

### PROGRAMME LIST 2023 Q3

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)

DATE: 3 AUG 2023

\*Please note classes maybe subject 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	12*	JUL 3, 10, 17, 24, 31 AUG 7, 14, 21, 28 SEP 4, 18, 25	\$10 PER SESSION		MS TAN NGOR PENG
PSS TABLE TENNIS 2		11:00AM - 12:00PM					
PSS ARTS & CRAFT		1:30PM - 3:30PM					
SITTING TAI CHI	TUESDAY	9:15AM - 10:15AM	10*	JUL 4, 11, 18, 25 AUG 1, 8, 15, 22, 29 SEP 5	\$8 PER SESSION		MS JENNIFER CHUNG
ACTIVE KICKBOXING (Modified)		11.30AM - 12.30PM*	11*	JUL 4, 11, 18, 25 AUG 1, 8, 15, 22, 29 SEP 5, 19, 26	\$8 PER SESSION		MR JOEL LYE
PSS ADAPTED TANGO 1		10:15AM-11:15AM	11*	JUL 11, 18, 25 AUG 1, 8, 15, 22, 29 SEP 5, 19, 26	\$10 PER SESSION		MS LO PUI SZE
PSS ADAPTED TANGO 2		11:15AM-12:15PM					
PSS ADAPTED PILATES 1		12:45AM - 1.45PM	10*	JUL 18, 25 AUG 1, 8, 15, 22, 29 SEP 5, 19, 26			MS ELSIE WONG
PSS ADAPTED PILATES 2		1:45PM - 2:45PM					
SING WITH ME (CHINESE)		2:00PM - 3:00PM	12*	JUL 4, 11, 18, 25 AUG 1, 8, 15, 22, 29 SEP 5, 19, 26	\$10 PER SESSION		MR HUN CHIN GUAN MS LEE CHENG SIANG
PSS CHINESE CALLIGRAPHY		10:00AM - 12:00PM	11*	JUL 5, 12, 19, 26 AUG 2, 16, 23, 30 SEP 6, 20, 27	\$10 PER SESSION		MR MA POH HOW
SITTING TAI CHI	WEDNESDAY	10.15AM - 11.15AM*	9*	JUL 5, 12, 19, 26 AUG 2, 16, 23, 30 SEP 6	\$8 PER SESSION		MS JENNIFER CHUNG
ACTIVE KICKBOXING (Standard)		11.30AM - 12.30PM*	11*	JUL 5, 12, 19, 26 AUG 2, 16, 23, 30 SEP 6, 20	\$8 PER SESSION		MR JOEL LYE
PSS ADAPTED PILATES 3		12:45AM - 1.45PM	9*	JUL 19, 26 AUG 2, 16, 23, 30 SEP 6, 20	\$10 PER SESSION		MS JACQUELINE LEE
PSS ADAPTED DANCE		1:30PM - 2:30PM	7	AUG 2, 16, 23, 30 SEPT 6, 20, 27			MDM TING LAY TIN
PSS WALKING CLUB (MONTHLY)		THURSDAY	8:00AM - 11:00AM	3*	SEP 6, 20	COMPLIMENTARY FOR MEMBERS	
STANDING TAI CHI	11.30AM - 12.30PM*		10*	JUL 6, 13, 20, 27 AUG 3, 10, 17, 24, 31 SEP 7,	\$8 PER SESSION		MS JENNIFER CHUNG
YOGA - CLASS 1 - CLASS 2	2.00PM - 3.00PM* 3.15PM - 4.15PM*		12*	JUL 6, 13, 20, 27 AUG 3, 10, 17, 24, 31 SEP 7, 21, 28			MS GWEN TEO MS WENDY CHAN
PSS TABLE TENNIS TOGETHER	FRIDAY	11:00AM - 1:00PM	9*	JUL 7, 14, 21 AUG 4, 11, 18 SEP 1, 8, 22,	COMPLIMENTARY FOR MEMBERS		PSS LEAD
BEFRIENDERS (Monthly)		11:00AM - 1:00PM	3*	JUL 28 AUG 25, SEP 29			
PSS SING TOGETHER!		1:00PM - 3:00PM	12*	JUL 7, 14, 21, 28 AUG 4, 11, 18, 25, SEP 1, 8, 22, 29			

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EVENT/WORKSHOP	DAY	TIME	DATES		PSS MEMBER FEE	PSS NON-MEMBER FEE	
YMCA KARAOKE @ ORCHARD	SATURDAY	2:00PM-5:00PM	JUL 15	AUG 19	SEP 16	\$5 PER PERSON	NOT AVAILABLE FOR PSS NON MEMBERS
EMOTIONAL FREEDOM TECHNIQUE (ONSITE) ~ FACILITATED BY DR TAN SIOK BEE		10:00-12:00PM	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 7 (THE POWER OF HOPE)	NOV 11 (STAYING POSITIVE DESPITE CALAMITIES) DEC 2 (PLANNING IT RIGHT)	COMPLIMENTARY FOR PSS MEMBERS	\$10/SESSION FOR NON-PSS MEMBERS
CAREGIVER (ZOOM) ~ FACILITATED BY ALLIED HEALTH PROFESSIONALS		10:00AM-12:00PM	17 JUN COGNITION ENHANCEMENT IN PARKINSON DISEASE	15 JUL DEEP BRAIN STIMULATION FOR PARKINSON PATIENTS 21 OCT COMPLEMENTARY THERAPY IN PARKINSON DISEASE	11 NOV COMMUNITY RECOURSES IN SINGAPORE (MS LIN JINGYI TTSH)	COMPLIMENTARY FOR PSS CAREGIVER MEMBERS	\$10/SESSION FOR NON-PSS CAREGIVER MEMBERS
YOUTHFUL PARKINSON CIRCLE (ZOOM) ~ FACILITATED BY SGH ALLIED HEALTH PROFESSIONALS		2:00PM-3:00PM	MAY 13 (STRESS MANAGEMENT IN PARKINSON & CAREGIVERS),	JUL 15 (KNOWING & MANAGE YOUR MEDICATION) 28 OCT (EXERCISE AS MEDICATION IN PARKINSON),	NOV 18 (NUTRITION & PARKINSON)	COMPLIMENTARY FOR PSS MEMBERS UNDER 70YRS 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)