

THE VICTORY CENTER

NEWSLETTER

NEWS & ANNOUNCEMENTS



Friday, February 27
TVC's 2026 Luncheon &
Fashion Show

March Book Club: *My Friends by Fredrik Backman*

Friday, March 20, 11:00 a.m. - 12:00 p.m. @ Toledo

An unforgettably funny, deeply moving tale of four teenagers whose friendship creates a bond so powerful that it changes a complete stranger's life twenty-five years later.

HEALTH & WELLNESS



Aromatherapy

Wednesday, February 25, 1:00 p.m. - 2:00 p.m. @ Toledo

Thursday, February 19, 1:00 p.m. - 2:00 p.m. @ Defiance

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, Certified Yoga Instructor with speciality in breathing practices.

Healthy Habits for Life: Everything Fruits!

Thursday, February 12, 10:00 a.m. - 11:00 a.m. @ Toledo

Exploring healthy habits through fruits! In this month's Healthy Habits class, we'll be learning how nature's snacks fuel our bodies and minds! Facilitated by Mike Balogh, MBFit Nutrition & Fitness LLC.

Soul Care: Releasing Guilt

Friday, February 20, 1:00 - 2:30 p.m. @ Toledo

In this soul care class, we'll discuss guilt and a variety of methods for letting it go. With Jane V. Lutz, MSN.

Sound Bath & Meditation

Wednesday, February 11, 10:00 a.m. - 11:00 a.m. @ Perrysburg

Tuesday, February 10, 6:30 p.m. - 7:30 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 I Training for Cancer Patients

Tuesdays, January 6 - March 31, 2:00 p.m. - 3:00 p.m. @ Perrysburg

In this Reiki training class, 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 receive a Reiki I Certification. Reiki is the high vibration of LOVE. And, as you know... love not only comforts us and connects us to others...it is also healing! Offered by Kathie Jaskolski, Reiki Master/Teacher.

Reiki & the Chakras

Fridays, January 2 - March 27, 10:00 a.m. - 11:00 a.m. @ Toledo

Learn about the 7 energy channels from the base of the spine to the crown of the head and how they shape our behavior and our lives. Perfect for those who are thirsty to learn more about the chakras. Reiki experience will be helpful but is not required! Offered by Kathie Jaskolski, Reiki Master/Teacher.

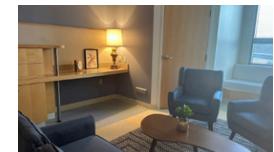
SIGN UP DAY: TUESDAY, JANUARY 20

REACHING OUT TO CANCER PATIENTS
AND THEIR FAMILIES



*Remember
When ...*

In February of 2024, The Victory Center opened our Defiance satellite location!



SPECIAL PROGRAMS



Virtual Reality: Puerto Rico

Thursday, February 26, 11:00 a.m. - 12:00 p.m. @ Perrysburg

Beautiful beaches, colorful streets, rich history, and unforgettable culture.... let's get ready to explore Puerto Rico! With Guide Sara Gray from The Way Library.

Appold Planetarium Show: Black Holes

Friday, February 20, 6:00 p.m. - 7:00 p.m.

Join for a free show about Black Holes and the Milky Way Galaxy at the Appold Planetarium at Lourdes University in Sylvania! Participants may bring 1 guest! This show is appropriate for kids 12 and over. Please plan to meet at the planetarium! Address: 6832 Convent Blvd, Sylvania, OH 43560. Parking is free on campus. Show starts right at 6:00, so please arrive on time.

BINGO!

Thursday, February 12, 6:00 p.m. - 7:30 p.m. @ Defiance

Join Executive Director Dianne Barndt for a night of classic bingo fun at our Defiance location! Whether you're a seasoned bingo pro or trying it out for the very first time, come join for a fun night full of good vibes, great company, and amazing prizes! Friends and family welcome!

It's Not Your Battle to Fight Alone: A Talk for Men

Tuesday, February 3, 5:00 p.m. - 6:00 p.m. @ Toledo

Dr. Matt Kutz, prostate cancer survivor and award winning author of *Diagnosed: It's Not Your Battle to Fight Alone*, joins for an honest and inspiring talk for men about vulnerability, accepting help, leaning on others, and putting yourself first!

Art with Caregivers: Felt Flower Bouquets

Friday, February 13, 1:00 p.m. - 3:00 p.m. @ Toledo

Participants are invited to bring a caregiver or support person with them to this special art class to work on the project together. Facilitated by Itzel Krauss. Limit of 6 pairs for this class!

