



Parkinson Society Singapore

PROGRAMME LIST 2018

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

Tel 6353 5338

Fax 6353 3085

www.parkinson.org.sg

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Updated on 9 Oct 2018

MEMBERSHIP TYPE					
ORDINARY SENIOR (ABOVE 60 YEARS)	PER CALENDAR YEAR		\$S\$30.00		
ORDINARY (BELOW 60 YEARS)	PER CALENDAR YEAR		\$S\$50.00		
GROUP PHYSIOTHERAPY	DAY	TIME	TOTAL NO. SESSIONS	FEE (PER SESSION)	PHYSIOTHERAPIST/ TRAINER(S)
Class 1	MONDAYS	9.45AM - 10.45AM	12 [~]	\$12- \$20*	MS SYLVIA LIEW
Class 2	MONDAYS	12.30PM - 1.30PM	12 [~]	\$12- \$20*	MS SYLVIA LIEW
Class 3	MONDAYS	1.45PM - 2.45PM	12 [~]	\$12- \$20*	MS SYLVIA LIEW
Class 4	MONDAYS	3.00PM - 4.00PM	12 [~]	\$12- \$20*	MS SYLVIA LIEW
Class 1	TUESDAYS	9.30AM - 10.30AM	12 [~]	\$12- \$20*	MS SYLVIA LIEW
Class 2	TUESDAYS	10.45AM -11.45AM	12 [~]	\$12- \$20*	MS SYLVIA LIEW
Class 3	TUESDAYS	12.00PM - 1.00PM	12 [~]	\$12- \$20*	MS SYLVIA LIEW
Class 4	TUESDAYS	2.00PM - 3.00PM	12 [~]	\$12- \$20*	MS TASNEEM BASRAI
Class 5	TUESDAYS	3.15PM - 4.15PM	12 [~]	\$12- \$20*	MS TASNEEM BASRAI
Class 1	WEDNESDAYS	9.45AM -10.45AM	12 [~]	\$12- \$20*	MS SYLVIA LIEW
Class 2	WEDNESDAYS	12.30PM - 1.30PM	12 [~]	\$12- \$20*	MS NG YEE LING
Class 3	WEDNESDAYS	1.45PM - 2.45PM	12 [~]	\$12- \$20*	MS NG YEE LING
Class 4	WEDNESDAYS	3.00PM - 4.00PM	12 [~]	\$12- \$20*	MS NG YEE LING
Class 1	THURSDAYS	10.15AM -11.15AM	12 [~]	\$12- \$20*	MS SHAMINIAN BALAKRISHNAN
Class 1	FRIDAYS	9.30AM - 10.30AM	12 [~]	\$12- \$20*	MS ANDREA TAY
Class 2	FRIDAYS	10.45AM -11.45AM	12 [~]	\$12- \$20*	MS ANDREA TAY
Class 3	FRIDAYS	12.00PM - 1.00PM	12 [~]	\$12- \$20*	MS ANDREA TAY
Class 4	FRIDAYS	1.15PM - 2.15PM	12 [~]	\$12- \$20*	MS SYLVIA LIEW
Class 5	FRIDAYS	2.30PM - 3.30PM	12 [~]	\$12- \$20*	MS SYLVIA LIEW

[~] subject to change

* Actual fee is determined by the level of government subsidy eligible.

1. The full rate per Physiotherapy/Occupational Therapy session of \$54 applies to individual who declined Means Testing.

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



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

PROGRAM/ MONTH	Jul-18	Aug-18	Sep-18	Oct-18	Nov-18	Dec-18
KARAOKE @ YMCA	21/7/2018 \$5 per pax, 1 Caregiver per PwP	18/08/2018 \$5 per pax, 1 Caregiver per PwP	08/09/2018 \$5 per pax, 1 Caregiver per PwP	20/10/2018 \$5 per pax, 1 Caregiver per PwP	17/11/2018 \$5 per pax, 1 Caregiver per PwP	
EMOTIONAL FREEDOM TECHNIQUE (EFT)			08/09/2018 9.30AM - 12.00PM \$20/MEMBER; \$100/NON-MEMBER		17/11/2018* 9.30AM - 12.00PM \$20/MEMBER; \$100/NON-MEMBER	
CAREGIVER WORKSHOP (For Caregivers only)			15/09/2018* 9.00AM - 12.00PM \$20/MEMBER; \$30/NON-MEMBER TOPIC: How To Motivate People with Parkinson			22/12/2018* 9.00AM - 12.00PM \$20/MEMBER; \$30/NON-MEMBER TOPIC: Care for Parkinson patients who underwent Deep Brain Stimulation
YOUTHFUL PARKINSON CIRCLE (YPC) - FOR PSS MEMBERS WHO ARE DIAGNOSED BEFORE 60 YEARS	28/07/2018 2.00PM - 5.00PM TOPIC: Advance Care Planning		29/09/2018 2.00PM - 5.00PM TOPIC: Exercising with Parkinson's		24/11/2018* 2.00PM - 5.00PM TOPIC: OT Interventions for Parkinson's	

*Registration is open to Parkinson Society Singapore Members only. Pre-registration with PSS @ 6353 5338.

* Dates stated above may be subject to change.

BOOKS	RATE (per copy)
MOVING TOWARDS A BRIGHTER TOMORROW - ENGLISH	\$S20.00
MOVING TOWARDS A BRIGHTER TOMORROW - CHINESE	\$S20.00
I'LL HOLD YOUR HAND SO YOU WON'T FALL	\$S7.00
BITS & PIECES OF LIFE JOURNEY	\$S7.00