

PROGRAMME LIST 2022

Blk 191 Bishan St 13 #01-415 Singapore 570191

Tel 6353 5338

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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	DAY	CLASS TIME	TOTAL SESSIONS	FEE/SESSION (Member)	THERAPIST/ TRAINER
PHYSIOTHERAPY CLASS 1	MONDAY	9.30AM - 10.30AM*	12*	\$12 to \$20	MS NG YEE LING
PHYSIOTHERAPY CLASS 2	MONDAY	12.00PM - 1.00PM*	12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 3	MONDAY	1.15PM - 2.15PM*	12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 4	MONDAY	2.30PM - 3.30PM*	12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN

PHYSIOTHERAPY CLASS 1	TUESDAY	9.00AM - 10.00AM*	12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 2	TUESDAY	10.15AM -11.15AM*	12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 3	TUESDAY	12.45PM - 1.45PM*	12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 4	TUESDAY	2.00PM - 3.00PM*	12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 5	TUESDAY	3.15PM - 4.15PM*	12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN

PHYSIOTHERAPY CLASS 1	WEDNESDAY	9.00AM -10.00AM*	12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 2	WEDNESDAY	12.45PM - 1.45PM*	12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 3	WEDNESDAY	2.00PM - 3.00PM*	12*	\$12 to \$20	MS GOH QIANHUI
PHYSIOTHERAPY CLASS 4	WEDNESDAY	3.15PM - 4.15PM*	12*	\$12 to \$20	MS GOH QIANHUI

PHYSIOTHERAPY CLASS 1	THURSDAY	9.00AM -10.00AM*	12*	\$12 to \$20	MS NG YEE LING
PHYSIOTHERAPY CLASS 2	THURSDAY	10.15AM -11.15AM*	12*	\$12 to \$20	MS NG YEE LING

PHYSIOTHERAPY CLASS 1	FRIDAY	9.30AM - 10.30AM*	12*	\$12 to \$20	MS ANDREA TAY
PHYSIOTHERAPY CLASS 2	FRIDAY	10.45AM -11.45AM*	12*	\$12 to \$20	MS ANDREA TAY
PHYSIOTHERAPY CLASS 3	FRIDAY	12.00PM - 1.00PM*	12*	\$12 to \$20	MS ANDREA TAY
PHYSIOTHERAPY CLASS 4	FRIDAY	1.15PM - 2.15PM*	12*	\$12 to \$20	MS ANDREA TAY

SPEAK L.I.F.E ^{*Speech, Online}	WEDNESDAY	9.30AM -10.30AM	10	\$12 to \$20	TTSH SPEECH THERAPIST
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For Group Physiotherapy or Speech Class Application:

1. Need to be referred by a medical specialist/institution that could provide details on your medical condition/s.
2. Pre-Admission Assessment is applicable for all clients at a fee charge.
3. Both Assessment and class fee charges are subject to Means Testing.
4. For non-PSS Members, a fee of \$54 shall apply to each Physiotherapy or Speech Group Class and \$144 for the Pre-Assessment.
5. The listed class times and total sessions may be subject to change.

ACTIVE KICKBOXING (Modified)	TUESDAY	11.30AM -12.30PM*	10*	\$8/session	MR JOEL LYE
SITTING TAI CHI	WEDNESDAY	10.15AM -11.15AM*	12*	\$8/session	MS JENNIFER CHUNG
ACTIVE KICKBOXING (Standard)	WEDNESDAY	11.30AM -12.30PM*	10*	\$8/session	MR JOEL LYE
STANDING TAI CHI	THURSDAY	11.30AM -12.30PM*	12*	\$8/session	MS JENNIFER CHUNG
YOGA					
- Class 1		2.00PM - 3.00PM*			MS GWEN TEO
- Class 2 (Independent)	THURSDAY	3.15PM - 4.15PM*	12*	\$8/session	MS WENDY CHAN
SING A DIFFERENT BEAT (Online Class, English)	MONDAY	9.30AM - 11.00AM*	8*	\$8/session	MS IRENE JANSEN
DO RE MI (Online Class, Mandarin)	FRIDAY	1.00PM - 2.30PM*	10*	\$8/session	MR DONALD CHEW

EVENT/WORKSHOP	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22
EMOTIONAL FREEDOM TECHNIQUE (EFT) \$20 FOR PSS MEMBERS & CAREGIVERS \$100 FOR NON-PSS MEMBER ~ Conducted by Dr Tan Siok Bee	20/8/2022 10am - 12 noon		08/10/2022 10am - 12noon	12/11/2022 10am - 12noon	
CAREGIVERS' WORKSHOP FREE FOR CAREGIVERS OF PSS MEMBERS \$10/PERSON FOR CAREGIVERS OF NON-PSS MEMBERS ~ Facilitated by TTSH	27/8/2022 10am - 12noon Sleep Problem In Parkinson ~ Dr Chan Lai Gwen		22/10/2022 10am - 12noon Issues in DBS Care ~ Ms Li Wei		
P-NET WORKSHOP FREE FOR PSS MEMBERS WITHIN THE FIRST 5 YEARS OF THEIR DIAGNOSIS & CAREGIVERS \$10/SESSION FOR NON-PSS MEMBERS	06/8/2022 10am - 12noon My Daily Activities with Parkinson ~ Ms Natalie Chew	17/9/2022 10am - 12noon Healthy Eating ~ Ms Joycelyn Er	01/10/2022 10am - 12noon Advance Care Planning ~ Ms Jaya Rajesh	05/11/2022 10am - 12noon Understanding Grief ~ Dr Gilbert Fan	
LOUD SPEECH & BIG MOVEMENTS FREE FOR PSS MEMBERS ~ Facilitated by Betty Wong	13/8/2022 10am - 11am	10/9/2022 10am - 11am			
YOUTHFUL PARKINSON CIRCLE (YPC) FREE FOR PSS MEMBERS DIAGNOSED BELOW 60 YEARS ~ Facilitated by SGH		24/9/2022 2pm - 4pm Part I: Making Safe Environment & Keep Active as Parkinson Progresses ~ Ms Ng Hui Sin Part II: Living Life to the Fullest: My Hobbies		26/11/2022 2pm - 4pm Part I - Importance of Advance Care Planning & Planning Ahead ~ Mr Elliot Lim Wee Hong Part II - Living Life to the Fullest: My Hobbies	

*Registration is needed for all PSS Programs and Events.

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