



Parkinson Society Singapore

## PSS PROGRAMS LIST 2018

BLK 191 Bishan St 13 #01-415 S(570191)

Tel 6353 5338 Fax 6353 3085

[www.parkinson.org.sg](http://www.parkinson.org.sg)

As at 4 Jan 2018

MEMBERSHIP TYPE					
PATIENT ABOVE 60 YEARS		LIFE MEMBER (ONE-TIME)	S\$150.00	YEARLY RENEWAL	S\$15.00
PATIENT BELOW 60 YEARS		LIFE MEMBER (ONE-TIME)	S\$200.00	YEARLY RENEWAL	S\$30.00
GROUP PHYSIOTHERAPY SESSION					
SESSION	DAY	TIME	TOTAL NO. SESSIONS	FEE (PER SESSION)	PHYSIOTHERAPIST/ TRAINER(S)
INTERMEDIATE MOBILITY	MONDAYS	12.30PM - 1.30PM	12*	\$12- \$20*	MS SYLVIA LIEW
ADVANCED MOBILITY	MONDAYS	1.45PM - 2.45PM	12*	\$12- \$20*	MS SYLVIA LIEW
STRONG FOUNDATION	MONDAYS	3.00PM - 4.00PM	12*	\$12- \$20*	MS SYLVIA LIEW
INTERMEDIATE MOBILITY (I)	TUESDAYS	9.30AM - 10.30AM	12*	\$12- \$20*	MS SYLVIA LIEW
STRONG FOUNDATION (I)	TUESDAYS	10.45AM - 11.45AM	12*	\$12- \$20*	MS SYLVIA LIEW
INTERMEDIATE MOBILITY (II)	TUESDAYS	12.00PM - 1.00PM	12*	\$12- \$20*	MS SYLVIA LIEW
ADVANCED MOBILITY	TUESDAYS	1.45PM - 2.45PM	12*	\$12- \$20*	MS TASNEEM BASRAI
STRONG FOUNDATION (II)	TUESDAYS	3.00PM - 4.00PM	12*	\$12- \$20*	MS TASNEEM BASRAI
INTERMEDIATE MOBILITY	WEDNESDAYS	12.30PM - 1.30PM	12*	\$12- \$20*	MS SYLVIA LIEW
ADVANCED MOBILITY	WEDNESDAYS	1.45PM - 2.45PM	12*	\$12- \$20*	MS NG YEE LING
STRONG FOUNDATION	WEDNESDAYS	3.00PM - 4.00PM	12*	\$12- \$20*	MS NG YEE LING
INTERMEDIATE MOBILITY	THURSDAYS	10.15AM - 11.15AM	12*	\$12- \$20*	MS SYLVIA LIEW
INTERMEDIATE MOBILITY (I)	FRIDAYS	9.30AM - 10.30AM	12*	\$12- \$20*	MS SYLVIA LIEW
ADVANCED MOBILITY	FRIDAYS	10.45AM - 11.45AM	12*	\$12- \$20*	MS ANDREA TAY
INTERMEDIATE MOBILITY (II)	FRIDAYS	12.00PM - 1.00PM	12*	\$12- \$20*	MS ANDREA TAY
INTERMEDIATE MOBILITY (III)	FRIDAYS	1.15PM - 2.15PM	12*	\$12- \$20*	MS SYLVIA LIEW
STRONG FOUNDATION	FRIDAYS	2.30PM - 3.30PM	12*	\$12- \$20*	MS SYLVIA LIEW

\* Total number of sessions may vary.

\* Fee stated above is determined by the amount of government subsidy for each individual after performing Means Testing.

\* For those who declined Means Testing, the full rate per Physiotherapy session is \$54.

\* All newly referred patient has to be assessed by a certified Physiotherapist as arranged by Parkinson Centre & the fee charge is \$45.



