

PROGRAMME LIST 2020

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

Tel 6353 5338

Fax 6353 3085

www.parkinson.org.sg

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MEMBERSHIP TYPE	VALIDITY	FEE			
ORDINARY SENIOR (ABOVE 60 YEARS)	PER CALENDAR YEAR	S\$30.00	Mail completed membership form along with a photocopy of your Identification Card & Payment Cheque to Parkinson Society Singapore at Blk 191 Bishan St 13 #01-415 Singapore 570191.		
ORDINARY (BELOW 60 YEARS)	PER CALENDAR YEAR	S\$50.00			

PHYSIOTHERAPY/ OCCUPATIONAL/SPEECH THERAPY	DAY	TIME	TOTAL SESSIONS	FEE (PER SESSION)	THERAPIST/ TRAINER
Class 1	MONDAY	9.45AM - 10.45AM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 2	MONDAY	12.30PM - 1.30PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 3	MONDAY	1.45PM - 2.45PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 4	MONDAY	3.00PM - 4.00PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 1	TUESDAY	9.30AM - 10.30AM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 2	TUESDAY	10.45AM - 11.45AM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 3	TUESDAY	12.00PM - 1.00PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 4	TUESDAY	2.00PM - 3.00PM	9 to 12	\$12 to \$20	MR ZHAO XIANG
Class 5	TUESDAY	3.15PM - 4.15PM	9 to 12	\$12 to \$20	MR ZHAO XIANG
Class 1	WEDNESDAY	9.45AM - 10.45AM	9 to 12	\$12 to \$20	MS SYLVIA LIEW
Class 2	WEDNESDAY	12.30PM - 1.30PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 3	WEDNESDAY	1.45PM - 2.45PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 4	WEDNESDAY	3.00PM - 4.00PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 1	THURSDAY	9.00AM - 10.00AM	9 to 12	\$12 to \$20	MS NG YEE LING
Class 2	THURSDAY	10.15AM - 11.15AM	9 to 12	\$12 to \$20	MS NG YEE LING
Class 1	FRIDAY	9.30AM - 10.30AM	9 to 12	\$12 to \$20	MS ANDREA TAY
Class 2	FRIDAY	10.45AM - 11.45AM	9 to 12	\$12 to \$20	MS ANDREA TAY
Class 3	FRIDAY	12.00PM - 1.00PM	9 to 12	\$12 to \$20	MS ANDREA TAY
Class 4	FRIDAY	1.15PM - 2.15PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 5	FRIDAY	2.30PM - 3.30PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
SPEAK L.I.F.E. ^{TT}	THURSDAY	10.00AM - 11.00AM	10	\$12 to \$20	MS FERLIN SEOW
SPEAK L.I.F.E. ST	THURSDAY	11.30AM - 12.30PM	10	\$12 to \$20	MS FERLIN SEOW

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

1. For Admission, rehab certification and detailed medical history from a referring medical specialist is needed.
2. Pre-Admission Assessment is compulsory for all clients.
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.

DANCE CLASS	MONDAY	11.00AM -12.00PM	10	\$80 (Member) \$200 (Non-Member)	MS SITI FARAHNAZIRAH
ACTIVE KICKBOXING	TUESDAY	11.00AM -12.00PM	10	\$80 (Member) \$200 (Non-Member)	MR JOEL LYE
SITTING TAI CHI	WEDNESDAY	10.15AM -11.15AM	12	\$96 (Member) \$240 (Non-Member)	MS JENNIFER CHUNG
ACTIVE KICKBOXING	WEDNESDAY	11.00AM -12.00PM	10	\$80 (Member) \$200 (Non-Member)	MR JOEL LYE
STANDING TAI CHI	THURSDAY	11.30AM -12.30PM	12	\$96 (Member) \$240 (Non-Member)	MS JENNIFER CHUNG
YOGA - Class 1 - Class 2 (Independent)	THURSDAY	2.00 PM - 3.00 PM 3.15PM - 4.15PM	6	\$48 (Member) \$120 (Non-Member)	MS ANGELINE GOH
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

WORKSHOP/PROGRAM	Jul-20	Aug-20	Sep-20	Oct-20	Nov & Dec 2020
KARAOKE @ YMCA Function Room 3, L4, YMCA International House					
EMOTIONAL FREEDOM TECHNIQUE (EFT) ~ Conducted by SGH					
CAREGIVER WORKSHOP (For Caregivers of Members) ~ Facilitated by TTSH					
YOUTHFUL PARKINSON CIRCLE (YPC) FREE FOR MEMBERS DIAGNOSED BELOW 60 YEARS ~ Facilitated by SGH	25/7/2020 (via Zoom) 2pm - 4pm Part I: Parkinson Management Update Part II: BBS Talk		25/9/2020 2pm - 4pm Leisure Activities in Parkinson (TBC)		28/11/2020 2pm - 4pm Art Therapy for Parkinson (TBC)

*To pre-register/enquire with Parkinson Society Singapore at info@parkinson.org.sg or 6353 5338.

* In support of COVID-19 fight, our Centre has implemented SafeEntry.

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