

THE VICTORY CENTER

NEWSLETTER

NEWS & ANNOUNCEMENTS



SAVE THE DATE!
Saturday, April 25

Mark your calendars for a day celebrating TVC! Join us for our 30 YEAR ANNIVERSARY CELEBRATION, including the unveiling of a new art mural and our annual Survivor Art Show! More details to come soon!

TVC Survivor Art Show & 30th Anniversary Celebration

HEALTH & WELLNESS



It's Back! Fight Back with Nutrition: General Nutrition Talk

Wednesday, March 18, 12:00 p.m. - 1:00 p.m. @ Toledo

Join dietician Julie Hebeka in this month's nutrition class, covering general nutrition topics! Bring any questions you have, and any ideas for topics you'd like for future classes!

Sound Bath & Meditation

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

Monday, March 30, 6:00 p.m. - 7:00 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.

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. Bring your yoga mat and accessories! With Kathie Jaskolski, Certified Yoga Instructor with speciality in breathing practices.

Healthy Habits for Life: Everything Fruits!

Thursday, March 19, 11:00 a.m. - 12:00 p.m. @ Perrysburg

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.

Aromatherapy

Wednesday, March 18, 1:00 p.m. - 2:00 p.m. @ Toledo

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

Friday, March 27, 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: Surviving and Thriving During Difficult Times

Friday, March 20 & 27, 1:00 - 2:30 p.m. @ Toledo

In this soul care class, we'll discuss a variety of ways to help stay positive and hopeful during challenging times. With Jane V. Lutz, MSN.

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! 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. Reiki experience will be helpful but is not required! Offered by Kathie Jaskolski, Reiki Master/Teacher.

SIGN UP DAY: TUESDAY, FEBRUARY 17

REACHING OUT TO CANCER PATIENTS
AND THEIR FAMILIES



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



Remember
When ...

Ten years ago,
The Victory
Center's Luncheon
& Fashion Show
theme was
Powerful in Pearls!

SPECIAL PROGRAMS



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

Friday, March 20, 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.

Virtual Reality: European Capital Cities

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

Stepping into Madrid's energy, Paris's elegance, Rome's layers of history, and Copenhagen's quiet design. With Guide Sara Gray from The Way Library.

Cards For Caregivers

Tuesday, March 3, 4:00 p.m. - 6:00 p.m. @ Toledo

Tuesday, March 17, 4:00 p.m. - 6:00 p.m. @ Perrysburg

In this art class, you will create a unique thank you card for a special caregiver in your life. Using the colors of cancer ribbons as a starting point, you'll design, construct, and embellish your card with Kristin's guidance. Taught by Kristin Baldeschwiler, artist and survivor!

Sports Trivia Night!

Monday, March 23, 5:00 p.m. - 6:00 p.m. @ Toledo

Calling all sports fanatics...think you know your sports? Prove it at our Sports Trivia Night! From legendary moments to wild stats, get ready for a fun night testing your sports knowledge! Facilitated by TVC Development Officer Jason Griffin!

Kitten Craft Hour & Kitten Yoga!

Monday, March 2

2:30 p.m. - 3:30 p.m. (craft), 3:30 p.m. - 4:30 p.m. (yoga) @ Toledo

Are you ready for the purrrfect night of relaxing yoga and crafts with kittens? Join for a fun arts and crafts session making cat toys, followed by a calming yoga class surrounded by playful kittens. SUA Sparkles has partnered with The Victory Center and Toledo Animal Rescue to put on this fun afternoon, and yes... all kittens are adoptable! Kids are welcome to join!

Glass Mosaic Class (2 Parts!)

1st Part: Thursday, March 12, 5:00 p.m. - 7:30 p.m. @ Toledo

2nd Part: Monday, March 16, 2:00 p.m. - 4:00 p.m. @ Toledo

In this two-part class, you'll design and assemble a beautiful 5x7" mosaic framed piece using colorful pieces of glass. All materials (including frames) will be provided. The second day will be devoted to grouting and finishing the art to take home! Facilitated by Executive Director Dianne Barndt.

