

JUNE 2026

THE VICTORY CENTER NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS



National Cancer Survivor Day



Sunday June 7, 12pm - 2pm @ TVC Toledo
Peace, Love & Healing

Groovy! Music, food, raffle prizes, and games! Family and friends welcome!

NEW TIME, DAY, AND LOCATION!

Aquatic Exercise @ Ft. Meigs YMCA

Saturdays, 11:30am - 12:30pm @ Ft. Meigs YMCA

Aquatic Exercise offers a gentle, low-impact way for cancer patients and survivors to build strength and improve flexibility in a heated therapy pool.

Please call 419-531-7600 to RSVP. Address: 13415 Eckel Junction Rd. Perrysburg, OH 43551. Offered in partnership with the YMCA of Greater Toledo!

HEALTH & WELLNESS



Aromatherapy

Wednesday, June 24, 1:00 p.m. - 2:00 p.m. @ Toledo

Thursday, June 18, 1:00 p.m. - 2:00 p.m. @ Defiance

Friday, June 26, 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: The Power of Carbs

Thursday, June 18, 11:00 a.m. - 12:00 p.m. @ Toledo

Join us for our Healthy Habits class as we dive into The Power of Carbs and learn how the right carbohydrates can boost your energy, support your body, and keep you feeling your best! Discover how to make carbs work for you, not against you! Facilitated by Mike Balogh, MBFit Nutrition & Fitness LLC.

Soul Care: Abundance

Friday, June 19 & 26, 1:00 - 2:30 p.m. @ Toledo

We'll discuss a number of approaches for expanding prosperity consciousness! With Jane V. Lutz, MSN.

Sound Bath & Meditation

Wednesday, June 3, 10:00 a.m. - 11:00 a.m. @ Perrysburg

Monday, June 29, 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, MAY 19**










The first Sunday of every June is National Cancer Survivors Day. For many years, The Victory Center has celebrated ALL of our amazing cancer survivors by hosting a picnic on this day. This one, in 2016, was full of fun and laughter for survivors and families alike!

SPECIAL PROGRAMS



Virtual Reality: Istanbul

Thursday, June 25, 11:00 a.m. - 12:00 p.m. @ Perrysburg

Explore stunning architecture, vibrant markets, and rich culture from every angle...let's go to Istanbul! With Guide Sara Gray from The Way Library.

Women's Self Defense and Empowerment Class

Wednesday, June 24, 6:00 p.m. - 7:30 p.m. @ Toledo

Lisa Halsey from Elite Karate leads this special class for women on self defense and empowerment, designed to help you build confidence, learn practical safety techniques, and trust your instincts. This supportive, judgment-free space is all about strength...inside and out. Come as you are, and leave feeling empowered!

Juices in June!

Thursday, June 11, 3:00 p.m. - 4:00 p.m. @ Defiance

Sip, sample, and get inspired! Join us for a refreshing class where you'll learn how to create delicious, nutrient-packed juices and learn about their benefits too! You'll have the chance to taste the juices, discover new flavor combinations, and head home with easy-to-follow recipes! Facilitated by Melissa Tisi-Spiller.

Music Therapy: "I Am Enough" Drumming Circle

Tuesday, June 9 & 16, 2:30 p.m. - 3:30 p.m. @ Toledo

Tuesday, June 2 & 23, 2:30 p.m. - 3:30 p.m. @ Perrysburg

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 "I Am Enough" by Daphne Willis 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!

Tie Dye Party

Thursday, June 18, 6:00 p.m. - 7:00 p.m. @ Toledo

Get ready to twist, swirl, and splash into color! Join us for a fun filled Tie Dye Party! Whether you're going bold and bright or soft and swirly, you'll leave with a one-of-a-kind masterpiece! Come hang out, get creative, and let's make something groovy together! Kids welcome! **Please bring one pre-washed white or light colored shirt to dye!** Make sure to wear clothes you don't mind getting messy or stained!

Brows and Makeup Class with Merle Norman Cosmetics

Tuesday, June 30, 11:30 a.m. - 12:30 p.m. @ Toledo

Join us for a gentle, supportive brow and makeup class designed especially for cancer patients and survivors. Learn simple techniques to define brows, enhance your natural features, and create a stunning everyday makeup look, all in a welcoming and understanding space! All products and samples provided!



Healthy Living Series: Natural Pain Management *VIRTUAL*

Friday, June 26, 9:00 a.m. - 10:00 a.m.

