

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS



TVC Holiday Help Application

Due Date: Monday December 1st

The holidays are right around the corner, and for survivors and their families, the financial burden during the holiday season can be overwhelming. This program provides holiday assistance by matching you with a sponsor to provide gifts for the holiday. Applications available at any TVC location!

January Book Club: *The God of the Woods* by Liz Moore

Friday, January 16, 11:00 a.m. - 12:00 p.m. @ Toledo

A missing girl and a cold case from 1975 connect two worlds in the Adirondack mountains.

HEALTH & WELLNESS



Aromatherapy

Wednesday, December 17, 1:00 p.m. - 2:00 p.m. @ Toledo

Tuesday, December 16, 1:00 p.m. - 2:00 p.m. @ Defiance

Friday, December 19, 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.

Healthy Habits for Life: Everything Macros

Monday, December 15, 2:00 p.m. - 3:00 p.m. @ Toledo

Understanding macros (macronutrients) is one of the most powerful tools for building sustainable, healthy habits. In this month's Healthy Habits class, we'll break down what proteins, fats, and carbohydrates really do for your body... and how to balance them in a way that supports your energy and overall wellness. Facilitated by Mike Balogh, MBFit Nutrition & Fitness LLC.

Sound Bath & Meditation

Wednesday, December 3, 11:00 a.m. - 12:00 p.m. @ Perrysburg

Wednesday, December 10, 5:30 p.m. - 6:30 p.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 and Holly Strawbridge.

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.

SPECIAL PROGRAMS



The Healing Laugh: Comedy Night!

Friday, December 19, 7:00 PM @ Toledo

They say that laughter is the best medicine! Join us for a night of laughter and comedy! TVC welcomes comedians Derek Richards and Matt Conn. Derek Richards is a comedian and cancer survivor, born and raised in Detroit. In 1998, at the age of 32, Derek began to feel sick, leading to a diagnosis of cancer. His performances frequently reflect his personal experiences, enabling him to forge a deeper connection with his audience. Doors open at 6:00 PM. Refreshments and snacks provided. Participants are welcome to bring **1 guest**. Due to the nature of the comedy, this show will be **18+**. Space is limited, so please RSVP early to secure a seat!

TVC Holiday Party & Potluck

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

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. Kids are welcome!

Health Insurance Basics

Tuesday, December 9, 3:00 p.m. - 4:00 p.m. @ Toledo

Confused about all the ins and outs of health insurance? You're not alone! Join our Health Insurance Basics class to gain a better understanding of how health insurance works - premiums, deductibles, limits, etc. Facilitated by Dave Spiess, Health Insurance Specialist of 40+ years.

How Woman Can Be Powerful in Mind & Body - Wellness and Resilience

Wednesday, December 3, 12:30 p.m. - 2:00 p.m. @ Toledo

You're invited to a special session designed to strengthen both mind and body. Dr. Natalie Rizk (Breast Surgeon, UToledo Health), Stephanie Calmes, Ph.D., LPCC-S, LICDC-CS (Administrative Director, Department of Psychiatry), and Monique Myers (Manager, Physician Engagement and Outreach), will share practical tools and heartfelt insights on resilience and wellness. We'll explore how life's challenges impact health, and how women can build resilience through stress management, reframing negative thoughts, and rediscovering purpose.

Virtual Reality: Norway

Thursday, December 18, 11:00 a.m. - 12:00 p.m. @ Perrysburg

Winding through majestic fjords, standing beneath towering waterfalls, and chasing the glow of the northern lights - let's explore Norway! With Guide Sara Gray from The Way Library.

Holiday Gift Wrapping Workshop

Tuesday, December 9, 11:00 a.m. - 1:00 p.m. @ Toledo

Join Karen Evans and learn to master the art of Holiday Gift Wrapping! Join us for this festive hands-on workshop where you'll learn the secrets to stunning, professional-looking holiday gift wrapping. Please bring 2-3 of your own gifts to wrap!

CHILDREN & FAMILIES



Children's Art Therapy

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

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

SIGN UP DAY: **TUESDAY, NOVEMBER 18**

RSVP BY CALLING:

419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Holiday Shrinky Dink Jewelry**

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

Tuesday, December 9, 2:00 p.m. - 4:00 p.m. @ Defiance

Get into the holiday spirit as you watch your seasonal artwork shrink into adorable, wearable miniatures. From snowflakes to Santas, reindeer to snowmen, let your imagination run wild as you design, color, and cut your holiday-themed creations. Then, watch them magically shrink into beautiful, unique pieces that you can wear or gift this season.

In this fun-filled group, you'll learn how to turn your tiny holiday masterpieces into stylish earrings, necklaces, or even keychains—perfect for gifting or adding a festive touch to your own wardrobe. Come spread some holiday cheer through creative expression and discover the joy of crafting your own personalized, one-of-a-kind holiday jewelry!