Parkinson Society Singapore

## PSS PROGRAMS LIST 2018

BLK 191 Bishan St 13 #01-415 S(570191)

Tel 6353 5338 Fax 6353 3085

[www.parkinson.org.sg](http://www.parkinson.org.sg)

<b>DANCE CLASS</b>	MONDAYS	11.00AM - 12.00PM	10	\$80 (PSS Member) \$200 (PSS Non-Member)	MS CHARMAINE TAY
<b>SITTING TAICHI</b>	WEDNESDAYS	10.15AM - 11.15AM	12	\$96 (PSS Member) \$240 (PSS Non-Member)	MS JENNIFER CHUNG
<b>ACTIVE KICKBOXING</b>	WEDNESDAYS	11.00AM - 12.00AM	10	\$80 (PSS Member) \$200 (PSS Non-Member)	ACTIVE RED
<b>STANDING TAICHI</b>	THURSDAYS	11.30AM - 12.30PM	12	\$96 (PSS Member) \$240 (PSS Non-Member)	MS JENNIFER CHUNG
<b>YOGA Class 1</b>	THURSDAYS	2.00PM - 3.00PM	10	\$80 (PSS Member) \$200 (PSS Non-Member)	MS ANGELINE GOH/ MR CHOW TUCK KEONG
<b>YOGA Class 2</b>	THURSDAYS	3.15PM - 4.15PM	10	\$80 (PSS Member) \$200 (PSS Non-Member)	MS ANGELINE GOH/ MR CHOW TUCK KEONG
<b>CALLIGRAPHY</b>	FRIDAY	10.00AM - 12.00PM	12	\$96 (PSS Member) \$240 (PSS Non-Member)	MR MA POH HOW
<b>DO RE MI (Mandarin)</b>	FRIDAY	1.30PM - 3.00PM	12	\$96 (PSS Member) \$240 (PSS Non-Member)	MR DONALD CHEW

PROGRAM/ MONTH	Jan-18	Feb-18	Mar-18	Apr-18	May-18	Jun-18
<b>KARAOKE @ YMCA</b>			17/3/2018 (Sat) 2.00PM - 5.00PM \$5 per pax, 1 Caregiver per PwP	21/4/2018 (Sat) 2.00PM - 5.00PM \$5 per pax, 1 Caregiver per PwP	19/5/2018 (Sat) 2.00PM - 5.00PM \$5 per pax, 1 Caregiver per PwP	16/6/2018 (Sat) 2.00PM - 5.00PM \$5 per pax, 1 Caregiver per PwP
<b>EMOTIONAL FREEDOM TECHNIQUE (EFT)</b>		3/2/2018 (Sat) 9.30AM - 12.00PM \$20/MEMBER; \$100/NON-MEMBER	17/3/2018 (Sat) 9.30AM - 12.00PM \$20/MEMBER; \$100/NON-MEMBER		5/5/2018 (Sat) 9.30AM - 12.00PM \$20/MEMBER; \$100/NON-MEMBER	
<b>CAREGIVER WORKSHOP (For Caregivers only)</b>			24/3/2018 (Sat) 9.00AM - 12.00PM \$20/MEMBER; \$30/NON-MEMBER TOPIC: A Day in the Life of a Parkinson's Patient			16/6/2018 (Sat) 9.00AM - 12.00PM \$20/MEMBER; \$30/NON-MEMBER TOPIC: How to Manage Freezing of Gait
<b>YOUTHFUL PARKINSON CIRCLE (YPC) (FOR PSS MEMBERS WHO ARE DIAGNOSED BEFORE 60 YEARS)</b>	27/1/2018 (Sat) 2.00PM - 5.00PM TOPIC: Parkinson's Disease Progression & Management		24/3/2018 (Sat) 2.00PM - 5.00PM TOPIC: Mindfulness		26/5/2018 (Sat) 2.00PM - 5.00PM TOPIC: Speech Therapist Intervention for Parkinson's	

\*Registration is open to Parkinson Society Singapore Members only. Pre-registration is required for all programs, please call PSS @ 6353 5338.

\* Dates stated above may be subject to change.

BOOKS	RATE (per copy)
MOVING TOWARDS A BRIGHTER TOMORROW - ENGLISH	S\$20.00
MOVING TOWARDS A BRIGHTER TOMORROW - CHINESE	S\$20.00
I'LL HOLD YOUR HAND SO YOU WON'T FALL	S\$7.00
BITS & PIECES OF LIFE JOURNEY	S\$7.00