



Parkinson Society Singapore

FOR MORE CLASS/ PROGRAMME INFORMATION, PLEASE VISIT

WWW.PARKINSON.ORG.SG

191 Bishan Street 13 | 6353 5338 | 90178842 | www.parkinson.org.sg

PROGRAMME SCHEDULE 2023

MONDAY – FRIDAY

9am - 5pm

Physiotherapy

9am - 4pm

PSS Talking Therapy

MONDAY

10am - 11am

PSS Table Tennis 1

10:30am - 11:30am

PSS Adapted Pilates

11am - 12pm

PSS Table Tennis 2

1:30pm - 3:30pm

PSS Arts & Crafts

TUESDAY

9:15am - 10:15am

Sitting Tai Chi

10:45am - 11:45am

Adapted Tango 1

12:15pm - 1:30pm

PSS Table Tennis Together

11:30am - 12:30pm

Kickboxing (Modified)

12:45pm - 1:45pm

PSS Adapted Pilates 1

1:45pm - 2:45pm

PSS Adapted Pilates 2

2pm - 3pm

Sing With Me (Chinese)

WEDNESDAY

10am - 12pm

PSS Calligraphy

10.15am - 11.15am

Sitting Taichi

10.15am - 11.15am

PSSFiT

11.30am - 12.30pm

Kickboxing (Standard)

12:45pm - 1:45pm

PSS Adapted Pilates 3

1:30pm - 2:30pm

PSS Adapted Dance

THURSDAY

8am - 11:30am

PSS Walking Club (Monthly)

11am - 1pm

Emotional Health Series

11.30am - 12.30pm

Standing Taichi

2pm - 3pm

Yoga Class 1

3.15pm - 4.15pm

Yoga Class 2

3pm - 4pm

Speak L.I.F.E

FRIDAY

11am - 1pm

PSS Table Tennis Together

11am - 1pm

Support Group (Monthly)

1pm - 3pm

PSS Sing Together!



INDICATE YOUR INTEREST
HERE FOR THE PROGRAMMES
AND WORKSHOPS

(Updated as of 25 Oct 2023)

Subject to change

SATURDAY EVENTS / WORKSHOPS 2023

Youthful Parkinson Circle: Zoom (2pm - 3pm)

Oct 28 Exercise as Medicine in Parkinson

Dec 09 Nutrition & Parkinson

ParaCounselling Workshop @ PSS Bishan (Starting 2024)

Jan 6 9:30am - 6pm

Jan 27 9:30am - 6pm

Emotional Freedom Techniques @ PSS Bishan (10am - 12pm)

Nov 25

YMCA Karaoke @ Orchard (2pm - 5pm)

Nov 18, Dec 16

P-Net Workshop: Zoom (10am - 12pm)

Nov 18 Staying Positive Despite Calamities

Caregiver Workshop: Zoom (10am - 12pm)

Dec 2 Community Resources in Singapore



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