

## PROGRAMME LIST 2023 Q4

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

 parkinsonsocietyssingapore

DATE: 7 Sept 2023

\*Please note classes maybe subjected to change.

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					

  

CLASS	DAY	TIME	TOTAL SESSIONS	DATES	PSS MEMBER FEE	PSS NON-MEMBER FEE	CERTIFIED TRAINER
PSS TABLE TENNIS 1	MONDAY	10:00AM - 11:00PM	11*	OCT 2, 9, 16, 23, 30 NOV 6, 20, 27 DEC 4, 11, 18	\$10 PER SESSION	\$20	MS TAN NGOR PENG
PSS TABLE TENNIS 2		11:00AM - 12:00PM					
PSS ADAPTED PILATES 3		10:30AM - 11:30AM	10*				GRACE LIM
PSS ARTS & CRAFT		1:30PM - 3:30PM	3*				NOV 6, 20 DEC 4
SITTING TAI CHI	TUESDAY	9:15AM - 10:15AM	10*	OCT 3, 17, 31 NOV 7, 14, 21, 28 DEC 5, 12, 19	\$8 PER SESSION		MS JENNIFER CHUNG
ACTIVE KICKBOXING (Modified)		11.30AM - 12.30PM*	9*				OCT 3, 10, 17, 31 NOV 7, 14, DEC 5, 12, 19
PSS ADAPTED TANGO 1		10:15AM-11:15AM	11*	OCT 10, 17, 24, 31 NOV 7, 14, 21, 28 DEC 5, 12, 19	\$10 PER SESSION		MS LO PUI SZE
PSS ADAPTED TANGO 2		11:15AM-12:15PM					
PSS ADAPTED PILATES 1		12:45AM - 1.45PM	12*	OCT 3, 10, 17, 24, 31 NOV 7, 14, 21, 28 DEC 5, 12, 19		MS ELSIE WONG	
PSS ADAPTED PILATES 2		1:45PM - 2:45PM					
SING WITH ME (CHINESE)	2:00PM - 3:00PM	12*	OCT 3, 10, 17, 24, 31 NOV 7, 14, 21, 28 DEC 5, 12, 19	MR HUN CHIN GUAN MS LEE CHENG SIANG			
PSS CHINESE CALLIGRAPHY	WEDNESDAY	10:00AM - 12:00PM	12*	OCT 4, 11, 18, 25 NOV 1, 8, 15, 22, 29 DEC 6, 13, 20		\$10 PER SESSION	MR MA POH HOW
SITTING TAI CHI		10.15AM - 11.15AM*	10*	OCT 4, 11, NOV 1, 8, 15, 22, 29 DEC 6, 13, 20	\$8 PER SESSION	MS JENNIFER CHUNG	
ACTIVE KICKBOXING (Standard)		11.30AM - 12.30PM*	10*	OCT 4, 11, 18, 25 NOV 1, 8, 15, DEC 6, 13, 20	\$8 PER SESSION	MR JOEL LYE	
PSS ADAPTED PILATES 3		12:45AM - 1.45PM	12*	OCT 4, 11, 18, 25 NOV 1, 8, 15, 22, 29 DEC 6, 13, 20	\$10 PER SESSION	MS ELSIE WONG	
PSS ADAPTED DANCE		1:30PM - 2:30PM	9*	OCT 11, 18, 25 NOV 1, 8, 15, 22 DEC 13, 20		MDM TING LAY TIN	
STANDING TAI CHI		THURSDAY	11.30AM - 12.30PM*	11*	OCT 5, 12, 26 NOV 2, 9, 16, 23, 30 DEC 7, 14, 21	\$8 PER SESSION	MS JENNIFER CHUNG
YOGA - CLASS 1 - CLASS 2	2.00PM - 3.00PM* 3.15PM - 4.15PM*		12*	OCT 5, 12, 19, 26 NOV 2, 9, 16, 23, 30 DEC 7, 14, 21	MS GWEN TEO MS WENDY CHAN		
PSS TABLE TENNIS TOGETHER	FRIDAY		11:00AM - 1:00PM	10*	OCT 6, 13, 20 NOV 3, 10, 17 DEC 1, 8, 15, 22		COMPLIMENTARY FOR MEMBERS
PSS SING TOGETHER!		1:00PM - 3:00PM	12*	OCT 6, 13, 20, 27 NOV 3, 10, 17, 24 DEC 1, 8, 15, 22			

## PROGRAMME LIST 2023 Q4

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)

DATE: 7 Sept 2023

 [parkinsonsocietyssingapore](https://www.instagram.com/parkinsonsocietyssingapore)

CLASS	DAY	TIME	TOTAL SESSIONS	DATES	PSS MEMBER FEE	PSS NON-MEMBER FEE	CERTIFIED TRAINER
EVENT/WORKSHOP	DAY	TIME	DATES		PSS MEMBER FEE	PSS NON-MEMBER FEE	
<b>YMCA KARAOKE @ ORCHARD</b>	SATURDAY	2:00PM-5:00PM	OCT 21	NOV 18	DEC 16	\$5 PER PERSON	NOT AVAILABLE FOR PSS NON MEMBERS
<b>EMOTIONAL FREEDOM TECHNIQUE (ONSITE)</b> ~ FACILITATED BY DR TAN SIOK BEE		10:00-12:00PM	NOV 18			\$20 FOR PSS MEMBERS & CAREGIVERS	\$100 FOR NON-PSS MEMBER
<b>P-NET WORKSHOP</b> ~ FACILITATED BY SGH ALLIED HEALTH PROFESSIONALS		10:00-12:00PM	OCT 14 (LOSS & GRIEF)	NOV 11 (STAYING POSITIVE DESPITE CALAMITIES)		COMPLIMENTARY FOR PSS MEMBERS	\$10/SESSION FOR NON-PSS MEMBERS
<b>CAREGIVER (ZOOM)</b> ~ FACILITATED BY ALLIED HEALTH PROFESSIONALS		10:00AM-12:00PM	21 OCT COMPLEMENTARY THERAPY IN PARKINSON DISEASE	NOV 11 COMMUNITY RECOURSES IN SINGAPORE (MS LIN JINGYI TTSH)		COMPLIMENTARY FOR PSS CAREGIVER MEMBERS	\$10/SESSION FOR NON-PSS CAREGIVER MEMBERS
<b>YOUTHFUL PARKINSON CIRCLE (ZOOM)</b> ~ FACILITATED BY SGH ALLIED HEALTH PROFESSIONALS		2:00PM-3:00PM	OCT 28 (EXERCISE AS MEDICATION IN PARKINSON)	NOV 18 (NUTRITION & PARKINSON)		COMPLIMENTARY FOR PSS MEMBERS UNDER 70YRS ONLY	NOT AVAILABLE FOR PSS NON MEMBERS

MONTHLY EVENT	DAY	TIME	DATES		PSS MEMBER FEE	PSS NON-MEMBER FEE
<b>PSS WALKING CLUB</b>	THURSDAY	08:00AM - 11:00AM	ENQUIRE WITH PSS		COMPLIMENTARY FOR PSS CAREGIVER MEMBERS	NOT AVAILABLE FOR PSS NON MEMBERS
<b>EMOTIONAL HEALTH SERIES (ONSITE)</b> FACILITATED BY ROTARY CLUB OF KAMPONG GELAM		10:00AM - 12:00PM	OCT 27 NOV 30 DEC 28			
<b>BEFRIENDER</b>	FRIDAY	11:00AM - 1:00PM	OCT 27 NOV 24 DEC 29			

\*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)