DECEMBER 2026

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS

TVC Holiday Help Application Due Date: Tuesday, December 1st



The holidays are right around the corner, and for survivors and their families, the financial burden during the holiday season can be overwhelming. This program provides holiday assistance by matching you with a sponsor to provide gifts for the holiday. Applications available at any TVC location!

SPECIAL PROGRAMS

TVC HOLIDAY PARTY & POTLUCK

Monday, December 7, 5:00 p.m. – 7:00 p.m.

Mark your calendars and join us for a tree-mendous night filled with laughter, light, and plenty of peppermint cheer! Wear your best Holiday Sweater for a chance to win a special prize! **Due to space constraints, participants may bring 1 guest!** **Please bring your best homemade dish (or store bought classic!) to share - main dish, side dish, or dessert! Please RSVP with the dish you'll be bringing!

Art with Lindsay: DIY Nutcrackers

Monday, December 14, 1:00 p.m. - 3:00 p.m. @ Perrysburg
Wednesday, December 16, 5:00 p.m. - 7:00 p.m. @ Toledo
Thursday, December 10, 1:00 p.m. - 3:00 p.m. @ Defiance

Crack open your creativity this holiday season! Join us for a fun afternoon as we paint, decorate, and personalize our very own DIY nutcrackers. Add buttons, embellishments, and festive flair to create a nutcracker that's uniquely yours! **Participants may choose one class to attend.**

Mah Jongg Open Play

Tuesday, December 15, 4:00 p.m. - 6:00 p.m. @ Toledo

Calling all Mah Jongg players! Join us for Open Play Mah Jongg and enjoy a relaxed game, friendly competition, and plenty of fun! Tiles and mats provided - just bring your strategy and game face. Please bring your 2026 National Mah Jongg League card or 2026 Tracker!

Cookie Decorating with Carolyn: Holiday Cookies!

Monday, December 14, 6:00 p.m. - 7:30 p.m. @ Toledo
Tuesday, December 15, 6:00 p.m. - 7:30 p.m. @ Perrysburg

Join us for a Holiday Cookie Decorating Class with the talented Carolyn Spalding from Bite by Carolyn! Participants will learn some sweet decorating techniques and create their own festive cookies to enjoy. It's sure to be a dough-lightful time!

Crystals & Meditation

Monday, December 21, 11:00 a.m. - 12:30 p.m. @ Toledo
Wednesday, December 9, 11:00 a.m. - 12:30 p.m. @ Perrysburg

This class will cover the implementation, use, and care of crystals as a beneficial support in our daily lives and during meditation practices! In addition, this class will cover how to use crystals in correspondence with our main 7 Chakra energetic centers. A short group guided meditation to practice the principles we learn together is included at the end of the class. Namaste! Facilitated by Megan Adams, TVC Reiki Practitioner!

Holidays & Grief Talk

Tuesday, December 8, 2:00 p.m. - 3:00 p.m. @ Toledo

The holiday season can be especially difficult when you're grieving the loss of someone you love. Join us for a safe and supportive space to share, connect, and find comfort with others who understand. Led by Brittney Baney, Hospice Clinical Liaison with Southerncare.

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

Remember When ...

In this last month of our 30th anniversary year, we want to celebrate the fact that we have already provided free services to more than 1,100 individuals just this year!

HEALTH & WELLNESS

Aromatherapy

Wednesday, December 16, 1:00 p.m. - 2:00 p.m. @ Toledo
Thursday, December 17, 1:00 p.m. - 2:00 p.m. @ Defiance
Friday, December 18, 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

When we breathe well, we create optimal conditions for our health and well being. Observing the breath, which occurs 22,000 times per day, is an invitation to observe our relationship to all of life. Kathie will lead practices that invite you to soften, listen and receive this powerful life-changing energy in a new and exciting way! Movement will be gentle and suitable for all levels!

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: New Year Health Focus

Thursday, December 17, 11:00 a.m. – 12:00 a.m. @ Toledo

Start the year strong by focusing on healthy habits and discovering simple ways to nourish your body and mind. Small changes can lead to big results, one healthy habit at a time! Facilitated by Mike Balogh, MBFit Nutrition & Fitness LLC.

