

TAB Monthly Newsletter

A Newsletter for people living with COPD to help us connect with our peers

November 2025

Volume 9, Issue 11

The Take a Breath (TAB) Social Club



Caring for my COPD (C4MCOPD) is a 10-week Pulmonary Rehabilitation Program at Compass Community Health for people who have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD). The Take a Breath (TAB) Social Club began on July 23rd, 2014 as a continuation of the 10-week program. Along with regular exercise, graduates meet from 3 to 4:30 pm on Mondays in the first floor Community Room. Here, TAB members can share their experiences and offer encouragement to help each other manage their COPD.



TAB News

TAB SOCIAL Can it be November already? A telltale sign is that the **TAB Singers** are busy rehearsing Christmas songs. We'll be singing at Erskine Presbyterian Church, from 2-7 pm on Saturday, December 20th thanks to **Margaret Bennett**. Also, thanks to **Mariko** for providing TAB members with a long list of various free activities that TAB members can apply for or funded if you live in a certain postal code.

MINDFULNESS: There was a **Gadabouts** sighting at Puddicombe Estate Farm & Winery in Winona. A planned train ride was cancelled so the group decided to taste some wines. Soon after, two cars followed **Bob's** GPS on a convoluted roundabout whirlwind route to the Butcher & Banker Restaurant in Beamsville. We figure the GPS did a little too much wine tasting! By the way, the meal was excellent.

THE CONNECTION: This new weekly program started on October 21st. Folks meet on the first floor, Tuesdays, 9:30-11:00 am for breakfast, meditation, and conversation. Call Sib Pryce, Ext 2014 to join.

TIP: Anyone who receives this newsletter via an email attachment should know that clicking on the blue links will provide additional info for the reader. Try it if you haven't already done so. Also, some people didn't know that you need to scroll down to see page two. If you would like to receive this newsletter each month in your email, please send your request to tabmonthlynewsletter@gmail.com

Holidays & Observances In Canada

November 2, 2025, Sunday, Daylight Savings Time Ends <https://www.timeanddate.com/time/change/canada/ottawa>

November 11, 2025, Tuesday, Remembrance Day, Observance [Remembrance Day 2025 in Canada](#)

Other Holidays and Observances in 2025 [Holidays and Observances in Canada in 2025](#)

Happy, Happy Birthday Folks!!

Guy K, Nov 3 Karen H, Nov 6 Brenda M, Nov 9

Joanne R, Nov 12 Michael N, Nov 16 Barb E, Nov 26



The Compass "Caring for my COPD" Care Team!



Jillian Bullée & Tessa Philip, COPD Coordinators
Sib Pryce, Social Worker, **Jillian Bullée**, Occupational Therapist
Tessa Philip, Kinesiologist, **Allison Fulton**, Physiotherapist
David Isaak, Kinesiologist, **Cory Ma**, Dietitian

Happy Wedding Anniversary! Linda & Alan Skelhorne celebrate 55 years together on November 14. They both credit their longevity on being able to turn off their hearing aids. Kidding aside, your TAB friends offer congratulations. May you continue to love and support each other for many years!

Fun Facts About Ontario **Baseball Wasn't Invented in America** It turns out that the earliest, detailed, reputable account of baseball being played in North America came out of a game in Beachville, Ont., which is in the Woodstock-London neck of the woods. The date of record is June 4, 1838. Teams from the neighbouring townships of Oxford and Zorra squared off.

Cold & Flu Season Wondering how to prevent colds and flu this fall? As the weather cools and the leaves begin to change, it's important to prepare your immune system for cold and flu season—especially for older adults. The good news: there are proven, evidence-based ways to strengthen your immune system and lower your risk of getting sick. Click here: [How to stay healthy and boost your immune system during cold & flu season](#)



Humour, Wisdom & Quotes



Submitted by ... Bonnie



... Alan Skelhorne



... Bill Stewart

Quotable Quotes

"We cannot solve our problems with the same thinking we used when we created them."
—Albert Einstein

Caring For My COPD (C4MCOPD) Community Based Pulmonary Rehabilitation Program

For more information call 905-523-6611 or visit the Compass website at <https://www.compassch.org>

Take a Breath (TAB) Social Club Email tabmonthlynewsletter@gmail.com For TAB Archives go to [TAB - pCloud](#)

The content in this newsletter is for informational and educational purposes only and is not intended in any way to be a substitute for professional medical advice, diagnosis, or treatment. Readers should consult their own doctor or a qualified healthcare professional for specific health concerns and questions.