

NOVEMBER 2026

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS
AND THEIR FAMILIES

NEWS & ANNOUNCEMENTS



Save The Date:
TVC HOLIDAY PARTY & POTLUCK
Monday, December 7
5:00 p.m. - 7:00 p.m.

TVC's Annual Holiday Party is just around the corner! 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! Participants are invited to bring a 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!

SPECIAL PROGRAMS

November Book Club: *Theo of Golden* by Allen Levi

Friday, November 20, 11:00 a.m. - 12:00 p.m. @ Toledo

Holiday Wines (21+)

Thursday, November 19, 5:00 p.m. - 7:00 p.m. @ Toledo

Get into the holiday spirit with our Holiday Wines class! Join us for a festive and fun evening as we explore the best wines and pairing for the holidays! Led by Nick Kubiak, Certified Specialist of Wine. Participants must be 21+ to attend.

Please bring your own wine glass!

Pelvic Floor Health Talk

Thursday, November 12, 3:00 p.m. - 4:00 p.m. @ Toledo

Bladder, bowel, or sexual health concerns can affect both men and women, and pelvic floor physical therapy may offer solutions beyond traditional Kegel exercises. Join us for an informative and approachable class exploring pelvic floor health and common concerns! Annette Salpietro, a local physical therapist with 25 years of experience, will share her expertise in pelvic floor health and answer your questions in a welcoming, educational setting.

Mah Jongg Open Play

Wednesday, November 11, 3:00 p.m. - 5:30 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.

Lymphedema Education *VIRTUAL*

Wednesday, November 18, 6:00 p.m. - 7:30 p.m.

Join Mary Pollock, Certified Lymphedema Therapist, in this informational session about lymphedema. Learn about the risk factors, common signs and symptoms, and strategies to reduce the chance of occurrence! Participants will be sent a zoom link for the class!

BINGO!

Monday, November 16, 5:30 p.m. - 7:00 p.m. @ Toledo

Join Executive Director Dianne Barndt for a night of classic bingo fun! Come join for a fun night full of good vibes, great company, and amazing prizes! Friends and family welcome!

Healthy Living Series: Building Resilience *VIRTUAL*

Friday, November 20, 9:00 a.m. - 10:00 a.m.

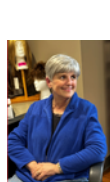
Develop the mental and physical fortitude needed to thrive amidst life's challenges in this essential workshop on resilience. Building resilience is not just about bouncing back; it is about staying strong, recovering quickly from illness or trauma, and maintaining overall wellness. Led by Lily Kunning, Herbalist & Educator. Participants will be sent a zoom link via email for the class!

SIGN UP DAY: **TUESDAY, OCTOBER 20**



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

*Remember
When ...*



In November 2011, The Victory Center opened our Wig Bank. 15 years later, we have given away nearly 3,200 wigs - all for free!

HEALTH & WELLNESS



Aromatherapy

Wednesday, November 18, 1:00 p.m. - 2:00 p.m. @ Toledo

Thursday, November 19, 1:00 p.m. - 2:00 p.m. @ Defiance

Discuss the benefits of aromatherapy for cancer survivors with Certified Clinical Aromatherapists, Deb Reis and 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: 5 Simple & Healthy Recipes

Thursday, November 19, 11:00 a.m. - 12:00 a.m. @ Perrysburg

Looking for easy ways to make healthy eating a little simpler? Join us as we talk about 5 delicious, nutritious, and easy-to-make recipes you can enjoy at home! Facilitated by Mike Balogh, MBFit Nutrition & Fitness LLC.

Soul Care: Gratitude

Friday, November 20, 1:00 - 2:30 p.m. @ Toledo

In this month's soul care class, we'll explore the vast powers of gratitude! With Jane V. Lutz, MSN.

Music Therapy: Drumming Circle

Tuesday, November 17, 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 w/ Nutrition: Nutrition During Cancer Treatment

Wednesday, November 18, 12:00 p.m. - 1:00 p.m. @ Toledo

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

Sound Bath & Meditation

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

Tuesday, November 10, 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.

