

## PROGRAMME LIST 2023

Blk 191 Bishan St 13 #01-413 - 415 Singapore 570191

Tel: 6353 5338 Mobile: 90178842


[www.parkinson.org.sg](http://www.parkinson.org.sg)

 [Parkinson Society Singapore](https://www.facebook.com/ParkinsonSocietySingapore)

 [parkinsonsociety singapore](https://www.instagram.com/parkinsonsociety singapore)

For Group Physiotherapy or Speech Therapy Application:

1. A medical referral through AIC is required.
2. Pre-Admission 1 to 1 Assessment is applicable.
3. All applicable charges are subject to Membership and Means Testing.
4. All class schedules and total sessions maybe subject to change depending on class size and instructor availability.

MEMBERSHIP TYPE	VALIDITY	FEE	ANNUAL MEMBERSHIP/RENEWAL				
ORDINARY SENIOR (ABOVE 60 YEARS)	PER CALENDAR YEAR	S\$30.00	 1. Please scan the QR code or call us for membership form. 2. Make payment via: Paynow, Cheque, Cash or Credit Card.				
ORDINARY (BELOW 60 YEARS)	PER CALENDAR YEAR	S\$50.00					
PHYSIOTHERAPY	DAY	CLASS TIME	TOTAL SESSIONS	DATES	PSS MEMBER FEE	PSS NON-MEMBER FEE	PHYSIOTHERAPIST/CERTIFIED TRAINER
PHYSIOTHERAPY CLASS 1	MONDAY	9.30AM - 10.30AM*	11*	JAN 9, 16, 30 FEB 6, 13, 20, 27 MAR 6, 13, 20, 27	\$12 to \$20 (MEANS TESTED) PER SESSION	\$54 PER SESSION	MS NG YEE LING
PHYSIOTHERAPY CLASS 2		12.00PM - 1.00PM*					MS LAVANYAH JENKINS
PHYSIOTHERAPY CLASS 3		1.15PM - 2.15PM*					
PHYSIOTHERAPY CLASS 4		2.30PM - 3.30PM*					
PHYSIOTHERAPY CLASS 1	TUESDAY	9.00AM - 10.00AM*	12*	JAN 3, 10, 17, 31 FEB 7, 14, 21, 28 MAR 7, 14, 21, 28	\$12 to \$20 (MEANS TESTED) PER SESSION	\$54 PER SESSION	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 2		10.15AM -11.15AM*					
PHYSIOTHERAPY CLASS 3		12.45PM - 1.45PM*					
PHYSIOTHERAPY CLASS 4		2.00PM - 3.00PM*					
PHYSIOTHERAPY CLASS 5		3.15PM - 4.15PM*					
PHYSIOTHERAPY CLASS 1	WEDNESDAY	9.00AM -10.00AM*	12*	JAN 4, 11, 18, FEB 1, 8, 15, 22 MAR 1, 8, 15, 22, 29	\$12 to \$20 (MEANS TESTED) PER SESSION	\$54 PER SESSION	MS LAVANYAH JENKINS
PHYSIOTHERAPY CLASS 2		12.45PM - 1.45PM*					MS KOH YAN FEN
PHYSIOTHERAPY CLASS 3		2.00PM - 3.00PM*					MS GOH QIANHUI
PHYSIOTHERAPY CLASS 4		3.15PM - 4.15PM*					
PHYSIOTHERAPY CLASS 1	THURSDAY	9.00AM -10.00AM*	12*	JAN 5, 12, 19, FEB 2, 9, 16, 23 MAR 2, 9, 16, 23, 30	\$12 to \$20 (MEANS TESTED) PER SESSION	\$54 PER SESSION	MS NG YEE LING
PHYSIOTHERAPY CLASS 2		10.15AM -11.15AM*					
PHYSIOTHERAPY CLASS 1	FRIDAY	9.30AM - 10.30AM*	12*	JAN 6, 13, 20, FEB 3, 10, 17, 24 MAR 3, 10, 17, 24, 31	\$12 to \$20 (MEANS TESTED) PER SESSION	\$54 PER SESSION	MS ANDREA TAY
PHYSIOTHERAPY CLASS 2		10.45AM -11.45AM*					
PHYSIOTHERAPY CLASS 3		12.00PM - 1.00PM*					
PHYSIOTHERAPY CLASS 4		1.15PM - 2.15PM*					
SPEAK L.I.F.E	WEDNESDAY	9.30AM -10.30AM	10*	JAN 18, 25 FEB 1, 8, 15, 22 MAR 1, 8, 15, 22	\$12 to \$20 PER SESSION (MEANS TESTED)	\$54 PER SESSION	MS SARAH KO
C.A.P.E		3:00PM - 4:00PM		JAN 4, 11, 18, 25 FEB 1, 8, 15, 22 MAR 1, 8	COMPLIMENTARY FOR PSS MEMBERS (SUBJECT TO RESEARCH CRITERIA)		(SUBJECT TO RESEARCH CRITERIA)



