

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS
AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS



GIVEAWAY!

Win an Overnight Stay at Cannalee Treehouse Village!

Participants can enter to win an overnight stay for you & a guest in one of four treehouses at the Cannalee Treehouse Village in Swanton, OH!
When: Tuesday, Sept 29 4:00 p.m. - Wednesday, Sept 30 10:00 a.m.

To Enter: Fill out an entry form at any TVC location.
Pizza, drinks, and s'mores around the fire provided by TVC!
Winners will be drawn 9/16.

Treehouses have electricity, heat, and AC. Restrooms are nearby but are NOT inside the treehouses. Two of the treehouses are ADA accessible with ramps.

OTE4VICTORY!
Thursday, September 3
&
Friday, September 4

In 2016, The Victory Center took fundraising to new heights by introducing Over the Edge for Victory! This is the first and only rappelling fundraiser in the region. Our 10th event will happen on Sept. 4, 2026!



Remember When ...



Former CEO of ProMedica, Randy Oostra was the very first rappeller in our inaugural event!

HEALTH & WELLNESS



Aromatherapy

Wednesday, September 16, 1:00 p.m. - 2:00 p.m. @ Toledo
Thursday, September 17, 1:00 p.m. - 2:00 p.m. @ Defiance
Friday, September 25, 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: Navigating the Grocery Store

Thursday, September 3, 11:00 a.m. - 12:00 p.m. @ Perrysburg

Grocery shopping can feel overwhelming, but making healthy choices doesn't have to be complicated! Join us for an informative Healthy Habits class all about navigating the grocery store with confidence. Facilitated by Mike Balogh, MBFit Nutrition & Fitness LLC.

Soul Care: Managing Cancer-Related Post Traumatic Stress

Friday, September 18 & 25, 1:00 - 2:30 p.m. @ Toledo

We'll discuss ways of managing these symptoms and other signs of cancer related post-traumatic stress. With Jane V. Lutz, MSN.

Music Therapy: Drumming Circle

Tuesday, September 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!

Wednesday, September 16, 12:00 - 1:00 p.m. @ Toledo

Join licensed dietitian and TVC volunteer Julie Hebekka in this month's nutrition class!

Sound Bath & Meditation

Monday, September 28, 6:00 p.m. - 7:00 p.m. @ Toledo

Tuesday, September 15, 2:00 p.m. - 3:00 p.m. @ Defiance

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 & Lisa Fry.

SPECIAL PROGRAMS

September Book Club: *The Women* by Kristin Hannah

Friday, September 18, 11:00 a.m. - 12:00 p.m. @ Toledo

Cannalee Treehouse Village Retreat!

Tuesday, September 29, 12:00 p.m. - 4:00 p.m.

Join us for a fun-filled day at the Toledo Metroparks Cannalee Treehouse Village! Bring the whole family and spend the day exploring all the unique treehouses! We'll have something for everyone, including yoga with Shauna Gilsdorf, games and crafts, a scavenger hunt, and delicious snacks. Nestled within the beautiful Oak Openings Preserve, the Cannalee Treehouse Village offers a unique experience where families can explore beautiful treehouses and enjoy nature! The Cannalee Treehouse Village is located at the Beach Ridge area of Oak Openings Preserve, 3520 Waterville Swanton Rd, Swanton, OH 43558. Yoga will be at 1:00pm - please bring your own yoga mat if you plan to attend the yoga session!

Cancer & Rehab Talk

Thursday, September 17, 3:00 p.m. - 4:00 p.m. @ Toledo

Anne Schroeder, Physical Therapist and Certified Oncology Rehabilitation Therapist for Bon Secours Mercy Health, will present an overview of cancer treatments and their side effects. Information will be presented on Oncology Rehabilitation and its goal of preventing functional decline and optimizing return to daily activities. The focus of this talk will be to educate and empower cancer survivors on the benefits of safe exercise through treatment and beyond!

