

TAB Monthly Newsletter

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

January 2026

Volume 10, Issue 1

HAPPY NEW YEAR!!



A big thanks to the Care Team and a wonderful group of Pathways staff and students! On December 10th, approximately 60 of us braved inclement weather to attend our annual holiday gathering. We enjoyed a delicious festive Christmas dinner with all the trimmings, soft drinks, coffee, tea, dinner rolls and an assortment of home-made cookies. We socialized, sang Christmas carols, **Bob** played harmonica, and the afternoon ended with participants selecting Secret Santa gifts from under the tree. **Margaret and Terry** were acknowledged by **Sib, Jillian, and Tessa** for their many years of selfless dedication to others coaching the TAB Singers. **Al** was also praised for creating the TAB Monthly Newsletter which is heading into its 10th year. Each were presented with a card expressing appreciation for their work and given a beautiful poinsettia to take home. What an honour! Another highlight was seeing **Meridene Haynes**, former COPD Coordinator. Meridene drove 3 hours in poor weather to pay us a visit. It was a great afternoon and, if our good luck holds up, we'll get to do it all over again next year!

On December 20th the **TAB Singers** wowed the crowd at the Erskine Presbyterian Church annual Christmas get together titled "North Pole on Pearl". We had a great time belting out a good number of Christmas carols. We were told we can have access to a video of us singing at the event. (It may go viral).

Canadian Holidays & Observances 🇨🇦

January 1, 2026, Thursday, New Years Day, Statutory Holiday <https://www.timeanddate.com/holidays/canada/new-year-day>

Other Holidays and Observances in 2026 <https://www.timeanddate.com/holidays/canada/2026>

Happy Birthday!!



Russ A, Jan 1 Dave S, Jan 6 Susan F, Jan 11
Ross Y, Jan 13 Terry A, Jan 29



YEA! 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

THE GADABOUTS



DEC. 4 2025

THE WATERING CAN AND BUTCHER AND BANKER



WHAT A GREAT TIME!

Humour, Wisdom & Quotes



Submitted by ... Brenda Maurer



... Bonnie

When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



... Bonnie

Quotable Quotes

"My philosophy is that worrying means you suffer twice"

— J.K. Rowling, Fantastic Beasts and Where to Find Them: The Original Screenplay

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](#)

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