

APRIL 2026

# THE VICTORY CENTER

## NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

### NEWS & ANNOUNCEMENTS



**Saturday, April 25**  
11:00am - 2:00pm

Join for a day celebrating TVC!  
Join us for our 30 YEAR ANNIVERSARY CELEBRATION, including the unveiling of our new art mural and our annual Survivor Art Show!

Participants may enter up to three pieces for the art show. Drop off submissions at TVC Toledo with completed entry form(s) by Wednesday, April 22nd!



*Remember When ...*

Thirty years ago in April, The Victory Center opened its doors in a tiny office on Airport Highway.

Today, we are proud to have 3 locations throughout the region serving nearly 1,300 cancer patients and survivors annually!



### HEALTH & WELLNESS



#### Aromatherapy

Wednesday, April 15, 1:00 p.m. - 2:00 p.m. @ Toledo  
Thursday, April 16, 1:00 p.m. - 2:00 p.m. @ Defiance  
Friday, April 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. Bring your yoga mat and accessories! With Kathie Jaskolski, Certified Yoga Instructor with speciality in breathing practices.

#### Reiki & the Chakras

Fridays, 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.

#### Healthy Habits for Life: Exercise Foundation

Thursday, April 23, 11:00 a.m. - 12:00 p.m. @ Toledo

Exercise foundation - learning proper form, safe movement, and simple routines that support strength, balance, and confidence. Because lasting wellness doesn't start with intensity... it starts with the basics! Facilitated by Mike Balogh, MBFit Nutrition & Fitness LLC.

#### Soul Care: Lead from your Heart

Friday, April 17 & 24, 1:00 p.m. - 2:30 p.m. @ Toledo

Our discussion and meditation will focus on a variety of ways to live with a loving attitude. With Jane V. Lutz, MSN.

#### Fight Back with Nutrition: General Nutrition Talk

Wednesday, April 29, 11:00 a.m. - 12:00 p.m. @ Perrysburg

Join dietician Julie Hebeke 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, April 22, 10:00 a.m. - 11:00 a.m. @ Perrysburg  
Monday, April 27, 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.

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

### SPECIAL PROGRAMS



#### Virtual Reality: Lebanon

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

From exploring the vibrant streets of Beirut to soaking in breathtaking mountain views and ancient history, let's visit Lebanon! With Guide Sara Gray from The Way Library.

#### Skincare with Merle Norman Cosmetics

Tuesday, April 14, 3:00 p.m. - 4:00 p.m. @ Toledo

Join us for this special skincare class with Merle Norman Cosmetics! Participants will be guided step by step through a simple, effective skincare routine, explaining the purpose and importance of every step along the way. All materials, products, and individual samples are provided - carefully selected for sensitive and delicate skin types. There will be plenty of time for questions, so you can leave feeling confident and informed about your skincare routine!

#### Lymphedema Education

Thursday, April 9, 2:00 p.m. - 3:00 p.m. @ Defiance

Join us at our Defiance office for an informational session about lymphedema. Learn about the risk factors, common signs and symptoms, and strategies to reduce the chance of occurrence! Facilitated by Lynne Prigge, PT & CLT-UE.

#### Energy in Bloom: Visual Daily Planning Workshop

Tuesday, April 7, 5:00 p.m. - 6:00 p.m. @ Toledo

UToledo Occupational Therapy Doctoral students Taylor and Megan lead this creative workshop, making magnetic paper flowers... each representing a meaningful daily task. This workshop helps promote energy conservation through task prioritization, balanced scheduling, and planned rest breaks!

#### Music Therapy: Drumming Circle

Tuesday, April 7, 3:00 p.m. - 4:00 p.m. @ Toledo

Rhythms surround us: from the gait of our walk and the pace of our heartbeats to the flow of our day and the patterns of typing on a keyboard. Join us for a group drumming experience facilitated by Jaclyn Hotaling-O'Neill, state-licensed and board-certified music therapist. During the group, participants will explore building cohesion, cultivating internal and external support, and using music as an outlet for creative expression and catharsis. All instruments will be provided and prior musical experience is not needed!

#### Healthy Living Series: Staying Well in the New Age of Plagues \*VIRTUAL\*

Friday, April 24, 9:00 a.m. - 10:00 a.m.