RSVP BY CALLING:

419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Watercolor Painting with Embroidery**

Wednesday, November 11, 3:30 p.m. - 5:30 p.m. @ Toledo

Explore color, texture, and creativity in this fun and experimental art therapy group combining watercolor painting with hand embroidery. Participants will create a watercolor image on paper, then use awls to carefully poke holes and add embroidery floss to create playful, unexpected designs and textures. Basic watercolor and embroidery techniques will be taught, with plenty of room to experiment, play, and make the process your own. Facilitator: Kayt Harden

Art Therapy: Embossed Copper Art

Friday, November 6, 10:00 a.m. - 12:00 p.m. @ Perrysburg

Join us for a supportive and creative art therapy group exploring the process of hand-embossing copper. Using sheets of copper and wooden tools, participants will learn simple techniques to create a textured image of their choice. No previous art experience is necessary. Just come ready to explore and create! Facilitator: Kayt Harden

Art Therapy: Empowerment Collage Painting

Tuesday, November 3, 12:00 p.m. - 2:00 p.m. @ Defiance

Join this month's art therapy class in Defiance to create an empowerment collage painting. You will create an expressive painting on gesso board using collage materials and acrylic paint. You will learn painting and collage techniques to express an experience of empowerment, hope or anything you need to express. Hope to see you all there! Facilitator: Alanna Burke-Sindlinger

Macramé: Wreath Pumpkins

Wednesday, November 4, 2:00 p.m. - 5:00 p.m. @ Toledo

Join survivor Michelle Martin in this month's macrame class, making macrame pumpkin wreaths!

Card Making

Thursday, November 12, 10:00 a.m. - 12:00 p.m. @ Perrysburg

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

Tuesday, November 10, 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: Gift Giving Box

Wednesday, November 11, 10:00 a.m. - 12:00 p.m. @ Toledo

Come work on a fun gift giving box project! Please bring your pens and supplies! Fundamentals of Zentangle required. Facilitated by Jerrie Mowery, CZT.

Writing Through Cancer

Friday, November 20, 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.

Craft & Connect: Homemade Cards

Thursday, November 12, 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: Scenic Fall Drive Painting

Friday, November 13, 12:00 p.m. - 2:00 p.m. @ Perrysburg

Art enthusiast and TVC volunteer Paige Smith hosts this fun guided painting class, painting a fall road with beautiful colored trees. Wear clothes you don't mind getting messy!

Art with Lindsay: Alcohol Ink Ornaments

Monday, November 16, 1:00 p.m. - 3:00 p.m. @ Perrysburg

Tuesday, November 17, 1:00 p.m. - 3:00 p.m. @ Defiance

Join us for a fun holiday class, making beautiful alcohol ink ornaments! Alcohol inks can stain skin and clothes - please wear clothes you don't mind getting messy!

Color Me Calm

Monday, November 2, 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: Adventure Jars**

Wednesday, November 11, 6:00 p.m. - 7:30 p.m. @ Toledo

For children & grandchildren, ages 6-12, of cancer patients/survivors. You're invited to our Children's Art Therapy, creative group for kids who have a loved one with a cancer diagnosis. Inspired by *The Adventure Jar* book, children will create their own personalized adventure jars filled with ideas for fun, connection, creativity, and meaningful moments. Through storytelling, art, and imagination, kids can explore ways to create positive experiences and special memories while connecting with others who understand what it's like to have a loved one facing cancer. Come ready to imagine, create, and have some fun. Facilitator: Kayt Harden

MOVEMENT

**Line Dancing**

Friday, November 13 & 20, 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, November 5, 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, Oct. 7 - Nov. 11, 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!

