

PROGRAMME LIST 2019

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

Tel 6353 5338 Fax 6353 3085

www.parkinson.org.sg



Updated on 11 Feb 2019

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 [✓]	\$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 SHAMINIAN BALAKRISHNAN
Class 5	TUESDAYS	3.15PM - 4.15PM	12 [✓]	\$12- \$20*	MS SHAMINIAN BALAKRISHNAN
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 eligible subsidy.

1. The full rate per Physiotherapy/Occupational Therapy session of \$54 shall apply to 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

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DANCE CLASS	MONDAYS	11.00AM -12.00PM	10	\$80 (Member) \$200 (Non-Member)	MS CHARMAINE TAY
SITTING TAI CHI	WEDNESDAYS	10.15AM -11.15AM	12	\$96 (Member) \$240 (Non-Member)	MS JENNIFER CHUNG
KICKBOXING	WEDNESDAYS	11.00AM -12.00AM	10	\$80 (Member) \$200 (Non-Member)	MR JOEL LYE
STANDING TAI CHI	THURSDAYS	11.30AM -12.30PM	12	\$96 (Member) \$240 (Non-Member)	MS JENNIFER CHUNG
YOGA - Class 1	THURSDAYS	2.00 PM - 3.00 PM	8	\$64 (Member)	MS ANGELINE GOH
- Class 2		3.15PM - 4.15PM		\$160 (Non-Member)	
CALLIGRAPHY	FRIDAY	10.00AM -12.00PM	12	\$96 (Member) \$240 (Non-Member)	MR MA POH HOW
DO RE MI (in Mandarin)	FRIDAY	1.30PM - 3.00PM	12	\$96 (Member) \$240 (Non-Member)	MR DONALD CHEW

PROGRAM/ MONTH	Jan-19	Mar-19	April	May-19	Jun-19
KARAOKE @ YMCA Function Room 3, L4, YMCA International House		16/3/2019 2.00pm - 5.00pm \$5 per person	20/4/2019 2.00pm - 5.00pm \$5 per person	18/5/2019 2.00pm - 5.00pm \$5 per person	15/6/2019 2.00pm - 5.00pm \$5 per person
EMOTIONAL FREEDOM TECHNIQUE (EFT)		23/3/2019 9.30am - 12pm \$20/MEMBER \$100/NM		4/5/2019 9.30am - 12pm \$20/MEMBER \$100/NM	
CAREGIVER WORKSHOP (For Care Partners only)		9/3/2019 9.00am - 12.00pm \$20/MEMBR \$30/NON-MEMBER Topic: Care for Parkinson Patients who underwent Deep Brain Stimulation			22/06/2019 9.00am - 12.00pm \$20/MEMBR \$30/NON-MEMBER Topic: Meal Preparation for patients with PD
YOUTHFUL PARKINSON CIRCLE (YPC) FOR MEMBERS WHO ARE DIAGNOSED BEFORE 60 YEARS	26/1/2019 2.00pm - 4.00pm Topic: Management & Coping in PD	9/3/2019 2.00pm - 4.00pm Topic: Medication Management		11/5/2019 2.00pm - 4.00pm Topic: Importance of Physical Activities	
PSS Speech & Movement Group (PSSM) FOR MEMBERS WHO HAVE SPEECH PROBLEMS		9/3/2019 11.00am - 12noon		11/5/2019 11.00am - 12noon	

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

* Dates stated above may be subject to change.

BOOKS	PRICE (per copy)
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