Pain is a signal that something is wrong. Paying attention and being mindful of pain can translate into meaningful healing. Learn how to treat adverse symptoms (pain, inflammation), while investigating root causes (injury, illness). 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: Decorating Frames with Clay**

Wednesday, June 17, 1:00 p.m. - 3:00 p.m. @ Toledo

You're invited to a gentle, creative space designed just for you. In this art therapy group, we'll be decorating picture frames using air-dry clay, allowing for an opportunity to slow down, engage your senses, and express yourself in a supportive environment. You'll have the option to design a frame that can hold a cherished photo or memory—something meaningful that reflects connection, love, or resilience. Facilitator: Kayt Harden

Art Therapy: Watercolor & Stamping

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

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. We hope you'll come create with us! Facilitator: Kayt Harden

Art Therapy: Paper Bead Jewelry

Thursday, June 11, 10:00 a.m. - 12:00 p.m. @ Defiance

Join us for some fun in making jewelry that ignites hope, inspiration and will. You will learn how to make paper beads and will be able to choose other beads to make bracelets or necklaces of hope and inspiration. Learn the power of setting intention and fostering personal hope! We hope to see you there! Facilitator: Alanna Burke-Sindlinger

Macramé: Lanyard *Intermediate*

Wednesday, June 10, 4:00 p.m. - 6:00 p.m. @ Toledo

Join Art Therapist Kayt Harden for this month's macrame class, making a macrame lanyard!

Art Therapy: Open Art Studio

Wednesday, June 17, 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, June 11, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Tuesday, June 9, 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: Tangle & Talk

Thursday, June 18, 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! Fundamentals of Zentangle required. Facilitated by Harley King, CZT.

Writing Through Cancer

Friday, June 26, 2:00 p.m. - 3:30 p.m. @ Toledo

Monday, June 8, 2:00 p.m. - 3:30 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, June 4, 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: Flip Flop Beach Painting

Friday, June 5, 12:00 p.m. - 2:00 p.m. @ Perrysburg

Join art enthusiast Paige Smith for a fun, guided painting class where you'll create a relaxing beach scene... complete with flip flops, sandy shores, and starfish!

Art with Lindsay: Lightning Bug Jar Painting

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

Thursday, June 25, 1:00 p.m. - 3:00 p.m. @ Defiance

Join us for this fun guided class where we'll be painting glowing jars filled with twinkling lightning bugs - bringing those warm summer evenings to life on canvas! With Program Director Lindsay Haynes.

Color Me Calm

Monday, June 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.

CHILDREN & FAMILIES

**Children's Art Therapy: Clay Decorated Frames**

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

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

Join us for a fun and creative art group where you can make something special while spending time with others who understand what you're going through. We'll be decorating picture frames using soft, moldable clay - squishing, shaping, and creating designs that are totally your own. Art can be a great way to relax, use your imagination, and express feelings in a safe and supportive space. You can create a frame for a favorite photo or memory of someone important to you. Facilitator: Kayt Harden

MOVEMENT

**Line Dancing**

Friday, June 12 and 19, 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

Wednesday, June 10, 5:00 p.m. - 6:30 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, June 3 - July 8, 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.**

Aquatic Exercise @ Ft. Meigs YMCA

Saturdays, 11:30am - 12:30pm @ Ft. Meigs YMCA


Aquatic Exercise offers a gentle, low-impact way for cancer patients and survivors to build strength and improve flexibility in a heated therapy pool. **Please call 419-531-7600 to RSVP.** Address: 13415 Eckel Junction Rd.

Perrysburg, OH 43551. Offered in partnership with the YMCA of Greater Toledo!