Healthy Living Series: Medicinal Garden Planning *VIRTUAL*

Friday, March 27, 9:00 a.m. - 10:00 a.m.

Planting season is just around the corner! It's time to select what you are going to plant in addition to edibles for your garden. This workshop will cover companion planting, using herbs for wellness, as well as help you plan which herbs would be best for your family to grow. Led by Lily Kunning, Herbalist & Educator. Participants will be sent a zoom link via email for the class!

RSVP BY CALLING:

419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Foil Art**

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

Join us for a calming, supportive art therapy group focused on slowing down, exploring creativity, and practicing mindfulness. Together, we'll use simple materials—yarn, cardboard, foil, and markers—to create textured, patterned artwork that can resemble an image of choice or abstract designs. No art experience is needed. Facilitator: Kayt Harden

Art Therapy: Circular Tapestry Weaving

Friday, March 20, 10:00 a.m. - 12:00 p.m. @ Perrysburg

This supportive art therapy group invites you to slow your body and mind through the simple, rhythmic act of weaving. Using yarn and circular looms, participants will create a soft tapestry, with the option to incorporate felt or fabric for added texture and personal meaning. No prior experience is needed—this is about exploration, not perfection. Facilitator: Kayt Harden

Macramé: Rainbows

Wednesday, March 25, 1:00 p.m. - 3:00 p.m. @ Toledo

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

Art Therapy: Open Art Studio

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

Wednesday, March 25, 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, March 12, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Tuesday, March 10, 10:00 a.m. - 12:00 p.m. @ Toledo

Create a variety of homemade cards with TVC Volunteers Debbie McNamee & Cheryl Harwick! Participants may attend one class, not both.

Writing Through Cancer - Now in Perrysburg too!

Friday, March 27, 2:00 p.m. - 3:30 p.m. @ Toledo

Wednesday, March 25, 6:00 p.m. - 7:30 p.m. @ Perrysburg

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 and Lori Lux.

Art with Itzel: Diamond Art

Monday, March 2, 10:00 a.m. - 12:00 p.m. @ Toledo

In this art class, participants will create stunning diamond art pieces! Facilitated by Itzel Krauss.

Zentangle: St. Patrick's Day Shamrocks

Thursday, March 12, 10:00 a.m. - 12:00 p.m. @ Toledo

Tangle a Shamrock with friends and experience the luck of the Irish. Wear something green and surprise us with your creativity! Capture a leprechaun and bring him with you. Prerequisite: Must have attended the Fundamentals class. With Jerrie Mowery, CZT.

Craft & Connect

Thursday, March 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!

Painting with Paige: Spring Duckling Painting

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

Art enthusiast Paige Smith hosts this fun painting class, painting an adorable spring duckling! Please wear a paint shirt!

Art with Lindsay: Van Gogh Painted Bird Houses

Monday, March 16, 1:00 p.m. - 3:00 p.m. @ Perrysburg

Thursday, March 26, 1:00 p.m. - 3:00 p.m. @ Defiance

Ready to turn a blank wooden birdhouse into a work of art? Participants will paint a one of a kind custom decorative birdhouse inspired by the famous painting *Starry Night* by Vincent Van Gogh! Please wear a paint shirt! Facilitated by Program Director Lindsay Haynes.

Art with Itzel: Dot Art

Thursday, March 19, 5:00 p.m. - 7:00 p.m. @ Toledo

Join Itzel Krauss for this art class making stunning dot art pieces!