Facilitator: Kayt Harden

Art Therapy: Squeegie Painting Holiday Cards

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

This month, explore the therapeutic benefits of creativity with squeegie painting while creating peaceful winter scenes. Squeegie painting offers a surprisingly satisfying, calming experience with each stroke, leading to unexpected and beautiful results. In this art therapy session, you'll have the option to create holiday greeting cards or small paintings, all while tapping into the relaxing and expressive power of art. Remember to wear clothes you don't mind getting a little messy—it's all part of the fun!

Facilitator: Kayt Harden

Macramé: Holiday Trees

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

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

Art Therapy: Open Art Studio

Tuesday, December 2, 4:00 p.m. - 6:00 p.m. @ Toledo

Tuesday, December 16, 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, December 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, December 19, 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.

Art with Lindsay: DIY Nutcrackers

Monday, December 15, 1:00 p.m. - 3:00 p.m. @ Perrysburg

Crack open your creativity! Join our DIY Nutcracker Art Class and paint your own festive masterpiece. We'll provide everything you'll need to bring your nutcracker to life with color, sparkle, and holiday spirit!

Zentangle: Christmas Ornaments

Monday, December 15, 10:00 a.m. - 12:00 p.m. @ Toledo

Let's tangle some Christmas ornaments! Fundamentals of Zentangle required. Bring your own pens! Facilitated by Maureen Hines, CZT.

Art with Itzel: Paper Desk Scrapbook Calendars

Monday, December 8, 10:00 a.m. - 12:00 p.m. @ Toledo

Join Itzel Krauss and get ready for the new year by making paper desk scrapbook calendars! With a variety of colors and patterns provided, everyone will make their own unique calendar... just in time for 2026!

Color Me Calm

Monday, December 1, 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, December 5 & 12, 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, December 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

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

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

RETURNING IN 2026 @ 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.**

DECEMBER 2025

TVC @ Toledo

TVC @ Perrysburg

TVC @ Defiance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:30 Yoga 1:30 Color Me Calm	2 10:00 Healthy Steps 12:30 Yoga 2:00 Shrinky Dink Jewelry 4:00 Art Studio	3 11:00 Sound Bath 11:30 NIA Fitness 12:30 Women Mind & Body Power 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 5:30 Yoga 6:00 Young Cancer SG	5 10:00 Reiki II 11:15 Soften Breathe Flow 1:00 Line Dancing	6
7	8 10:00 Art W/ Itzel 10:30 Yoga 5:00 TVC's Annual HOLIDAY PARTY!	9 10:00 Healthy Steps 11:00 Holiday Gift Wrapping Workshop 12:30 Yoga 2:00 Shrinky Dink Jewelry 3:00 Health Insurance Basics 6:00 Breast Cancer SG	10 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 5:30 Sound Bath 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 5:30 Yoga	12 10:00 Squeesee Holiday Cards 10:00 Reiki II 11:15 Soften Breathe Flow 1:00 Line Dancing	13 10:00 Wig Bank 12:00 Teens Against Cancer
14	15 10:00 Zentangle 10:30 Yoga 1:00 Art W/ Lindsay 2:00 Healthy Habits 6:00 Blood Cancer SG	16 10:00 Healthy Steps 12:30 Yoga 1:00 Aromatherapy 2:00 Macrame 4:00 Art Studio	17 10:00 Wig Bank 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	18 10:00 Chair Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	19 10:00 Reiki II 11:15 Soften Breathe Flow 1:00 Aromatherapy 2:00 Writing Through Cancer 7:00 The Healing Laugh Comedy Night	20
21	22 10:30 Yoga 1:00 Wig Bank	23 10:00 Healthy Steps 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver/Family SG	24 TVC CLOSED DECEMBER 24-26 HAPPY HOLIDAYS			27
28	29 10:30 Yoga	30 10:00 Healthy Steps 12:30 Yoga	31 11:30 NIA Fitness 1:30 Healthy Steps NO AQUATIC EXERCISE			

THE VICTORY CENTER NEWSLETTER

DECEMBER 2025

SUPPORT GROUPS



- Blood Cancer Support Group**
Mon., Dec 15, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with L & L Society.
- Men's Cancer Support Group**
Wed., Dec 17, 6:00 p.m. – 7:30 p.m. @ Toledo
- Breast Cancer Support Group**
Tues., Dec 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., Dec 10, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.
- Teens Against Cancer**
Sat., Dec 13, 12:00 p.m. – 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer

- Metastatic Breast Cancer Support Group**
Wed., Dec 3, 6:00 p.m. – 7:30 p.m. @ Toledo
Offered in partnership with Mercy Health.
- Young Cancer Survivors Support Group**
Thurs., Dec 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., Dec 10, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., Dec 18, 6:00 p.m. – 7:30 p.m. @ Defiance
For any cancer patient & their family
- Metastatic & Advanced Cancer Support Group**
Wed., Dec 17, 6:00 p.m. – 7:30 p.m. @ Toledo
- Caregiver & Family Support Group**
Tues., Dec 23, 6:00 p.m. – 7:30 p.m. @ Toledo

**SIGN UP DAY:
TUESDAY, NOVEMBER 18**

**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