Soul Care: Managing Holiday Stress

Friday, December 18, 1:00 - 2:30 p.m. @ Toledo

In this month's soul care class, we'll practice a number of techniques for decreasing holiday stress. With Jane V. Lutz, MSN.

Music Therapy: Drumming Circle

Tuesday, December 15, 2:30 p.m. - 3:20 p.m. @ Toledo

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!

Fight Back with Nutrition: Nutrition During Treatment

Wednesday, December 2, 11:00 a.m. - 12:00 p.m. @ Perrysburg

Join licensed dietitian and TVC volunteer Julie Hebeka in this month's nutrition class.

Sound Bath & Meditation

Monday, December 21, 6:00 p.m. - 7:00 p.m. @ Toledo
Wednesday, December 2, 5:00 p.m. - 6:00 p.m. @ Perrysburg

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 Holly Strawbridge & Ginger Materni.

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

RSVP BY CALLING: **419-531-7600**

MORE NEWS →

CREATIVE ARTS

Art Therapy: Intuitive Collage
Wednesday, December 9, 3:30 p.m. - 5:30 p.m. @ Toledo

Join us for an intuitive collage-making experience using small, thoughtfully prepared kits and step-by-step guidance. Through choosing images, colors, and words, we'll explore creativity, self-expression, and reflection in a welcoming, supportive space. Life doesn't always give us control over what we're handed, but we can learn to work with what we have, discovering unexpected beauty, meaning, and new possibilities along the way. No artistic experience is needed; just come as you are! Facilitator: Kayt Harden

Art Therapy: Neurographic Artmaking
Friday, December 18, 10:00 a.m. – 12:00 p.m. @ Perrysburg

Join us for a relaxing art therapy group exploring neurographic art, a creative practice that combines flowing lines, rounded shapes, and watercolor to create unique, colorful artwork. This mindful process encourages relaxation, stress reduction, and a gentle shift away from the worries and challenges that can accompany a cancer diagnosis and treatment. Facilitator: Kayt Harden

Art Therapy: Candle Decorating
Tuesday, December 1, 12:00 p.m. – 2:00 p.m. @ Defiance

Join me in setting intention and lighting the flame! This time of the year is one of deep reflection for many and it can be a great opportunity to shine light on what our greatest gifts are and reconnect with our external community as well as the deepest parts of ourselves that we may have forgotten about or neglected in the past year. In this group we will be decorating candles to represent what we want to ignite within our selves and keep alive as we approach Winter! Facilitator: Alanna Burke-Sindlinger

Macramé: Christmas Tree
Wednesday, December 2, 3:00 p.m. - 5:00 p.m. @ Toledo

Join survivor Michelle Martin in this month's macrame class, making a super cute and festive Christmas tree!

Macramé: Ornaments
Tuesday, December 15, 12:00 p.m. - 2:00 p.m. @ Defiance

Join survivor Dawn Goeltzenleuchter in a special holiday macrame class at our Defiance office, making macrame ornaments!

Card Making
Thursday, December 3, 10:00 a.m. - 12:00 p.m. @ Perrysburg
Tuesday, December 1, 10:00 a.m. - 12:00 p.m. @ Toledo
Tuesday, December 1, 1:30 p.m. - 3:30 p.m. @ Toledo

Create a variety of homemade cards with TVC Volunteers Debbie McNamee & Cheryl Harwick! **Participants may choose one class to attend - no more than one.**

Zentangle: Tangle & Talk
Thursday, December 10, 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.

Craft & Connect: Painted Snowman Magnets
Thursday, December 3, 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!

Writing Through Cancer
Friday, December 18, 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.

Painting with Paige: Gingerbread House Painting
Friday, December 11, 12:00 p.m. - 2:00 p.m. @ Perrysburg

Art enthusiast and TVC volunteer Paige Smith hosts this fun guided painting class, painting an adorable gingerbread house on canvas! Please wear clothes you don't mind getting messy!