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: Alcohol Ink on Tile**

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

This children's art therapy group offers a warm, supportive space for kids who have a loved one diagnosed with cancer to explore feelings through creativity and connection. Using alcohol inks on tile, children will play with color, movement, and choice while learning about what they can guide and what they can let go of in a gentle, age-appropriate way. The flowing nature of the materials encourages curiosity, flexibility, and self-expression, while also providing an opportunity to connect with peers who may be experiencing similar challenges. No art experience is needed, and all materials are provided. PLEASE WEAR CLOTHES TO GET MESSY IN! Facilitator: Kayt Harden

MOVEMENT

**Line Dancing**

Friday, March 13 & 27, 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, March 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!**

NEW TIME Thursdays, 1:00 p.m. - 2:00 p.m. @ Perrysburg

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

Tuesdays, 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.**

MARCH 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Art with Itzel 10:30 Yoga 1:30 Color Me Calm 2:30 Kitten Craft Hour 3:30 Kitten Yoga	2 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 2:00 Reiki I 4:00 Cards For Caregivers 6:00 Tai Chi	3 10:00 Pink Ribbon 11:30 NIA Fitness 1:00 Foil Art 1:30 Healthy Steps 3:00 Art Studio 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	4 10:00 Chair Yoga 10:00 Craft & Connect 1:00 Chair Yoga 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	5 10:00 Chair Yoga 10:00 Reiki & the Chakras 1:00 Chair Yoga 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	6 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	7
8	9 10:00 Healthy Steps 10:00 Card Making 10:00 Chair Yoga 12:30 Yoga 2:00 Reiki I 6:00 Tai Chi 6:00 Breast Cancer SG	10 10:00 Sound Bath 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 Zentangle 10:00 Card Making 1:00 Chair Yoga 5:00 Glass Mosaic Pt 1 5:30 Yoga	12 10:00 Chair Yoga 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Painting with Paige 1:00 Line Dancing	13 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Teens Against Cancer	14 10:00 Wig Bank
15	16 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 2:00 Reiki I 4:00 Cards For Caregivers 6:00 Tai Chi 6:00 Glass Mosaic Pt 2	17 10:00 Wig Bank 11:30 NIA Fitness 12:00 Nutrition 1:30 Healthy Steps 1:00 Aromatherapy 5:00 Aquatic Exercise 6:00 Men's Cancer SG	18 10:00 Chair Yoga 11:00 Healthy Habits 1:00 Aromatherapy 1:00 Chair Yoga 5:00 Art with Itzel 5:30 Yoga	19 10:00 Chair Yoga 11:00 Healthy Habits 1:00 Aromatherapy 1:00 Chair Yoga 5:00 Art with Itzel 5:30 Yoga	20 10:00 Reiki & the Chakras 10:00 Tapestry Weaving 11:00 Book Club 11:15 Soften Breathe Flow 1:00 Soul Care	21
22	23 10:30 Yoga 1:00 Wig Bank 5:00 Sports Trivia Night	24 11:30 NIA Fitness 1:30 Healthy Steps 1:00 Macrame 3:00 Art Studio 5:00 Aquatic Exercise 6:00 Writing Through Cancer 6:00 Caregiver/Family SG	25 10:00 Chair Yoga 11:00 VR Expedition 1:00 Art with Lindsay 1:00 Chair Yoga 5:30 Yoga 6:00 Metastatic Cancer SG	26 9:00 Healthy Living Series *VIRTUAL* 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 1:00 Line Dancing 1:00 Aromatherapy 1:00 Soul Care 2:00 Writing Through Cancer	27	28
29	30 10:30 Yoga 1:00 Wig Bank 6:00 Sound Bath	31 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 2:00 Reiki I 6:00 Tai Chi				



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

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THE VICTORY CENTER **NEWSLETTER**

MARCH 2026

SUPPORT GROUPS



Blood Cancer Support Group

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

Men's Cancer Support Group

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

Breast Cancer Support Group

Tues., March 10 & 24, 6:00 p.m. - 7:30 p.m. @ Toledo -
ZOOM Available

Funded by The Breast Cancer Fund of Ohio.

Children's Art Therapy Group

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

Teens Against Cancer

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

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



**SIGN UP DAY:
TUESDAY, FEBRUARY 17**

**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 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