

PROGRAMMES LIST 2024 Q2

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

Tel: 6353 5338 Mobile: 90178842

www.parkinson.org.sg

 Parkinson Society Singapore

DATE:3 APR 2024

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

*Please note classes may be 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	9:00AM - 10:00AM	12	APR 1, 8, 15, 22, 29 MAY 6, 13, 20, 27 JUN 3, 10, 24	\$10 PER SESSION	\$20	MS TAN NGOR PENG
PSS TABLE TENNIS 1		10:00AM - 11:00AM					
PSS TABLE TENNIS 2		11:00AM - 12:00PM					
PSS ADAPTED PILATES	10:30AM - 11:30AM	12*	APR 1, 8, 15, 22, 29 MAY 6, 13, 20, 27 JUN 3, 10, 24		MS GRACE LIM		
SITTING TAI CHI	TUESDAY	9:15AM - 10:15AM	12*	APR 2, 9, 16, 30 MAY 7, 14, 21, 28 JUN 4, 11, 18, 25	\$10 PER SESSION		MS JENNIFER CHUNG
PSS ADAPTED RHYTHMIC MOVEMENTS		10:30AM-11:30AM	11*	APR 9, 16, 23, 30 MAY 7, 14, 21, 28 JUN 4, 11, 18			MS LO PUI SZE
PSS RHYTHMIC MOVEMENTS		11:30AM-12:30PM					
ACTIVE KICKBOXING (Modified)		11.30AM -12.30PM*	12*	APR 2, 9, 16, 23, 30 MAY 7, 14, 21, 28 JUN 4, 11, 18	MR JOEL LYE		
PSS ADAPTED PILATES 1		12:45AM - 1.45PM	11*	APR 2, 9, 16, 23, MAY 7, 14, 21, 28 JUN 4, 11, 18	MS ELSIE WONG		
PSS ADAPTED PILATES 2		1:45PM -2:45PM					
PSS SOCIAL SESSION		12:30 - 2:30pm	12*	APR 2, 9, 16, 23, 30 MAY 7, 14, 21, 28 JUN 4, 11, 18	COMPLIMENTARY FOR MEMBERS	PSS LEAD	
SING WITH ME (Bilingual)		1:00PM - 2:00PM	12*	APR 2, 9, 16, 23, 30 MAY 7, 14, 21, 28 JUN 4, 11, 18	\$12 PER SESSION	MR HUN CHIN GUAN MS LEE CHENG SIANG	
SING WITH ME (CHINESE)		2:30PM - 4:30PM			\$15 PER SESSION		
PSS CHINESE CALLIGRAPHY		WEDNESDAY	10:00AM - 12:00PM	10*	APR 3, 17, 24 MAY 8, 15, 29 JUN 5, 12, 19, 26	\$10 PER SESSION	MR MA POH HOW
SITTING TAI CHI	10.15AM -11.15AM*		10*	APR 2, 9, 16, 30 (TUE) MAY 8, 15, 29 JUN 5, 12, 19, 26	MS JENNIFER CHUNG		
ACTIVE KICKBOXING (Standard)	11.30AM -12.30PM*		8*	APR 3, 17, 24 MAY 29 JUN 5, 12, 19, 26	MR JOEL LYE		
PSS ADAPTED PILATES 3	12:45AM - 1.45PM		10*	APR 3, 17, 24 MAY 8, 15, 29 JUN 5, 12, 19, 26	MS JACQUELINE LEE		
STANDING TAI CHI	THURSDAY	11.30AM -12.30PM*	11*	APR 4, 11 MAY 2, 9, 16, 23, 30 JUN 6, 13, 20, 27	\$10 PER SESSION	MS JENNIFER CHUNG	
YOGA - CLASS 1		2.00PM - 3.00PM*	11*	APR 4, 11, 18, 25 MAY 2, 9, 16, 23, 30 JUN 6, 13, 20		MS KERIN KOH MS ZARA FAISAL MS DAWN SEE	
YOGA - CLASS 2		3.15PM - 4.15PM*					
PSS Seated PILATES	FRIDAY	10:45AM - 11.45AM	12*	APR 5, 12, 19, 26, MAY 3, 10, 17, 24, 31 JUN 7, 14, 21	\$10 PER SESSION	MS RUTHLYNN TAN	
PSS TABLE TENNIS TOGETHER		11:00AM - 1:00PM	9*	APR 5, 12, 19 MAY 3, 10, 17, 24 JUN 14, 21	COMPLIMENTARY FOR MEMBERS	PSS LEAD	
PSS SING TOGETHER!		1:00PM - 3:00PM	12*	APR 5, 12, 19, 26, MAY 3, 10, 17, 24, 31 JUN 7, 14, 21			

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EVENT/WORKSHOP	DAY	TIME	DATES			PSS MEMBER FEE	PSS NON-MEMBER FEE
YMCA KARAOKE @ PSS	SATURDAY	2:00PM-5:00PM	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
LIFE IN BALANCE ~ FACILITATED BY DR TAN SIOK BEE		10:00-12:00PM	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 ~ FACILITATED BY ALLIED HEALTH PROFESSIONALS		10:00AM-12:00PM	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 ~ FACILITATED BY SGH ALLIED HEALTH PROFESSIONALS		10:00AM-11:30AM	APR 6 - Deep Brain Stimulation Surgery: What do I need to know?	JUN 8 - LEISURE ACTIVITIES & DRIVING AUG 31 - Understanding your Parkinson's Medications	OCT 26 - How does agility based exercise help People with 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
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	TBC				
PSS BEFRIENDERS	FRIDAY	11:00AM - 1:00PM	APR 26 MAY 31 JUN 28				

*Registration is needed for all PSS Programmes and Events.

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