

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS

SAVE THE DATE

National Cancer Survivor Day



Sunday, June 7
12pm - 2pm
@ TVC Toledo



18th Annual Celebrity Wait Night
90'S RETRO REUNION
Thursday, May 14
Tickets on sale now!



HEALTH & WELLNESS



Aromatherapy

Wednesday, May 20, 1:00 p.m. - 2:00 p.m. @ Toledo
Thursday, May 21, 1:00 p.m. - 2:00 p.m. @ Defiance
Friday, May 22, 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, May 21, 11:00 a.m. - 12:00 p.m. @ Perrysburg
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: Participants' Choice

Friday, May 15, 1:00 - 2:30 p.m. @ Toledo
Come with topics you wish we'd discuss, your questions and things you want to meditate about. With Jane V. Lutz, MSN.

Sound Bath & Meditation

Wednesday, May 6, 10:00 a.m. - 11:00 a.m. @ Perrysburg
Monday, May 18, 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, APRIL 21**



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



Remember When ...

Since 2008, our Celebrity Wait Night Event has been bringing the community together to raise funds for TVC.

In 2019, our Fiesta-themed party was a smashing success!

SPECIAL PROGRAMS



Virtual Reality: Puerto Rico

Thursday, May 28, 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.

May Book Club: *Buckeye* by Patrick Ryan

Friday, May 15, 11:00 a.m. - 12:00 p.m. @ Toledo

Beginner Birding Field Trip

Saturday, May 16, 10:00 a.m. - 12:00 p.m.
The second week of May is considered America's biggest birding week! Participants are invited to join this fun, easy introductory workshop... designed to help you take your very first steps into birding with confidence! Expert guides will walk participants through the basics of birding, including how to use binoculars, simple bird identification tips, and how to begin noticing birds wherever you are. The experience moves at a relaxed pace, with time spent indoors and outdoors. Meet at: Pearson Metropark Parking Lot #4: 761 Lallendorf Rd. Oregon, OH 43616. This is family friendly and open to beginners of all ages! Space is limited, so RSVP!

Financial Wellness 101

Monday, May 18, 5:30 p.m. - 6:30 p.m. @ Perrysburg
This supportive and practical class, designed specifically for cancer patients and survivors, will teach you how to feel more confident and in control of your finances during and after treatment. Led by Paul and Julie Croy of MoneyDo : Daily Money Management.

Wines of Ohio (21+)

Thursday, May 21, 6:00 p.m. - 7:30 p.m. @ Toledo
Ohio's winemaking roots date back to the 1850s and continue to flourish today, with over 320 wineries! Whether you're new to wine or a seasoned enthusiast, Ohio offers a variety of options to suit every palate. Join Certified Specialist of Wine Nick Kubiak as you sample Ohio wines and discover the unique stories behind each one. Participants must be 21+ to attend.

Music Therapy: "Rise Up" Drumming Circle

Tuesday, May 26, 3:00 p.m. - 4:00 p.m. @ Toledo
Join us for a group drumming experience facilitated by Jaclyn Hotaling-O'Neill, state licensed and board-certified music therapist. We'll use the song "Rise Up" by Andra Day as inspiration to build cohesion and explore how we can experience and cultivate mutual support and connection! All instruments will be provided and prior musical experience is not needed!

Healthy Living Series: Gut Health is Whole Body Health *VIRTUAL*

Friday, May 22, 9:00 a.m. - 10:00 a.m.
In this class, we'll explore why your gut is the foundation of your entire well-being, influencing everything from mood to immunity. Walk away with practical knowledge to optimize your gut health, naturally! 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: Wire Dragonflies**

Wednesday, May 27, 1:00 p.m. - 3:00 p.m. @ Toledo

Experience the joy of making delicate dragonflies and other critters from easy-to-bend wire and pretty beads. This art therapy group offers a gentle, hands-on way to explore creativity, focus your mind, and enjoy a relaxing, supportive space. No prior art experience is needed—just bring your imagination and watch your critters come to life! Facilitator: Kayt Harden

Art Therapy: Pastels on Velour Paper

Friday, May 29, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Velour paper is a wonderfully satisfying surface for drawing with oil or chalk pastels. Its soft, fuzzy texture makes colors pop, letting you create bold, vibrant artwork. Bring an image of your choice to recreate, or try your hand at a colorful mandala. No prior experience is needed—just bring your creativity and enjoy a relaxing, supportive space! Facilitator: Kayt Harden

Art Therapy: Yarn & String Painting

Thursday, May 14, 10:00 a.m. - 12:00 p.m. @ Defiance

Learn how to paint with yarn/string! In this class, you will be creating a symbol for yourself or your healing journey. You will use yarn, string and embroidery floss to create these symbols by gluing the yarn onto a flat surface in a beautiful colorful design. Come connect with us and join us, have fun and use a traditional medium in a non-traditional way! Facilitator: Alanna Burke-Sindlinger

Macramé: Butterflies *Intermediate*

Wednesday, May 13, 3:30 p.m. - 5:30 p.m. @ Toledo

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

Art Therapy: Open Art Studio

Wednesday, May 27, 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, May 7, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Tuesday, May 12, 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.