Family Valentine's Movie Night: Gnomeo & Juliet

Monday, February 16, 6:00 p.m. - 8:00 p.m. @ Toledo

Lights down, cocoa up! Make your calendars for this Valentine's Movie Night watching Gnomeo & Juliet, with a hot cocoa bar loaded with all your favorite toppings. Kids are invited to join this fun evening!

RSVP BY CALLING:

419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Heart Mosaics**

Wednesday, February 4, 1:00 p.m. - 3:00 p.m. @ Toledo

Tuesday, February 10, 2:00 p.m. - 4:00 p.m. @ Defiance

Join us for a hands-on mosaic workshop where you'll design your own heart mosaic using colorful glass, ceramics, and other delightful treasures. You'll create a unique piece that can be displayed as artwork—or given as a cherished gift to a loved one. This is a fun, tactile process, so come dressed in something you don't mind getting a little messy. Let your creativity play, experiment freely, and enjoy discovering a new art form! Facilitator: Kayt Harden

Art Therapy: Valentine's Day Pocket Picture Books

Friday, February 6, 10:00 a.m. - 12:00 p.m. @ Perrysburg

You are invited to slow down and take part in a calming, supportive art therapy experience where we will create a small, foldable pocket picture book inspired by themes of love, care, and connection. This gentle project can become a Valentine for someone meaningful in your life or a personal keepsake just for you, with the focus on relaxation, healing, and self-expression in a welcoming, judgment-free space. Participants are encouraged to bring photos they feel comfortable cutting and pasting into their booklet, and all skill levels are welcome—there is no right or wrong way to create. Facilitator: Kayt Harden

Macramé: Hearts

Wednesday, February 18, 1:00 p.m. - 3:00 p.m. @ Toledo

Join Art Therapist Kayt Harden for this macrame class, making macrame hearts!

Art Therapy: Open Art Studio

Wednesday, February 4, 3:00 p.m. - 5:00 p.m. @ Toledo

Wednesday, February 18, 3:00 p.m. - 5:00 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, February 12, 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, February 20, 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.

Craft & Connect

Thursday, February 5, 10:00 a.m. - 12:00 p.m. @ Defiance

Drop into this open crafting studio and connect and relax with other participants while working on a self guided crafting activity!

Zentangle: Tangle & Talk

Thursday, February 12, 1:00 p.m. - 3:00 p.m. @ Toledo

An opportunity to relax, tangle, and talk with friends! Bring your pens, tiles, and journal. Finish old projects and begin new ones. And possibly a Valentine's surprise! Fundamentals of Zentangle required. Facilitated by Harley King, CZT.

Painting with Paige: Bubble Heart Valentine's Cards

Friday, February 13, 12:00 p.m. - 2:00 p.m. @ Perrysburg

Art enthusiast Paige Smith hosts this fun art workshop making Bubble Heart Valentine's cards! Wear a paint shirt or clothes you don't mind getting messy!

Art with Itzel: String Art Heart

Monday, February 2, 10:00 a.m. - 11:00 a.m. @ Toledo

In this art class, participants will take their creativity to new levels and make stunning string art pieces! Facilitated by Itzel Krauss.

Art with Lindsay: Abstract Heart Painting

Monday, February 9, 1:00 p.m. - 3:00 p.m. @ Perrysburg

Join Program Director Lindsay Haynes for this fun art class, creating one of a kind abstract heart paintings! Please wear a paint shirt or apron!

Color Me Calm

Monday, February 2, 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.

CHILDREN & FAMILIES

**Children's Art Therapy**

Wednesday, February 11, 6:00 p.m. - 7:30 p.m. @ Toledo

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

MOVEMENT

**Line Dancing**

Friday, February 13 and 20, 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, February 5, 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 YogaThursdays, 10:00 a.m. - 11:00 a.m. @ Toledo - **ZOOM AVAILABLE!**

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

Tuesdays, 10:00 a.m. - 11:00 a.m. @ Defiance

Chair yoga provides the movements of yoga from a comfortable seated position. Led by Certified Yoga Instructors, Caroline Dawson, Lisa Rasey & Melissa Tisi-Spiller.

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.

Tai Chi

Tuesday, February 3 & 17, 6:00 p.m. - 7:00 p.m. @ Toledo

Tai Chi helps strengthen the body, calm the mind, and restore balance. Slow, intentional movements help improve flexibility, reduce stress, boost focus, and support overall well-being - one gentle flow at a time! Beginners welcome - no tai chi experience required! Facilitated by Holly Strawbridge.

