



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
Class 1	MONDAYS	9.45AM - 10.45AM	12 <sup>~</sup>	\$12- \$20*	MS SYLVIA LIEW
Class 2	MONDAYS	12.30PM - 1.30PM	12 <sup>~</sup>	\$12- \$20*	MS SYLVIA LIEW
Class 3	MONDAYS	1.45PM - 2.45PM	12 <sup>~</sup>	\$12- \$20*	MS SYLVIA LIEW
Class 4	MONDAYS	3.00PM - 4.00PM	12 <sup>~</sup>	\$12- \$20*	MS SYLVIA LIEW
Class 1	TUESDAYS	9.30AM - 10.30AM	12 <sup>~</sup>	\$12- \$20*	MS SYLVIA LIEW
Class 2	TUESDAYS	10.45AM -11.45AM	12 <sup>~</sup>	\$12- \$20*	MS SYLVIA LIEW
Class 3	TUESDAYS	12.00PM - 1.00PM	12 <sup>~</sup>	\$12- \$20*	MS SYLVIA LIEW
Class 4	TUESDAYS	2.00PM - 3.00PM	12 <sup>~</sup>	\$12- \$20*	MS SHAMINIAN BALAKRISHNAN
Class 5	TUESDAYS	3.15PM - 4.15PM	12 <sup>~</sup>	\$12- \$20*	MS SHAMINIAN BALAKRISHNAN
Class 1	WEDNESDAYS	9.45AM -10.45AM	12 <sup>~</sup>	\$12- \$20*	MS SYLVIA LIEW
Class 2	WEDNESDAYS	12.30PM - 1.30PM	12 <sup>~</sup>	\$12- \$20*	MS NG YEE LING
Class 3	WEDNESDAYS	1.45PM - 2.45PM	12 <sup>~</sup>	\$12- \$20*	MS NG YEE LING
Class 4	WEDNESDAYS	3.00PM - 4.00PM	12 <sup>~</sup>	\$12- \$20*	MS NG YEE LING
Class 1	THURSDAYS	10.15AM -11.15AM	12 <sup>~</sup>	\$12- \$20*	MS SHAMINIAN BALAKRISHNAN
Class 1	FRIDAYS	9.30AM - 10.30AM	12 <sup>~</sup>	\$12- \$20*	MS ANDREA TAY
Class 2	FRIDAYS	10.45AM -11.45AM	12 <sup>~</sup>	\$12- \$20*	MS ANDREA TAY
Class 3	FRIDAYS	12.00PM - 1.00PM	12 <sup>~</sup>	\$12- \$20*	MS ANDREA TAY
Class 4	FRIDAYS	1.15PM - 2.15PM	12 <sup>~</sup>	\$12- \$20*	MS SYLVIA LIEW
Class 5	FRIDAYS	2.30PM - 3.30PM	12 <sup>~</sup>	\$12- \$20*	MS SYLVIA LIEW

<sup>~</sup> subject to change

\* Actual fee is determined by eligible subsidy.

1. The full rate per Physiotherapy/Occupational Therapy session of \$54 shall apply foreigners who are non-members.

2. All new participants have to be screened by a PSS certified physiotherapist for class eligibility and the fee is \$45 (nett).



Parkinson Society Singapore

**PROGRAMME LIST 2019**

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 (Member) \$200 (Non-Member)	MS CHARMAINE TAY
<b>SITTING TAI CHI</b>	WEDNESDAYS	10.15AM -11.15AM	12	\$96 (Member) \$240 (Non-Member)	MS JENNIFER CHUNG
<b>KICKBOXING</b>	WEDNESDAYS	11.00AM -12.00AM	10	\$80 (Member) \$200 (Non-Member)	MR JOEL LYE
<b>STANDING TAI CHI</b>	THURSDAYS	11.30AM -12.30PM	12	\$96 (Member) \$240 (Non-Member)	MS JENNIFER CHUNG
<b>YOGA - Class 1 - Class 2</b>	THURSDAYS	2.00 PM - 3.00 PM 3.15PM - 4.15PM	10	\$80 (Member) \$200 (Non-Member)	MS ANGELINE GOH
<b>CALLIGRAPHY</b>	FRIDAY	10.00AM -12.00PM	12	\$96 (Member) \$240 (Non-Member)	MR MA POH HOW
<b>DO RE MI</b> (in Mandarin)	FRIDAY	1.30PM - 3.00PM	12	\$96 (Member) \$240 (Non-Member)	MR DONALD CHEW

<b>PROGRAM/ MONTH</b>	<b>Jan-19</b>	<b>Mar-19</b>	<b>April</b>	<b>May-19</b>	<b>Jun-19</b>
<b>KARAOKE @ YMCA</b>					
<b>EMOTIONAL FREEDOM TECHNIQUE (EFT)</b>	12/1/2019 9.30am - 12pm \$20/MEMBER \$100/NM	23/3/2019 9.30am - 12pm \$20/MEMBER \$100/NM		4/5/2019 9.30am - 12pm \$20/MEMBER \$100/NM	
<b>CAREGIVER WORKSHOP (For Care Partners only)</b>		9/3/2019 9.00am - 12.00pm \$20/MEMBR \$30/NON-MEMBER			22/06/2019 9.00am - 12.00pm \$20/MEMBR \$30/NON-MEMBER
<b>YOUTHFUL PARKINSON CIRCLE (YPC) FOR MEMBERS WHO ARE DIAGNOSED BEFORE 60 YEARS</b>	26/1/2019 2.00pm - 4.00pm Topic: Management & Coping in PD	30/3/2019 2.00pm - 4.00pm Topic: Medication Management		25/5/2019 2.00pm - 4.00pm Topic: Importance of Physical Activities	

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

\* Dates stated above may be subject to change.

<b>BOOKS</b>	<b>PRICE (per copy)</b>
MOVING TOWARDS A BRIGHTER TOMORROW - ENGLISH	\$20.00
MOVING TOWARDS A BRIGHTER TOMORROW - CHINESE	\$20.00
I'LL HOLD YOUR HAND SO YOU WON'T FALL	\$5.00
BITS & PIECES OF LIFE JOURNEY	\$5.00