

PROGRAMMES LIST 2024 Q1

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

Tel: 6353 5338 Mobile: 90178842


www.parkinson.org.sg

 Parkinson Society Singapore

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

DATE: 29 DEC 2023

*Please note classes maybe subjected to change.

MEMBERSHIP TYPE	VALIDITY	FEE	ANNUAL MEMBERSHIP/RENEWAL					
ORDINARY SENIOR (ABOVE 60 YEARS)	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)	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 - 11:00AM	10*	JAN 8, 15, 22, 29 FEB 19, 26 MAR 4, 11, 18, 25	\$10 PER SESSION	\$20	MS TAN NGOR PENG	
PSS TABLE TENNIS 2		11:00AM - 12:00PM						
PSS ADAPTED PILATES		10:30AM - 11:30AM	10*	JAN 8, 15, 22, 29 FEB 19, 26 MAR 4, 11, 18, 25				MS GRACE LIM
SITTING TAI CHI	TUESDAY	9:15AM - 10:15AM	10*	JAN 2, 9, 16, 23, 30 FEB 20, 27 MAR 5, 12, 26	\$10 PER SESSION		\$20	MS JENNIFER CHUNG
PSS ADAPTED RHYTHMIC MOVEMENTS		10:30AM-11:30AM	11*	JAN 9, 16, 23, 30 FEB 13, 20, 27 MAR 5, 12, 19, 26				MS LO PUI SZE
PSS RHYTHMIC MOVEMENTS		11:30AM-12:30PM						
ACTIVE KICKBOXING (Modified)		11.30AM -12.30PM*	12*	JAN 2, 9, 16, 23, 30 FEB 13, 20, 27 MAR 5, 12, 19, 26				MR JOEL LYE
PSS ADAPTED PILATES 1		12:45AM - 1.45PM	12*	JAN 2, 9, 16, 23, 30 FEB 13, 20, 27 MAR 5, 12, 19, 26				MS ELSIE WONG
PSS ADAPTED PILATES 2		1:45PM -2:45PM						
PSS TABLE TENNIS TOGETHER		12:30PM - 1:30PM	12*	JAN 2, 9, 16, 23, 30 FEB 13, 20, 27 MAR 5, 12, 19, 26				COMPLIMENTARY FOR MEMBERS PSS LEAD
SING WITH ME (CHINESE)		2:00PM - 3:30PM	11*	JAN 2, 9, 16, 23, 30 FEB 20, 27 MAR 5, 12, 19, 26		\$15 PER SESSION		MR HUN CHIN GUAN MS LEE CHENG SIANG
PSS CHINESE CALLIGRAPHY		WEDNESDAY	10:00AM - 12:00PM	10*		JAN 17, 24, 31 FEB 14, 21, 28 MAR 6, 13, 20, 27		\$10 PER SESSION
SITTING TAI CHI	10.15AM -11.15AM*		10*	JAN 3, 10, 17, 24, 31 FEB 21, 28 MAR 6, 13, 27	MS JENNIFER CHUNG			
ACTIVE KICKBOXING (Standard)	11.30AM -12.30PM*		10*	JAN 3, 10, 17, 24, 31 FEB 14, 21, 28 MAR 6, 13	MR JOEL LYE			
PSS ADAPTED PILATES 3	12:45AM - 1.45PM		12*	JAN 3, 10, 17, 24, 31 FEB 14, 21, 28 MAR 6, 13, 20, 27	MS JACQUELINE LEE			
PSS ADAPTED DANCE	1:30PM - 2:30PM		12*	JAN 3, 10, 17, 24, 31 FEB 14, 21, 28 MAR 6, 13, 20, 27	MDM TING LAY TIN			
STANDING TAI CHI	THUSDAY	11.30AM -12.30PM*	11*	JAN 4, 11, 18, 25 FEB 1, 22, 29 MAR 7, 14, 21, 28	\$10 PER SESSION	\$20	MS JENNIFER CHUNG	
YOGA - CLASS 1 - CLASS 2		2.00PM - 3.00PM* 3.15PM - 4.15PM*	11*	JAN 11, 18, 25 FEB 1, 15, 22, 29 MAR 7, 14, 21, 28			MS KERIN KOH MS ZARA FAISAL MS DAWN SEE	



Parkinson Society Singapore

PROGRAMMES LIST 2024 Q1

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

DATE: 29 DEC 2023

Tel: 6353 5338

Mobile: 90178842

www.parkinson.org.sg

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

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

PSS TABLE TENNIS TOGETHER	FRIDAY	11:00AM - 1:00PM	9*	JAN 5, 12, 19, FEB 2, 16, MAR 1, 8, 15, 22,	COMPLIMENTARY FOR MEMBERS	PSS LEAD
PSS SING TOGETHER!		1:00PM - 3:00PM	12*	JAN 5, 12, 19, 26, FEB 2, 16, 23, MAR 1, 8, 15, 22, 29		

EVENT/WORKSHOP	DAY	TIME	DATES			PSS MEMBER FEE	PSS NON-MEMBER FEE
YMCA KARAOKE	SATURDAY	2:00PM-5:00PM	MAR 16 APR 20 MAY 18 JUN 15	JUL 20 AUG 17 SEP 21	OCT 19 NOV 16 DEC 21	\$5 PER PERSON	NOT AVAILABLE FOR PSS NON MEMBERS
EMOTIONAL FREEDOM TECHNIQUE (ONSITE) ~ FACILITATED BY DR TAN SIOK BEE		10:00-12:00PM	23 MAR 22 JUN 28 SEP 30 NOV			\$20 FOR PSS MEMBERS & CAREGIVERS	\$100 FOR NON-PSS MEMBER
P-NET WORKSHOP ~ FACILITATED BY SGH ALLIED HEALTH PROFESSIONALS		10:00-12:00PM	TBC			COMPLIMENTARY FOR PSS MEMBERS	\$10/SESSION FOR NON-PSS MEMBERS
CAREGIVER (ZOOM) ~ FACILITATED BY ALLIED HEALTH PROFESSIONALS		10:00AM-12:00PM	MAR 2 - COMMUNITY RESOURCES FOR PARKINSON MAY 11 - NEW TREATMENT IN THE MANAGEMENT OF PARKINSON	JUL 13 - POSTURA HYPOTENSION MANAGEMENT FOR PARKINSON SEP 14 - COGNITIVE IMPAIRMENT IN PARKINSON	NOV 9 - SWALLOWING DIFFICULTY AND TUBE FEEDING	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	TBC - MEDICATION & SUPPLEMENTS TBC - LEISURE ACTIVITIES & DRIVING	TBC - KEEPING ACTIVE & IMPORTANCE OF EXERCISE	TBC - DBS SURGERY: WHAT DO I NEED TO KNOW	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
PSS WALKING CLUB	THURSDAY	08:00AM - 11:30AM	ENQUIRE WITH PSS			COMPLIMENTARY FOR PSS CAREGIVER MEMBERS	NOT AVAILABLE FOR PSS NON MEMBERS
EMOTIONAL HEALTH SERIES (ONSITE) FACILITATED BY ROTARY CLUB OF KAMPONG GELAM		10:00AM - 12:00PM	JAN				
BEFRIENDER	FRIDAY	11:00AM - 1:00PM	JAN 26 FEB 23 MAR 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)