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: January 28 - March 4, 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.**

FEBRUARY 2026

 TVC @ Toledo
 TVC @ Perryburg
 TVC @ Defiance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	10:00 Art with Itzel 10:00 Chair Yoga 12:30 Yoga	2 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga	3 10:00 Pink Ribbon NO NIA 1:00 Heart Mosaics 1:30 Healthy Steps 3:00 Art Studio 5:00 Aquatic Exercise 6:00 Tai Chi	4 10:00 Chair Yoga 10:00 Craft & Connect 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga 6:00 Met Breast Cancer SG	5 10:00 Valentine's Day Pocket Picture Books 10:00 Reiki & the Chakras 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	6 10:00 Valentine's Day Pocket Picture Books 10:00 Reiki & the Chakras 10:00 Wig Bank
8	10:30 Yoga 10:00 Chair Yoga 12:30 Yoga	9 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga	10 10:00 Sound Bath NO NIA 10:00 Pink Ribbon NO NIA 1:30 Healthy Steps 5:00 Aquatic Exercise 2:00 Reiki I 2:00 Heart Mosaics 6:00 Breast Cancer SG 6:30 Sound Bath	11 10:00 Chair Yoga 10:00 Healthy Habits 10:00 Card Making 1:00 Zentangle 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 Children's Art Therapy 6:00 BINGO!	12 10:00 Chair Yoga 10:00 Healthy Habits 10:00 Card Making 1:00 Zentangle 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 Art with Caregivers	13 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Painting with Paige 1:00 Line Dancing 1:00 Art with Caregivers
15	10:30 Yoga 10:00 Chair Yoga 12:30 Yoga	16 10:00 Healthy Steps 10:00 Chair Yoga 2:00 Reiki I 6:00 Valentine's Movie Night	17 10:00 Wig Bank NO NIA 10:00 Pink Ribbon NO NIA 1:00 Macrame 1:30 Healthy Steps 3:00 Art Studio 5:00 Aquatic Exercise 6:00 Tai Chi	18 10:00 Chair Yoga 1:00 Aromatherapy 1:00 Macrame 1:30 Chair Yoga/Meditate 5:30 Yoga	19 10:00 Chair Yoga 1:00 Aromatherapy 1:00 Macrame 1:30 Chair Yoga/Meditate 5:30 Yoga	20 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 1:00 Line Dancing 1:00 Soul Care 2:00 Writing Through Cancer 6:00 Planetarium Show
22	10:30 Yoga 1:00 Wig Bank	23 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga	24 10:00 Pink Ribbon 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Caregiver/Family SG	25 10:00 Chair Yoga 11:30 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 Metastatic Cancer SG	26 10:00 Chair Yoga 11:30 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	27 TVC CLOSED LUNCHEON & FASHION SHOW  Courageous in Coral
						28



THE VICTORY CENTER
Reaching out to cancer patients & their families.

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Toledo, OH 43615

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THE VICTORY CENTER NEWSLETTER

FEBRUARY 2026

SUPPORT GROUPS



Blood Cancer Support Group

Mon., Feb 9, 6:00 p.m. - 7:30 p.m. @ Toledo
In Partnership with Blood Cancer United.

Men's Cancer Support Group

Wed., Feb 18, 6:00 p.m. - 7:30 p.m. @ Toledo

Breast Cancer Support Group

Tues., Feb 10 & 24, 6:00 p.m. - 7:30 p.m. @ Toledo
Funded by The Breast Cancer Fund of Ohio.

Children's Art Therapy Group

Wed., Feb 11, 6:00 p.m. - 7:30 p.m. @ Toledo
For children ages 6 - 12.

Teens Against Cancer

Sat., Feb 14, 12:00 p.m. - 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer

Metastatic Breast Cancer Support Group

Wed., Feb 4, 6:00 p.m. - 7:30 p.m. @ Toledo
Offered in partnership with Mercy Health.

Young Cancer Survivors Support Group

Thurs., Feb 5, 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., Feb 11, 6:00 p.m. - 7:30 p.m. @ Toledo
Thurs., Feb 26, 6:00 p.m. - 7:30 p.m. @ Defiance
For any cancer patient & their family

Metastatic & Advanced Cancer Support Group

Wed., Feb 25, 6:00 p.m. - 7:30 p.m. @ Toledo

Caregiver & Family Support Group

Tues., Feb 24, 6:00 p.m. - 7:30 p.m. @ Toledo

SIGN UP DAY:
TUESDAY, JANUARY 20

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

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 a program you signed up for, 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!

THANK YOU

thevictorycenter.org