL RETURN IN 2026.**

NOVEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 10:30 Yoga 1:30 Color Me Calm	4 10:00 Healthy Steps 12:30 Yoga 2:00 "Painting" with Clay 4:00 Art Studio 6:00 Tai Chi	5 9:00 Sound Bath 10:00 Pink Ribbon NO NIA 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	6 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	7 10:00 Reiki II 11:15 Soften Breathe Flow	8 10:00 Wig Bank 12:00 Teens Against Cancer
9	10 10:30 Yoga 2:00 Think Outside the Box Drawing 6:00 Mandala Painted Journals 6:00 Blood Cancer SG	11 10:00 Healthy Steps 12:30 Yoga 6:00 Tai Chi 6:00 Breast Cancer SG	12 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	13 10:00 Chair Yoga 10:00 Card Making 1:30 Chair Yoga/Meditate 4:30 Yoga 5:30 Yoga	14 10:00 Reiki II 10:00 Nutrition 10:00 Crystal Suncatchers 11:15 Soften Breathe Flow 1:00 Line Dancing	15
16	17 10:30 Yoga 2:00 Healthy Habits	18 10:00 Healthy Steps 12:30 Yoga 2:00 Macrame 3:00 Lymphedema Ed 4:00 Art Studio 6:00 Tai Chi	19 10:00 Wig Bank 10:00 Zentangle 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG 6:00 Metastatic Cancer SG	20 10:00 Chair Yoga 11:00 VR Expedition 1:00 Aromatherapy 1:30 Chair Yoga/Meditate 4:30 Yoga 5:30 Yoga 6:00 General Cancer SG	21 10:00 Reiki II 11:00 Book Club 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing 1:00 Soul Care 2:00 Writing Through Cancer	22
23	24 10:30 Yoga 1:00 Wig Bank	25 10:00 Healthy Steps 12:30 Yoga 2:00 Crystal Suncatchers 2:00 Think Outside the Box Drawing 6:00 Breast Cancer SG 6:00 Caregiver/Family SG	26 11:30 NIA Fitness 1:30 Healthy Steps NO AQUATIC EXERCISE	27 TVC CLOSED Happy Thanksgiving	28	29
30						

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SUPPORT GROUPS



Blood Cancer Support Group
Mon., Nov 10, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with L & L Society.

Men's Cancer Support Group
Wed., Nov 19, 6:00 p.m. – 7:30 p.m. @ Toledo

Breast Cancer Support Group
Tues., Nov 11 & 25, 6:00 p.m. – 7:30 p.m. @ Toledo
Funded by The Breast Cancer Fund of Ohio.

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

Teens Against Cancer
Sat., Nov 8, 12:00 p.m. – 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer

Metastatic Breast Cancer Support Group
Wed., Nov 5, 6:00 p.m. – 7:30 p.m. @ Toledo
Offered in partnership with Mercy Health.

Young Cancer Survivors Support Group
Thurs., Nov 6, 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., Nov 12, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., Nov 20, 6:00 p.m. – 7:30 p.m. @ Defiance
For any cancer patient & their family

Metastatic & Advanced Cancer Support Group
Wed., Nov 19, 6:00 p.m. – 7:30 p.m. @ Toledo

Caregiver & Family Support Group
Tues., Nov 25, 6:00 p.m. – 7:30 p.m. @ Toledo

**SIGN UP DAY:
TUESDAY, OCTOBER 21**

**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