

TAB Monthly Newsletter



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

December 2025

Volume 9, Issue 12



MERRY CHRISTMAS
HAPPY HOLIDAYS



TAB NEWS

It's customary in December for TAB Members and TAB Graduates to express their collective gratitude to **Compass Community Health** for making it all possible, and to our **COPD Care Team** in particular. Their unwavering commitment to helping us achieve a better quality of life is without parallel, and we are extremely grateful. We would also like to acknowledge the many TAB Newsletter submissions we've received from **Bonnie, Brenda Maurer, Luan Francey, Bill Stewart, and Al & Linda Skelhorne**. And thanks to **Linda Skelhorne, Tracy Rodgers and Linda Kajganic** for greeting cards, **Margaret Bennett** for arranging gigs, **Margaret Holmes and Terry Acke** for their calm, patient leadership at TAB Singer rehearsals and singing events, **Tanya's** perseverance finding new musical equipment, **Elizabeth Mazurski's** laptop donation, **Bob Francey** for our harmonica lessons, and to those who sent in recipes for our TAB Cookbook project. Many thanks to the COPDers who are able to spend time with us now, to all those who have played a part in our past, and for peers who've shown up when a friend reached out. May the upcoming Holidays be a special blessing for you and your loved ones!

THE 11TH ANNUAL TAB HOLIDAY DINNER



Wednesday, December 10th from 3 to 6 pm, in the main floor Community room. A festive meal will be prepared and served by Pathways Students and Compass staff. Secret Santa gifts will be handed out ... those wishing to participate can do so by bringing a wrapped gift, gender neutral, valued at no more than twenty dollars to put under the tree. Spots for the dinner are limited, so if you are interested in attending you'll need to obtain your free ticket from a member of the Care Team.

Attention TAB Singers!! Saturday, December 20th from 4 to 7 pm. The TAB singers have been invited to sing at the Erskine Presbyterian Church, 19 Pearl Street, (corner of Pearl & Morden). It's an informal Church/Community get together titled "North Pole on Pearl." There will be arts, crafts, photos with Santa and other fun items on the program. Please try to arrive by 3:45 pm, wearing your blue TAB shirt.

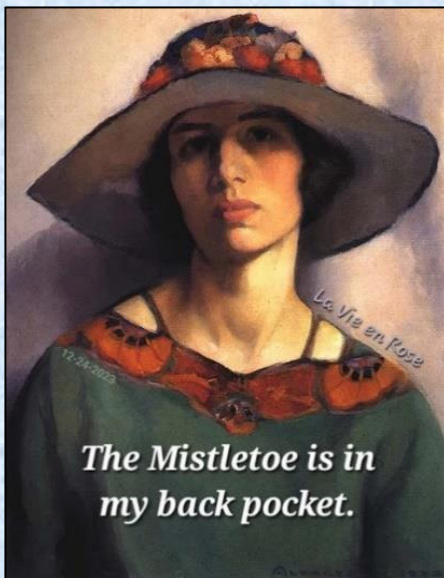
Remembrance: With extreme sadness we announce the sudden passing of Tracy Rodgers on Tuesday, November 4th, 2025. She was a beautiful person who was always ready to give back and help others, Tracy was a volunteer at Compass and Welcome Inn. We're poorer for her loss and offer condolences to her family and friends. Rest in peace Tracy. We miss you.



Happy Birthday

Carol ann G, Dec 11 Dennis G, Dec 13 Margaret H, Dec 14
Joyce K, Dec 21 Mike McC, Dec 24 Susan R, Dec 31

Humour, Wisdom & Quotes



Submitted by ... Bonnie



I am sending
you all a hug
as it's the
perfect gift.
It's free!
One size fits
all...and it
can be easily
returned.

Healing Hugs

... Brenda Maurer

This is the only true cranberry
sauce.
I won't be taking questions at this
time.



... Bill Stewart

Quotable Quotes

*It's not how much we give, but how much love we put into giving.
Mother Teresa*

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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