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7</p>  <p>12pm - 2pm TVC Toledo</p>	<p>10:30 Yoga</p> <p>1:30 Color Me Calm</p>	<p>10:00 Healthy Steps</p> <p>10:00 Chair Yoga</p> <p>12:30 Yoga</p> <p>2:30 Music Therapy</p> <p>6:00 Tai Chi</p>	<p>10:00 Pink Ribbon</p> <p>10:00 Sound Bath</p> <p>11:30 NIA Fitness</p> <p>1:30 Healthy Steps</p> <p>6:00 Met Breast Cancer SG</p>	<p>10:00 Chair Yoga</p> <p>10:00 Craft & Connect</p> <p>1:00 Chair Yoga</p> <p>5:30 Yoga</p> <p>6:00 Young Cancer SG</p>	<p>10:00 Reiki & the Chakras</p> <p>11:15 Soften Breathe Flow</p> <p>12:00 Painting with Paige</p>	<p>11:30 Aquatic Exercise</p>
<p>8</p>	<p>10:30 Yoga</p> <p>2:00 Writing Through Cancer</p> <p>6:00 Blood Cancer SG</p>	<p>10:00 Healthy Steps</p> <p>10:00 Chair Yoga</p> <p>10:00 Card Making</p> <p>12:30 Yoga</p> <p>2:30 Music Therapy</p> <p>6:00 Tai Chi</p> <p>6:00 Breast Cancer SG</p>	<p>10:00 Pink Ribbon</p> <p>11:30 NIA Fitness</p> <p>1:30 Healthy Steps</p> <p>4:00 Macrame</p> <p>5:00 Walking with Nature</p> <p>6:00 General Cancer SG</p> <p>6:00 Children's Art Therapy</p>	<p>10:00 Chair Yoga</p> <p>10:00 Card Making</p> <p>10:00 Paper Bead Jewelry</p> <p>1:00 Chair Yoga</p> <p>3:00 Juices in June!</p> <p>5:30 Yoga</p>	<p>10:00 Reiki & the Chakras</p> <p>10:00 Watercolor Stamping</p> <p>11:15 Soften Breathe Flow</p> <p>1:00 Line Dancing</p>	<p>11:30 Aquatic Exercise</p> <p>12:00 Teens Against Cancer</p>
<p>14</p>	<p>10:30 Yoga</p> <p>1:00 Art with Lindsay</p>	<p>10:00 Healthy Steps</p> <p>10:00 Chair Yoga</p> <p>12:30 Yoga</p> <p>2:30 Music Therapy</p> <p>NO TAI CHI</p>	<p>10:00 Pink Ribbon</p> <p>10:00 Wig Bank</p> <p>NO NIA</p> <p>1:00 Clay Decorated Frames</p> <p>1:30 Healthy Steps</p> <p>3:00 Open Art Studio</p> <p>6:00 Men's Cancer SG</p>	<p>10:00 Chair Yoga</p> <p>11:00 Healthy Habits</p> <p>1:00 Chair Yoga</p> <p>1:00 Zentangle</p> <p>1:00 Aromatherapy</p> <p>5:30 Yoga</p> <p>6:00 Tie Dye Party</p>	<p>10:00 Reiki & the Chakras</p> <p>11:15 Soften Breathe Flow</p> <p>1:00 Line Dancing</p> <p>1:00 Soul Care</p>	<p>11:30 Aquatic Exercise</p>
<p>21</p>	<p>10:30 Yoga</p> <p>1:00 Wig Bank</p>	<p>10:00 Healthy Steps</p> <p>10:00 Chair Yoga</p> <p>12:30 Yoga</p> <p>2:30 Music Therapy</p> <p>NO TAI CHI</p> <p>6:00 Breast Cancer SG</p> <p>6:00 Caregiver/Family SG</p>	<p>10:00 Pink Ribbon</p> <p>11:30 NIA Fitness</p> <p>1:00 Aromatherapy</p> <p>1:30 Healthy Steps</p> <p>6:00 Metastatic Cancer SG</p> <p>6:00 Women's Self Defense Class</p>	<p>10:00 Chair Yoga</p> <p>11:00 VR Expedition</p> <p>1:00 Art with Lindsay</p> <p>1:00 Chair Yoga</p> <p>5:30 Yoga</p> <p>6:00 General Cancer SG</p>	<p>9:00 Healthy Living Series "VIRTUAL"</p> <p>10:00 Reiki & the Chakras</p> <p>11:15 Soften Breathe Flow</p> <p>1:00 Aromatherapy</p> <p>1:00 Soul Care</p> <p>2:00 Writing Through Cancer</p>	<p>11:30 Aquatic Exercise</p>
<p>28</p>	<p>10:30 Yoga</p> <p>6:00 Sound Bath</p>	<p>10:00 Healthy Steps</p> <p>10:00 Chair Yoga</p> <p>11:30 Brows/Makeup Class</p> <p>12:30 Yoga</p> <p>6:00 Tai Chi</p>				

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SUPPORT GROUPS



Blood Cancer Support Group

Mon., June 8, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with Blood Cancer United.

Men’s Cancer Support Group

Wed., June 17, 6:00 p.m. – 7:30 p.m. @ Toledo

Breast Cancer Support Group

Tues., June 9 & 23, 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., June 10, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.

Teens Against Cancer

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

Metastatic Breast Cancer Support Group

Wed., June 3, 6:00 p.m. – 7:30 p.m. @ Toledo - **ZOOM Available**
Offered in partnership with Mercy Health.

Young Cancer Survivors Support Group

Thurs., June 4, 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., June 10, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., June 25, 6:00 p.m. – 7:30 p.m. @ Defiance - **ZOOM Available**
For any cancer patient & their family

Metastatic & Advanced Cancer Support Group

Wed., June 24, 6:00 p.m. – 7:30 p.m. @ Toledo

Caregiver & Family Support Group

Tues., June 23, 6:00 p.m. – 7:30 p.m. @ Toledo

**SIGN UP DAY:
TUESDAY, MAY 19**

**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!