Color Me Calm
BACK IN JANUARY 2027

CHILDREN & FAMILIES

Children's Art Therapy: Holiday Trees
Wednesday, December 9, 6:00 p.m. - 7:30 p.m. @ Toledo

For children & grandchildren, ages 6-12, of cancer patients/survivors. Celebrate the season with a joyful, hands-on art experience! Children will create festive holiday cards using shiny tin foil, colorful tissue paper, and their own imagination. Together, we'll explore creativity, share in the magic of the season, and make heartfelt keepsakes to bring joy to the special people we love. A wonderful opportunity to connect, create, and spread a little holiday cheer! Facilitator: Kayt Harden

MOVEMENT

Line Dancing
Friday, December 11 & 18, 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, December 3, 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
BACK IN JANUARY 2027

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!

MORE NEWS →

DECEMBER 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Healthy Steps 10:00 Chair Yoga 10:00 Card Making 12:00 Art Therapy 12:30 Yoga 1:30 Card Making 6:00 Tai Chi	2 11:30 NIA Fitness 11:00 Nutrition 1:30 Healthy Steps 3:00 Macrame 5:00 Sound Bath 6:00 Met Breast Cancer SG	3 10:00 Chair Yoga 10:00 Card Making 10:00 Craft & Connect 1:00 Chair Yoga 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	4 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	5 11:30 Aquatic Exercise
6	7 10:30 Yoga 5:00 TVC Holiday Party!	8 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 2:00 Holiday Grief Talk 6:00 Tai Chi 6:00 Breast Cancer SG	9 11:30 NIA Fitness 11:00 Crystals & Meditation 1:30 Healthy Steps 3:30 Art Therapy 6:00 General Cancer SG 6:00 Children's Art Therapy	10 10:00 Chair Yoga 1:00 Art with Lindsay 1:00 Chair Yoga 1:00 Zentangle 5:30 Yoga	11 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 12:00 Painting with Paige 1:00 Line Dancing	12 10:00 Wig Bank 11:30 Aquatic Exercise 12:00 Teens Against Cancer
13	14 10:30 Yoga 1:00 Art with Lindsay 6:00 Cookie Decorating 6:00 Blood Cancer SG	15 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 12:00 Macrame 2:30 Music Therapy 4:00 Mah Jongg 6:00 Cookie Decorating NO TAI CHI	16 10:00 Wig Bank 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Art with Lindsay 6:00 Men's Cancer SG	17 10:00 Chair Yoga 11:00 Healthy Habits 1:00 Aromatherapy 1:00 Chair Yoga 5:30 Yoga 6:00 General Cancer SG	18 10:00 Reiki & the Chakras 10:00 Art Therapy 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing 1:00 Soul Care 2:00 Writing Through Cancer	19 11:30 Aquatic Exercise
20	21 10:30 Yoga 11:00 Crystals & Meditation 1:00 Wig Bank 6:00 Sound Bath	22 10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 6:00 Tai Chi 6:00 Caregiver/Family SG 6:00 Breast Cancer SG	23 11:30 NIA Fitness 1:30 Healthy Steps	24 TVC CLOSED Happy Holidays!	25	26 11:30 Aquatic Exercise
27	28	29	30	31		

TVC CLOSED DECEMBER 28 - DECEMBER 31

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

3166 N. Republic Blvd.
Toledo, OH 43615

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THE VICTORY CENTER NEWSLETTER DECEMBER 2026

SUPPORT GROUPS

Blood Cancer Support Group
Mon., Dec 14, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with Blood Cancer United.

Men's Cancer Support Group
Wed., Dec 16, 6:00 p.m. – 7:30 p.m. @ Toledo

Breast Cancer Support Group
Tues., Dec 8 & 22, 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., Dec 9, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.

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

Metastatic Breast Cancer Support Group
Wed., Dec 2, 6:00 p.m.– 7:30 p.m. @ Toledo - **ZOOM Available**
Offered in partnership with Mercy Health.

Young Cancer Survivors Support Group
Thurs., Dec 3, 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., Dec 9, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., Dec 17, 6:00 p.m. – 7:30 p.m. @ Defiance - **ZOOM Available**
For any cancer patient & their family

Caregiver & Family Support Group
Tues., Dec 22, 6:00 p.m. - 7:30 p.m. @ Toledo

Prostate Cancer Support Group
NO DECEMBER MEETING

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, NOVEMBER 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!