

PROGRAMMES LIST 2024 Q4

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

Tel: 6353 5338 Mobile: 90178842

www.parkinson.org.sg

 Parkinson Society Singapore

DATE:28 Oct 2024

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

*Registration is needed for all PSS Programmes and Events.
 *For registration/enquiries, please contact Parkinson Society Singapore or scan the QR code
 *Please note classes may be subjected to change.



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

EVENT/WORKSHOP	DAY	TIME	DATES	PSS MEMBER FEE	PSS NON-MEMBER FEE
YMCA KARAOKE @ PSS		2:00PM-5:00PM	DEC 21		NOT AVAILABLE FOR PSS NON MEMBERS



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LIFE IN BALANCE ~ FACILITATED BY DR TAN SIOK BEE	SATURDAY	10:00-12:00PM	30 NOV			\$10 FOR PSS MEMBERS & CAREGIVERS	\$100 FOR NON-PSS MEMBER
P-NET WORKSHOP ~ FACILITATED BY SGH ALLIED HEALTH PROFESSIONALS		10:00-12:00PM	9 NOV - The essence of self			COMPLIMENTARY FOR PSS MEMBERS	\$10/SESSION FOR NON-PSS MEMBERS
CAREGIVER ~ FACILITATED BY ALLIED HEALTH PROFESSIONALS		10:00AM-12:00PM		NOV 2 - Blood pressure monitoring at home for Parkinson Patients		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				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
PSS BEFRIENDERS	FRIDAY	11:00AM - 1:00PM	ENQUIRE WITH PSS				