Join for an engaging and professional look at how to fortify your personal health defenses against whatever comes next. We will dive into practical, evidence-based lifestyle strategies, exploring the synergy between classic health pillars: diet, exercise, sleep, and mental well-being. 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: Watercolor & Stamping**

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

In this upcoming session, we'll explore stamping on watercolor—an expressive and freeing technique that invites experimentation, creativity, and moments of lightness. I'll demonstrate a variety of approaches, and you'll be encouraged to play with texture, color, layering, and different stamping tools in whatever way feels right for you. No art experience is needed! Facilitator: Kayt Harden

**Art Therapy: Foil Art**

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

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: Pillars of Strength**

Thursday, April 2, 10:00 a.m. - 12:00 p.m. @ Defiance

Join us in a gentle exploration of identifying what your greatest supports and resources are through mindfulness practices, guided imagery and art making. You will be invited to create an image or visual representation of what makes up your personal 'pillars of strength.' You will be able to choose from a variety of materials including painting and drawing materials as well as collage and mixed media. Facilitator: Alanna Burke-Sindlinger

**Macramé: Jar Cover \*Easy\***

Wednesday, April 22, 1:00 p.m. - 3:00 p.m. @ Toledo

Join Art Therapist Kayt Harden for this macrame class, making a jar cover!

**Art Therapy: Open Art Studio**

Wednesday, April 1, 3:00 p.m. - 5:00 p.m. @ Toledo

Wednesday, April 22, 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, April 16, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Tuesday, April 14, 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**

Friday, April 17, 2:00 p.m. - 3:30 p.m. @ Toledo

Monday, April 13, 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.

**Craft & Connect**

Thursday, April 9, 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: Fundamentals**

Thursday, April 16, 1:00 p.m. - 3:00 p.m. @ Toledo

Learn the calming and creative art of Zentangle, in our Fundamentals of Zentangle class! Facilitated by Harley King, CZT.

**Painting with Paige: Painted Records**

Friday, April 17, 12:00 p.m. - 2:00 p.m. @ Perrysburg

Art enthusiast Paige Smith hosts this fun art workshop transforming old records into beautiful works of art! Please wear a paint shirt.

**Art with Itzel: Felt Flower Wreath**

Monday, April 6, 10:00 a.m. - 12:00 p.m. @ Toledo

Join us for this exciting art class, making beautiful felt flower wreaths! Facilitated by Itzel Krauss.

**Art with Lindsay: Painted Flower Pots**

Monday, April 20, 1:00 p.m. - 3:00 p.m. @ Perrysburg

Thursday, April 30, 1:00 p.m. - 3:00 p.m. @ Defiance

Join Program Director Lindsay Haynes for this fun art class, painting pots that are ready for spring flowers! Please wear a paint shirt or apron!

**Color Me Calm**

Monday, April 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.

## CHILDREN &amp; FAMILIES

**Children's Art Therapy: Foil Art**

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

In this creative group for children, we'll explore a fun foil art technique using colorful markers to create bold, eye-catching designs that really shine. As we design and experiment, we'll also be talking together about self-confidence—what it means, how it grows, and how to recognize it in ourselves. The focus is on creativity and self-expression rather than getting it "right," helping children build confidence as they see their ideas come to life. This hands-on experience encourages imagination, positive self-talk, and the pride that comes from trying something new. Hope to see you there! Facilitator: Kayt Harden

## MOVEMENT

**Line Dancing**

Friday, April 10 and 17, 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, April 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

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, 1:00 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.

**Pink Ribbon Program**

Wednesdays, April 1 - May 6, 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 well-being. Facilitator: Kathy Farber, Ph.D. **New participants must fill out forms and get your band & booklet from the front desk.**

