

PROGRAMME LIST 2021

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/ SPEECH/OCCUPATIONAL	DAY	CLASS TIME	TOTAL SESSIONS	FEE/SESSION (Member)	THERAPIST/ TRAINER
PHYSIOTHERAPY CLASS 1	MONDAY	9.30AM - 10.30AM*	5 to 12*	\$12 to \$20	MS NG YEE LING
PHYSIOTHERAPY CLASS 2	MONDAY	12.00PM - 1.00PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 3	MONDAY	2.00PM - 3.00PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 4	MONDAY	3.15PM - 4.15PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 1	TUESDAY	9.00AM - 10.00AM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 2	TUESDAY	10.15AM -11.15AM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 3	TUESDAY	12.45PM - 1.45PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 4	TUESDAY	2.00PM - 3.00PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 5	TUESDAY	3.15PM - 4.15PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 1	WEDNESDAY	9.00AM -10.00AM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 2	WEDNESDAY	12.30PM - 1.30PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 3	WEDNESDAY	2.00PM - 3.00PM*	5 to 12*	\$12 to \$20	MS RACHEL TAN
PHYSIOTHERAPY CLASS 4	WEDNESDAY	3.15PM - 4.15PM*	5 to 12*	\$12 to \$20	MS RACHEL TAN
PHYSIOTHERAPY CLASS 1	THURSDAY	9.00AM -10.00AM*	5 to 12*	\$12 to \$20	MS NG YEE LING
PHYSIOTHERAPY CLASS 2	THURSDAY	10.15AM -11.15AM*	5 to 12*	\$12 to \$20	MS NG YEE LING
PHYSIOTHERAPY CLASS 1	FRIDAY	9.30AM - 10.30AM*	5 to 12*	\$12 to \$20	MS ANDREA TAY
PHYSIOTHERAPY CLASS 2	FRIDAY	10.45AM -11.45AM*	5 to 12*	\$12 to \$20	MS ANDREA TAY
PHYSIOTHERAPY CLASS 3	FRIDAY	12.00PM - 1.00PM*	5 to 12*	\$12 to \$20	MS ANDREA TAY
SPEAK L.I.F.E *Speech, Online	THURSDAY	10.00AM -11.00AM	10	\$12 to \$20	TTSH SPEECH THERAPIST (S)



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Admission Guidelines For Therapy Based Classes:

1. For Admission, you need to be referred by a medical specialist/institution to certify you Fit For Rehab and provide details on your medical history.
2. Pre-Admission Assessment is applicable for all clients registering for Therapy Based Programs with a fee. Post-Assessment is needed for Speech Classes.
3. Assessment and Class fee charges may vary due to Means Testing.
4. A fee of \$54 per session of therapy is applicable to foreigners who are PSS non-members.
5. The listed Class Times and Total Sessions may be subject to change in lieu of post COVID scheduling.*

ACTIVE KICKBOXING	TUESDAY	11.30AM -12.30PM*	5 to 10*	\$40 to \$80	MR JOEL LYE
SITTING TAI CHI	WEDNESDAY	10.15AM -11.15AM*	6 to 12*	\$48 to \$96	MS JENNIFER CHUNG
ACTIVE KICKBOXING	WEDNESDAY	11.30AM -12.30PM*	5 to 10*	\$40 to \$80	MR JOEL LYE
STANDING TAI CHI	THURSDAY	11.30AM -12.30PM*	6 to 12*	\$48 to \$96	MS JENNIFER CHUNG
YOGA - Class 1 - Class 2 (Independent)	THURSDAY	2.00PM - 3.00PM* 3.15PM - 4.15PM*	6*	\$48	MS ANGELINE GOH
CALLIGRAPHY	FRIDAY	10.00AM -12.00PM	12	\$96	MR MA POH HOW
DO RE MI (Online Class, Mandarin)	FRIDAY	1.30PM - 3.00PM	10*	\$80	MR DONALD CHEW

WORKSHOP/PROGRAM	Jan-21	Feb-21	Mar-21	Apr-21	May-21
KARAOKE @ YMCA Function Room 3, L4, YMCA International House	This program remains suspended				
EMOTIONAL FREEDOM TECHNIQUE (EFT) ~ Conducted by SGH	This program remains suspended				
CAREGIVER WORKSHOP (For Caregivers of Members) ~ Facilitated by TTSH			20/3/2021 A Balance Diet for People with Parkinson		
LOUD SPEECH & BIG MOVEMENTS FREE FOR PSS MEMBERS ~ Facilitated by Betty Wong		27/2/2021 10am to 11am	27/3/2021 10am to 11am		22/5/2021 10am to 11am
YOUTHFUL PARKINSON CIRCLE (YPC) FREE FOR PSS MEMBERS DIAGNOSED BELOW 60 YEARS ~ Facilitated by SGH	30/1/2021 2pm to 3pm Improving Communication & Managing Swallowing ~ Ms Rachel Chia		27/3/2021 2pm to 3pm How To Maintain Quality Of Life While Living with Parkinson ~ Ms Koay Way Inn 3pm to 4pm Sharing by Parkinson Star Awards Winner Mr Johnson See		22/5/2021 2pm to 3pm Know Your Medications Well

*For pre-registration/enquiry, please contact Parkinson Society Singapore at info@parkinson.org.sg or 6353 5338.

*And we practise SafeEntry and Safe Distancing Measures within our premises.

BOOKS AVAILABLE AT PARKINSON CENTRE	PRICE /UNIT
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