It's Back! Intro to Mah Jongg

Wednesday, September 2, 5:00 p.m. - 7:00 p.m. @ Toledo

Back by popular demand! Ready to learn a new game and have some fun? Join us for our Intro to Mah Jongg class! Whether you've never played before or are looking for a refresher, this beginner-friendly class will teach you the basics of this classic tile-based game in a relaxed and welcoming environment! Led by Kateri Walsh, Mah Jongg teacher!

NEW! Prostate Cancer Support Group

Monday, September 28, 6:00 p.m. - 7:30 p.m. @ Toledo

All prostate cancer survivors welcome, as well as caregivers/spouses! Facilitated by Roger Augustyniak and Ernie Spohn.

Healthy Living Series: Holistic Cancer Recovery *VIRTUAL*

Friday, September 25, 9:00 a.m. - 10:00 a.m.

Navigate the path after a cancer diagnosis or treatment by attending this presentation on holistic recovery! We will address common side effects and symptoms caused by surgery, radiation, and chemotherapy, offering natural and complementary methods for managing fatigue, pain, nausea, and neuropathy. Led by Lily Kunning, Herbalist & Educator. Participants will be sent a zoom link via email for the class!

SIGN UP DAY: **TUESDAY, AUGUST 18**

RSVP BY CALLING:

419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Faux Stained Glass Painting**

Wednesday, September 23, 1:00 p.m. - 3:00 p.m. @ Toledo

On watercolor paper, we will create our own stained glass-inspired designs by exploring the beautiful contrast of light and dark. Inspiration and sample designs will be provided, but you're also welcome to bring your own design ideas. Facilitator: Kayt Harden

Art Therapy: Decorating Frames with Clay

Friday, September 11, 10:00 a.m. - 12:00 p.m. @ Perrysburg

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! Facilitator: Kayt Harden

Art Therapy: Paint Pouring

Tuesday, September 1, 12:00 p.m. - 2:00 p.m. @ Defiance

Join us for some fun, light hearted play with resist and paint pouring where you will be invited to let go of perfectionism and control and trust the process!

Facilitator: Alanna Burke-Sindlinger

Macramé: Daisy *Easy*

Wednesday, September 9, 4:00 p.m. - 6:00 p.m. @ Toledo

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

Art Therapy: Open Art Studio

Wednesday, September 23, 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, September 10, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Tuesday, September 8, 10:00 a.m. - 12:00 p.m. @ Toledo

Tuesday, September 8, 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

Tuesday, September 15, 10:00 a.m. - 12:00 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 Jerrie Mowery, CZT.

Writing Through Cancer

Friday, September 25, 2:00 p.m. - 3:30 p.m. @ Toledo

Wednesday, September 30, 5:00 p.m. - 6:30 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, September 10, 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!

Art After Dark w/ Lindsay: Painted Wine Glasses

Wednesday, September 16, 5:00 p.m. - 7:00 p.m. @ Toledo

Join Program Director Lindsay Haynes for this special evening art class, painting one-of-a-kind wine glasses!

Art with Itzel: Paper Flower Wall Art

Monday, September 28, 10:00 a.m. - 12:00 p.m. @ Toledo

Join TVC's Itzel Krauss and make a beautiful paper flower wall hanging - no experience required, just bring your creativity and eagerness to try something new!

Art with Lindsay: Pumpkin Door Hangings

Monday, September 21, 1:00 p.m. - 3:00 p.m. @ Perrysburg

Thursday, September 24, 1:00 p.m. - 3:00 p.m. @ Defiance

Join for a fun fall class, painting one of a kind pumpkin door hangings! Please wear clothes you don't mind getting messy!

Color Me Calm

Monday, September 14, 2:00 p.m. - 3:00 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!

CHILDREN & FAMILIES

**Children's Art Therapy: Silhouette Self-Portraits**

Wednesday, September 9, 6:00 p.m. - 7:30 p.m. @ Toledo

For children & grandchildren, ages 6-12, of cancer patients/survivors. Children who have a loved one diagnosed with cancer often experience many emotions while navigating changes at home. This month, our Children's Art Therapy Group will focus on self-esteem through a creative silhouette self-portrait collage activity. As children design their portraits, they'll be encouraged to reflect on their unique strengths, qualities, and the things that make them special.

