

# TAB Monthly Newsletter

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

## December 2024

Volume 8, Issue 12



# Merry Christmas and Happy Holidays!



**THE 10<sup>TH</sup> ANNUAL TAB HOLIDAY DINNER** will be held on Wednesday, December 11<sup>th</sup> from 3 to 6 pm, in the main floor Community room. TAB members and C4MCOPD graduates, cherished care team, and gracious volunteers will feast together once again! The meal will be prepared and served by Pathways Students and Compass staff... all we're asked to do is enjoy ourselves! 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.

## Holidays & Observances

December 24<sup>th</sup>, Tuesday, Christmas Eve, Observance [Christmas Eve 2024 in Canada](#)

December 25<sup>th</sup>, Wednesday, Christmas Day, Statutory Holiday [Christmas Day 2024](#)

December 26<sup>th</sup>, Thursday, Boxing Day, Provincial holiday [Boxing Day 2024 in Canada](#)

December 31<sup>st</sup>, Tuesday, New Years Eve, Observance [New Years Eve 2024 in Canada](#)

Other Holidays and Observances in 2024 <https://www.timeanddate.com/holidays/canada/2024>

## Happy Birthday!!

Carol Ann G, Dec 11   Dennis G, Dec 13   Margaret H, Dec 14  
Joyce K, Dec 2   Mike McC, Dec 24   Susan R, Dec 31





# Seasons Greetings to our Tabulous Care Team!



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

## TAB NEWS (Continued)

**Attention Tab Singers:** Saturday, December 7<sup>th</sup> from 4 to 6:30 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. We will sing two sets of 15 to 20 minutes each. Our singing slots will likely be between 4:15 and 4:45 pm, and 5:45 to 6:15 pm. Try to arrive by 3:45 and please wear your blue TAB shirt.

## Humour, Wisdom & Quotes

We hear the Bells on  
Christmas Day, the old  
familiar carols play.

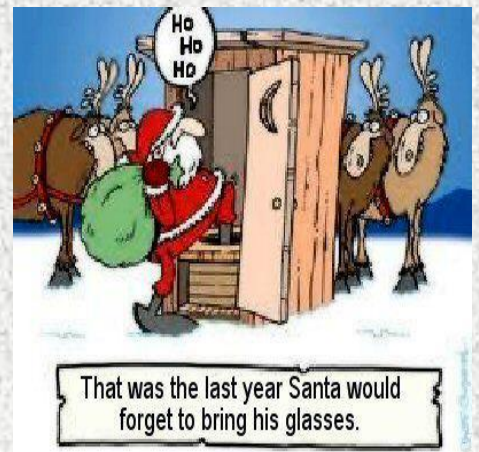
Silent Night and Deck  
the Halls send Peace on  
Earth Goodwill to All.

May 2025 bring you  
laughter, love, and  
good health

Brenda Maurer



Bill Stewart



Bonnie

**Thank You:** Thanks to everyone who has contributed to our TAB Newsletter in 2024, and a big thanks to all the readers who make the endeavour worthwhile. If you have any suggestions or submissions for the 2025 newsletter please send them in to [tabmonthlynewsletter@gmail.com](mailto:tabmonthlynewsletter@gmail.com). Any photos of Compass COPD activities you may have in your archives, whether new or old would be greatly appreciated. We wish you all the best for the holidays and in the new year!! Merry Christmas!!

### Quotable Quotes

Find a way to be thankful for your troubles,  
and they can become your blessings.

- Author unknown

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](mailto:tabmonthlynewsletter@gmail.com) For TAB Archives go to [TAB - pCloud](#)

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