NOVEMBER 2026



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2	3	4	5	6	7
	10:30 Yoga 2:00 Color Me Calm	10:00 Healthy Steps 10:00 Chair Yoga 12:00 Art Therapy 12:30 Yoga 6:00 Tai Chi	10:00 Pink Ribbon NO NIA FITNESS 1:30 Healthy Steps 2:00 Macrame 6:00 Met Breast Cancer SG	10:00 Chair Yoga 1:00 Chair Yoga 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	10:00 Art Therapy 10:00 Reiki & the Chakras 11:15 Soften Breathe Flow	11:30 Aquatic Exercise
8	9	10	11	12	13	14
	10:30 Yoga	10:00 Healthy Steps 10:00 Chair Yoga 10:00 Card Making 12:30 Yoga 1:30 Card Making 2:00 Sound Bath 6:00 Tai Chi 6:00 Breast Cancer SG	10:00 Pink Ribbon 10:00 Zentangle 11:30 NIA Fitness 1:30 Healthy Steps 3:00 Mah Jongg Open Play 3:30 Art Therapy 6:00 General Cancer SG 6:00 Children's Art Therapy	10:00 Chair Yoga 10:00 Card Making 10:00 Craft & Connect 1:00 Chair Yoga 3:00 Pelvic Floor Health Talk 5:30 Yoga	10:00 Reiki & the Chakras NO SOFTEN BREATHE FLOW 12:00 Painting with Paige 1:00 Line Dancing	10:00 Wig Bank 11:30 Aquatic Exercise 12:00 Teens Against Cancer
15	16	17	18	19	20	21
	10:30 Yoga 1:00 Art with Lindsay 5:30 BINGO! 6:00 Blood Cancer SG	10:00 Healthy Steps 10:00 Chair Yoga 12:30 Yoga 1:00 Art with Lindsay 2:30 Music Therapy 6:00 Tai Chi	10:00 Wig Bank 11:30 NIA Fitness 12:00 Nutrition 1:00 Aromatherapy 1:30 Healthy Steps 6:00 Lymphedema Ed Talk *VIRTUAL* 6:00 Men's Cancer SG	10:00 Chair Yoga 11:00 Healthy Habits 1:00 Aromatherapy 1:00 Chair Yoga 5:00 Holiday Wines 5:30 Yoga 6:00 General Cancer SG	9:00 Healthy Living Series *VIRTUAL* 10:00 Reiki & the Chakras 11:00 Book Club 11:15 Soften Breathe Flow 1:00 Line Dancing 1:00 Soul Care 2:00 Writing Through Cancer	11:30 Aquatic Exercise
22	23	24	25	26	27	28
	10:30 Yoga 1:00 Wig Bank 6:00 Prostate Cancer Support Group	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	11:30 NIA Fitness 1:30 Healthy Steps	TVC CLOSED HAPPY THANKSGIVING		
29	30					
	10:30 Yoga 6:00 Sound Bath					

THE VICTORY CENTER NEWSLETTER

NOVEMBER 2026

SUPPORT GROUPS



Blood Cancer Support Group

Mon., Nov 16, 6:00 p.m. – 7:30 p.m. @ Toledo
In Partnership with Blood Cancer United.

Men's Cancer Support Group

Wed., Nov 18, 6:00 p.m. – 7:30 p.m. @ Toledo

Breast Cancer Support Group

Tues., Nov 10 & 24, 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., Nov 11, 6:00 p.m. – 7:30 p.m. @ Toledo
For children ages 6 – 12.

Teens Against Cancer

Sat., Nov 14, 12:00 p.m. – 1:30 p.m. @ Toledo
For Teens ages 13-19 with cancer

Metastatic Breast Cancer Support Group

Wed., Nov 4, 6:00 p.m. – 7:30 p.m. @ Toledo - **ZOOM Available**
Offered in partnership with Mercy Health.

Young Cancer Survivors Support Group

Thurs., Nov 5, 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., Nov 11, 6:00 p.m. – 7:30 p.m. @ Toledo
Thurs., Nov 19, 6:00 p.m. – 7:30 p.m. @ Defiance - **ZOOM Available**
For any cancer patient & their family

Caregiver & Family Support Group

Tues., Nov 24, 6:00 p.m. – 7:30 p.m. @ Toledo

Prostate Cancer Support Group

Mon., Nov 23, 6:00 p.m. – 7:30 p.m. @ Toledo

SIGN UP DAY:

TUESDAY, OCTOBER 20

**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