Facilitator: Kayt Harden

MOVEMENT

**Line Dancing**

Friday, September 11 & 25, 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, September 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

Wednesdays, August 5 - Sept. 9, 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!



TVC @ Toledo



TVC @ Perrysburg



TVC @ Defiance



SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Healthy Steps 10:00 Chair Yoga 12:00 Art Therapy 12:30 Yoga 6:00 Tai Chi	2 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Intro to Mah Jongg 6:00 Met Breast Cancer SG	3 10:00 Chair Yoga 11:00 Healthy Habits 1:00 Chair Yoga 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	4  TVC CLOSED	5 11:30 Aquatic Exercise
6	7  TVC CLOSED	8 10:00 Healthy Steps 10:00 Chair Yoga 10:00 Card Making 12:30 Yoga 1:30 Card Making 6:00 Tai Chi 6:00 Breast Cancer SG	9 10:00 Pink Ribbon NO NIA 1:30 Healthy Steps 4:00 Macrame 6:00 General Cancer SG 6:00 Children's Art Therapy	10 10:00 Chair Yoga 10:00 Card Making 10:00 Craft & Connect 1:00 Chair Yoga 5:30 Yoga	11 10:00 Reiki & the Chakras 10:00 Clay Decorated Frames 11:15 Soften Breathe Flow 1:00 Line Dancing	12 10:00 Wig Bank 11:30 Aquatic Exercise 12:00 Teens Against Cancer
13	14 10:30 Yoga 2:00 Color Me Calm 6:00 Blood Cancer SG	15 10:00 Healthy Steps 10:00 Zentangle 10:00 Chair Yoga 12:30 Yoga 2:00 Sound Bath 2:30 Music Therapy 6:00 Tai Chi	16 10:00 Wig Bank 11:30 NIA Fitness 12:00 Nutrition 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Art after Dark 6:00 Men's Cancer SG	17 10:00 Chair Yoga 1:00 Aromatherapy 1:00 Chair Yoga 3:00 Cancer & Rehab Talk 5:30 Yoga	18 10:00 Reiki & the Chakras 11:00 Book Club 11:15 Soften Breathe Flow 1:00 Soul Care	19 11:30 Aquatic Exercise
20	21 10:30 Yoga 1:00 Art with Lindsay	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 1:00 Faux Stained Glass Painting 3:00 Open Art Studio	24 10:00 Chair Yoga 1:00 Chair Yoga 1:00 Art with Lindsay 5:30 Yoga 6:00 General Cancer SG	25 9:00 Healthy Living Series "VIRTUAL" 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing 1:00 Soul Care 2:00 Writing Through Cancer	26 11:30 Aquatic Exercise
27	28 10:00 Art with Itzel 10:30 Yoga 1:00 Wig Bank 6:00 Prostate Cancer Support Group 6:00 Sound Bath	29 10:00 Healthy Steps 10:00 Chair Yoga 12:00 Cannaleay Treehouse Retreat 12:30 Yoga 6:00 Tai Chi	30 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Writing Through Cancer			

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SEPTEMBER 2026

SUPPORT GROUPS



Blood Cancer Support Group

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

Men's Cancer Support Group

Wed., Sept 16, 6:00 p.m. – 7:30 p.m. @ Toledo

Breast Cancer Support Group

Tues., Sept 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., Sept 9, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.

Teens Against Cancer

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

Metastatic Breast Cancer Support Group

Wed., Sept 2, 6:00 p.m. – 7:30 p.m. @ Toledo - **ZOOM Available**
 Offered in partnership with Mercy Health.

Young Cancer Survivors Support Group

Thurs., Sept 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., Sept 9, 6:00 p.m. – 7:30 p.m. @ Toledo
 Thurs., Sept 24, 6:00 p.m. – 7:30 p.m. @ Defiance - **ZOOM Available**
For any cancer patient & their family

Caregiver & Family Support Group

Tues., Sept 22, 6:00 p.m. – 7:30 p.m. @ Toledo

Prostate Cancer Support Group

Mon., Sept 28, 6:00 p.m. – 7:30 p.m. @ Toledo

SIGN UP DAY:

TUESDAY, AUGUST 18

**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