Zentangle: Spring Flower Pots

Wednesday, May 20, 10:00 a.m. - 12:00 p.m. @ Toledo

In this month's class, we're thinking all things spring! Let's tangle on some flower pots! Fundamentals of Zentangle required. Please bring your pens and other supplies. Pots will be provided! Led by Jerrie Mowery, CZT.

Writing Through Cancer

Friday, May 22, 2:00 p.m. - 3:30 p.m. @ Toledo

Monday, May 11, 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, May 7, 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: Paper Collage Art

Friday, May 8, 12:00 p.m. - 2:00 p.m. @ Perrysburg

Art enthusiast and TVC volunteer Paige Smith hosts this fun art workshop making beautiful paper collage pieces!

Art with Lindsay: Painted Wine Glasses

Monday, May 11, 1:00 p.m. - 3:00 p.m. @ Perrysburg

Thursday, May 28, 1:00 p.m. - 3:00 p.m. @ Defiance

Join Program Director Lindsay Haynes for this fun art class, transforming plain wine glasses into beautiful works of art! Please wear a paint shirt or apron!

Color Me Calm

Monday, May 4, 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 Inks on Tile**

Wednesday, May 13, 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, May 8 and 22, 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

Friday, May 8, 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 & 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 wellbeing. Facilitator: Kathy Farber, Ph.D. **New participants must fill out forms and get your band & booklet from the front desk.**

MAY 2026

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

					10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	10:00 Reiki & the Chakras 11:15 Soften Breathe Flow
10:30 Yoga 1:30 Color Me Calm	10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 6:00 Tai Chi	10:00 Sound Bath 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 6:00 Met Breast Cancer SG	10:00 Chair Yoga 10:00 Card Making 10:00 Craft & Connect 1:00 Chair Yoga 5:30 Yoga 6:00 Young Cancer SG	10:00 Reiki & the Chakras 11:00 Book Club 11:15 Soften Breathe Flow 1:00 Soul Care	10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Painting with Paige 1:00 Line Dancing 2:00 Walking with Nature	10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Teens Against Cancer
10:30 Yoga 1:00 Art with Lindsay 6:00 Blood Cancer SG 6:00 Writing Through Cancer	10:00 Healthy Steps 10:00 Chair Yoga 10:00 Card Making 12:30 Yoga 6:00 Tai Chi 6:00 Breast Cancer SG	11:30 NIA Fitness 1:30 Healthy Steps 3:30 Macrame 6:00 General Cancer SG 6:00 Children's Art Therapy	10:00 Chair Yoga 10:00 Yarn Painting 1:00 Chair Yoga 5:30 Yoga CWN- TVC CLOSING @ 2:00	10:00 Reiki & the Chakras 11:00 Beginner Birding Field Trip	10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing 2:00 Writing Through Cancer	10:00 Reiki & the Chakras 10:00 Velour Paper Drawing 11:15 Soften Breathe Flow
10:30 Yoga 5:30 Financial Wellness 6:00 Sound Bath	10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 1:00 Wig Bank 3:00 Music Therapy 6:00 Tai Chi 6:00 Breast Cancer SG 6:00 Caregiver/Family SG	10:00 Wig Bank 10:00 Zentangle 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 6:00 Men's Cancer SG	10:00 Chair Yoga 11:00 Healthy Habits 1:00 Chair Yoga 1:00 Aromatherapy 5:30 Yoga 6:00 Wines of Ohio	9:00 Healthy Living Series *VIRTUAL* 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	9:00 Healthy Living Series *VIRTUAL* 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing 2:00 Writing Through Cancer	10:00 Reiki & the Chakras 10:00 Velour Paper Drawing 11:15 Soften Breathe Flow
	TVC CLOSED HAPPY MEMORIAL DAY	10:00 NIA Fitness 1:00 Wire Dragonflies 1:30 Healthy Steps 3:00 Open Art Studio 6:00 Metastatic Cancer SG	10:00 Chair Yoga 11:00 VR Expedition 1:00 Art with Lindsay 1:00 Chair Yoga 5:30 Yoga 6:00 General Cancer SG	10:00 Reiki & the Chakras 10:00 Velour Paper Drawing 11:15 Soften Breathe Flow	10:00 Reiki & the Chakras 10:00 Velour Paper Drawing 11:15 Soften Breathe Flow	

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MAY 2026

SUPPORT GROUPS



Blood Cancer Support Group

Mon., May 11, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with Blood Cancer United.

Men’s Cancer Support Group

Wed., May 20, 6:00 p.m. – 7:30 p.m. @ Toledo

Breast Cancer Support Group

Tues., May 12 & 26, 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., May 13, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.

Teens Against Cancer

Sat., May 9, 12:00 p.m. – 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer

Metastatic Breast Cancer Support Group

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

Young Cancer Survivors Support Group

Thurs., May 7, 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., May 13, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., May 28, 6:00 p.m. – 7:30 p.m. @ Defiance - **ZOOM Available**
For any cancer patient & their family

Metastatic & Advanced Cancer Support Group

Wed., May 27, 6:00 p.m. – 7:30 p.m. @ Toledo

Caregiver & Family Support Group

Tues., May 26, 6:00 p.m. – 7:30 p.m. @ Toledo

SIGN UP DAY:

TUESDAY, APRIL 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

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