# APRIL 2026

- TVC @ Toledo
- TVC @ Perrysburg
- TVC @ Defiance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																															
5	10:00 Art with Itzel 10:30 Yoga 1:30 Color Me Calm	6	10:00 Healthy Steps 10:00 Chair Yoga 3:00 Drumming Circle 12:30 Yoga 5:00 Energy in Bloom 6:00 Tai Chi	7	10:00 Healthy Steps 10:00 Chair Yoga 3:00 Drumming Circle 12:30 Yoga 5:00 Energy in Bloom 6:00 Tai Chi	8	10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 6:00 General Cancer SG 6:00 Children's Art Therapy	9	10:00 Chair Yoga 10:00 Craft & Connect 1:00 Chair Yoga 2:00 Lymphedema Education 5:30 Yoga	10	10:00 Chair Yoga 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 1:00 Line Dancing	11	10:00 Chair Yoga 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 1:00 Line Dancing	12	10:00 Healthy Steps 10:00 Chair Yoga 10:00 Card Making 12:30 Yoga 3:00 Skincare Basics 6:00 Tai Chi 6:00 Breast Cancer SG	13	10:00 Healthy Steps 10:00 Chair Yoga 10:00 Card Making 12:30 Yoga 3:00 Skincare Basics 6:00 Tai Chi 6:00 Breast Cancer SG	14	10:00 Healthy Steps 10:00 Chair Yoga 10:00 Card Making 12:30 Yoga 3:00 Skincare Basics 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 6:00 Men's Cancer SG	16	10:00 Chair Yoga 10:00 Card Making 1:00 Aromatherapy 1:00 Fund. of Zentangle 1:00 Chair Yoga 5:30 Yoga	17	10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Painting with Paige 1:00 Line Dancing 1:00 Soul Care 2:00 Writing Through Cancer	18	10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Painting with Paige 1:00 Line Dancing 1:00 Soul Care 2:00 Writing Through Cancer	19	10:30 Yoga 1:00 Art with Lindsay	20	10:30 Yoga 1:00 Art with Lindsay	21	10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 6:00 Tai Chi	22	10:00 Pink Ribbon 10:00 Sound Bath 11:30 NIA Fitness 1:00 Macrame 1:30 Healthy Steps 3:00 Art Studio 6:00 Metastatic Cancer SG	23	10:00 Chair Yoga 11:00 Healthy Habits 1:00 Chair Yoga 5:30 Yoga 6:00 General Cancer SG	24	9:00 Healthy Living Series *VIRTUAL* 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Soul Care	25	9:00 Healthy Living Series *VIRTUAL* 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Soul Care	26	10:30 Yoga 1:00 Wig Bank 6:00 Sound Bath	27	10:30 Yoga 1:00 Wig Bank 6:00 Sound Bath	28	10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 6:00 Tai Chi 6:00 Breast Cancer SG 6:00 Caregiver/Family SG	29	10:00 Pink Ribbon 11:00 Nutrition 11:30 NIA Fitness 1:30 Healthy Steps	30	10:00 Chair Yoga 1:00 Chair Yoga 1:00 Art with Lindsay 5:30 Yoga	31	10:00 Chair Yoga 1:00 Chair Yoga 1:00 Art with Lindsay 5:30 Yoga



**THE VICTORY CENTER NEWSLETTER**

**APRIL 2026**

**SUPPORT GROUPS**



**Blood Cancer Support Group**

Mon., April 13, 6:00 p.m. – 7:30 p.m. @ Toledo  
In Partnership with Blood Cancer United.

**Men’s Cancer Support Group**

Wed., April 15, 6:00 p.m. – 7:30 p.m. @ Toledo

**Breast Cancer Support Group**

Tues., April 14 & 28, 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., April 8, 6:00 p.m. – 7:30 p.m. @ Toledo  
For children ages 6 – 12.

**Teens Against Cancer**

Sat., April 11, 12:00 p.m. – 1:30 p.m. @ Toledo  
For Teens ages 13-19 with cancer

**Metastatic Breast Cancer Support Group**

Wed., April 1, 6:00 p.m. – 7:30 p.m. @ Toledo - **ZOOM Available**  
Offered in partnership with Mercy Health.

**Young Cancer Survivors Support Group**

Thurs., April 2, 6:00 p.m. – 7:30 p.m. @ Perrysburg - **ZOOM Available**  
For those in their 20s, 30s, and 40s.  
Offered in partnership with Mercy Health.

**General Cancer Support Group**

Wed., April 8 6:00 p.m. – 7:30 p.m. @ Toledo  
Thurs., April 23, 6:00 p.m. – 7:30 p.m. @ Defiance - **ZOOM Available**  
For any cancer patient & their family

**Metastatic & Advanced Cancer Support Group**

Wed., April 22, 6:00 p.m. – 7:30 p.m. @ Toledo

**Caregiver & Family Support Group**

Tues., April 28, 6:00 p.m. – 7:30 p.m. @ Toledo

**SIGN UP DAY:  
TUESDAY, MARCH 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 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!