

## 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)

Find us on Facebook



Last Updated 10 July 2019

MEMBERSHIP TYPE	VALIDITY	FEE	
ORDINARY SENIOR (ABOVE 60 YEARS)	PER CALENDAR YEAR	S\$30.00	
ORDINARY (BELOW 60 YEARS)	PER CALENDAR YEAR	S\$50.00	

  

PHYSIOTHERAPY/ OCCUPATIONAL/SPEECH THERAPY (GROUP)	DAY	TIME	SESSIONS	FEE (PER SESSION)	THERAPIST/ TRAINER
Class 1	MONDAYS	9.45AM - 10.45AM	9 to 12	\$12 to \$20	MS SYLVIA LIEW
Class 2	MONDAYS	12.30PM - 1.30PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 3	MONDAYS	1.45PM - 2.45PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 4	MONDAYS	3.00PM - 4.00PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 1	TUESDAYS	9.30AM - 10.30AM	9 to 12	\$12 to \$20	MS SYLVIA LIEW
Class 2	TUESDAYS	10.45AM -11.45AM	9 to 12	\$12 to \$20	MS SYLVIA LIEW
Class 3	TUESDAYS	12.00PM - 1.00PM	9 to 12	\$12 to \$20	MS SYLVIA LIEW
Class 4	TUESDAYS	2.00PM - 3.00PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 5	TUESDAYS	3.15PM - 4.15PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 1	WEDNESDAYS	9.45AM -10.45AM	9 to 12	\$12 to \$20	MS SYLVIA LIEW
Class 2	WEDNESDAYS	12.30PM - 1.30PM	9 to 12	\$12 to \$20	MS NG YEE LING
Class 3	WEDNESDAYS	1.45PM - 2.45PM	9 to 12	\$12 to \$20	MS NG YEE LING
Class 4	WEDNESDAYS	3.00PM - 4.00PM	9 to 12	\$12 to \$20	MS NG YEE LING
Class 1	THURSDAYS	9.00AM -10.00AM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 2	THURSDAYS	10.15AM -11.15AM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 1	FRIDAYS	9.30AM - 10.30AM	9 to 12	\$12 to \$20	MS ANDREA TAY
Class 2	FRIDAYS	10.45AM -11.45AM	9 to 12	\$12 to \$20	MS ANDREA TAY
Class 3	FRIDAYS	12.00PM - 1.00PM	9 to 12	\$12 to \$20	MS ANDREA TAY
Class 4	FRIDAYS	1.15PM - 2.15PM	9 to 12	\$12 to \$20	MS SYLVIA LIEW
Class 5	FRIDAYS	2.30PM - 3.30PM	9 to 12	\$12 to \$20	MS SYLVIA LIEW
SPEAK L.I.F.E	THURSDAYS	11.30AM -12.30PM	10	\$12 to \$20	MS SARAH KO
RHYTHMIC MIND & MOVEMENT <sup>*OT</sup>	THURSDAYS	2.00PM - 3.00PM	8	\$12 to \$20	MS LUM WEI PENG/ MS GLADYS LIM

## 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)

Find us on Facebook



For Therapy Programs (Physiotherapy, Occupational Therapy & Speech Therapy)

1. To register, a memo for rehab and fitness certification is required from a referring doctor.
2. All new client is to be assessed by PSS therapist.
3. A fee of \$54 per session of therapy is applicable to foreigners who are non-members.
4. Fee charges may vary due to Means Testing.

<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>ACTIVE KICKBOXING</b>	WEDNESDAYS	11.00AM -12.00PM	10	\$80 (Member) \$200 (Non-Member)	MR JOEL LYE
<b>UKULELE</b>	WEDNESDAYS	1.00PM - 2.30PM	8	\$64 (Member) \$160 (Non-Member)	MR JOHNSON LEE
<b>STANDING TAI CHI</b>	THURSDAYS	11.30AM -12.30PM	12	\$96 (Member) \$240 (Non-Member)	MS JENNIFER CHUNG
<b>YOGA</b>					
- Class 1		2.00 PM - 3.00 PM		\$64 (Member) \$160 (Non-Member)	
- Class 2 (Independent)	THURSDAYS	3.15PM - 4.15PM	8		MS ANGELINE GOH
<b>CALLIGRAPHY</b>	FRIDAYS	10.00AM -12.00PM	12	\$96 (Member) \$240 (Non-Member)	MR MA POH HOW
<b>DO RE MI</b> (in Mandarin)	FRIDAYS	1.30PM - 3.00PM	12	\$96 (Member) \$240 (Non-Member)	MR DONALD CHEW

WORKSHOP/PROGRAM	May-19	Jun-19	Jul-19	Aug-19	Sep-19
<b>KARAOKE @ YMCA</b> Function Room 3, L4, YMCA International House	18/05/2019 2.00pm - 5.00pm \$5 per participant	15/06/2019 2.00pm - 5.00pm \$5 per participant	27/07/2019 2.00pm - 5.00pm \$5 per participant	17/08/2019 2.00pm - 5.00pm \$5 per participant	21/09/2019 2.00pm - 5.00pm \$5 per participant
<b>EMOTIONAL FREEDOM TECHNIQUE (EFT)</b>	04/05/2019 9.30am - 12noon \$20/M; \$30/CP; \$100/NM		27/07/2019 9.30am - 12noon \$20/M; \$30/CP; \$100/NM		07/09/2019 9.30am - 12noon \$20/M; \$30/CP; \$100/NM
<b>CAREGIVER WORKSHOP</b> - For Care Partners (CP) only			13/07/2019 9.00am - 12.00pm \$20/M \$30/NM Topic: Meal Preparation for patients with PD		
<b>YOUTHFUL PARKINSON CIRCLE (YPC)</b> SUPPORT MEMBERS WHO ARE DIAGNOSED BEFORE 60 YEARS	11/05/2019 2.00pm - 4.00pm Topic: Importance of Physical Activities (SGH)		27/07/2019 2.00pm - 4.00pm Topic: Dealing with Speech & Swallowing Changes (SGH)		28/09/2019 2.00pm - 4.00pm Topic: Emotional Well Being (SFH)

\*Pre-register with Parkinson Society Singapore at 6353 5338, subject to vacancies. And dates stated may be subject to change.

BOOKS AVAILABLE AT PARKINSON CENTRE	PRICE
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