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CLASS	DAY	TIME	TOTAL SESSIONS	DATES	PSS MEMBER FEE	PSS NON-MEMBER FEE	CERTIFIED TRAINER
PSS WALKING CLUB	MONDAY	3:30PM - 5:00PM	3*	JAN 16, FEB 20, MAR 20,	COMPLIMENTARY FOR MEMBERS	\$20 PER SESSION	PSS LEAD
ACTIVE KICKBOXING (Modified)	TUESDAY	11.30AM -12.30PM*	12*	JAN 3, 10, 17, 31 FEB 7, 14, 21, 28 MAR 7, 14, 21, 29	\$8 PER SESSION		MR JOEL LYE
ADAPTED TANGO		10:00AM-11:00AM	10*	JAN 10, 17, 31 FEB 7, 14, 21, 28 MAR 7, 14, 21	\$10 PER SESSION		MS LO PUI SZE
		11:00AM-12:00PM					MS JENNIFER CHUNG
SITTING TAI CHI	WEDNESDAY	10.15AM -11.15AM*	9*	JAN 4, 11, 18, FEB 22, MAR 1, 8, 15, 22, 29	\$8 PER SESSION		MR JOEL LYE
ACTIVE KICKBOXING (Standard)		11.30AM -12.30PM*	12*	JAN 4, 11, 18, FEB 1, 8, 15, 22 MAR 1, 8, 15, 22, 29	\$10 PER SESSION		MR SOH CHYE ANN
ENABLING ART		10:30AM-12:00PM	7*	JAN 4, 11, 18, FEB 1, 8, 15, 22			MS JENNIFER CHUNG
STANDING TAI CHI	THURSDAY	11.30AM -12.30PM*	9*	JAN 5, 12, 19, FEB 23, MAR 2, 9, 16, 23, 30	\$8 PER SESSION		MS GWEN TEO MS WENDY CHAN
YOGA - CLASS 1 - CLASS 2	THURSDAY	2.00PM - 3.00PM* 3.15PM - 4.15PM*	10*	JAN 5, 12, 19, FEB 2, 9, 16, 23 MAR 2, 9, 16,			

EVENT/WORKSHOP	DAY	TIME	DATES			PSS MEMBER FEE	PSS NON-MEMBER FEE
EMOTIONAL FREEDOM TECHNIQUE (EFT) ~ FACILITATED BY DR TAN SIOK BEE	SATURDAY	10:00-12:00PM	JAN 7,	APR 1, JUN 10, JUL 22,	SEP 2, NOV 18,	\$20 FOR PSS MEMBERS & CAREGIVERS	\$100 FOR NON-PSS MEMBER
P-NET WORKSHOP ~ FACILITATED BY SGH ALLIED HEALTH PROFESSIONALS		10:00-12:00PM	JUL 8 (MAKING-MAKING OF A DIAGNOSIS OF PARKINSON) AUG 12 (HANDLING DIFFICULT EMOTIONS)	SEP 9 (LOSS & GRIEF) OCT 14 (THE POWER OF HOPE)	NOV 11 (STAYING POSITIVE DESPITE CALAMITIES) DEC 9 (PLANNING IT RIGHT)	COMPLIMENTARY FOR PSS MEMBERS	\$10/SESSION FOR NON-PSS MEMBERS
PARACOUNSELLING WORKSHOP ~ FACILITATED BY DR GILBERT FAN		9:30AM-12:30PM	JAN 14 (BASIC 1) JAN 28 (BASIC 2)	FEB 11 (INTERMEDIATE 1)	MAR 4 (INTERMEDIATE 2) MAR 25 (INTERMEDIATE 3)	COMPLIMENTARY FOR PSS MEMBERS	\$10/SESSION FOR NON-PSS MEMBERS
YOUTHFUL PARKINSON CIRCLE (YPC) ~ FACILITATED BY SGH ALLIED HEALTH PROFESSIONALS		2:00PM-3:00PM	JAN 14 (MUSIC THERAPY & PARKINSON) MAR 18 (THE 101 ABOUT PARKINSON)	MAY 13 (STRESS MANAGEMENT), JUL 15 (KNOWING & MANAGE YOUR MEDICATION)	SEP 16 (EXERCISE AS MEDICATION IN PARKINSON), NOV 18 (NUTRITION & PARKINSON)	COMPLIMENTARY FOR PSS MEMBERS UNDER 60YRS ONLY	NOT AVAILABLE FOR PSS NON MEMBERS

\*Registration is needed for all PSS Programs and Events.

\*For registration/enquiries, please contact Parkinson Society Singapore at 6353 5338 or 90178842 (Office hours Monday to Friday 9am-5pm)