

PROGRAMMES LIST 2025 Q1

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

Tel: 6353 5338 Mobile: 90178842

www.parkinson.org.sg

 Parkinson Society Singapore

DATE:30 DEC 2024

 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	11	Jan 6, 13, 20, 27 Feb 3, 10, 17, 24 Mar 3, 10, 24	\$10 PER SESSION	\$20	MS TAN NGOR PENG
PSS ADAPTED PILATES		10:30AM - 11:30AM	11	Jan 6, 13, 20, 27 Feb 3, 10, 17, 24 Mar 3, 10, 24			MS GRACE LIM
PSS SOCIAL SESSION		1:00pm - 3:00pm	11	Jan 6, 13, 20, 27 Feb 3, 10, 17, 24 Mar 3, 10, 24	COMPLIMENTARY FOR MEMBERS		PSS LEAD
ACTIVE KICKBOXING - Seated - Standing		1.15PM - 2.15PM 2:30PM - 3:30PM	9*	Jan 6, 13, 20, 27 Feb 3, 10, 17 Mar 10, 24	\$10 PER SESSION		MR JOEL LYE
SITTING TAI CHI	TUESDAY	9:15AM - 10:15AM	10*	Jan 7, 14, 21 Feb 4, 11, 18, 25 Mar 4, 11, 25	\$10 PER SESSION		MS JENNIFER CHUNG
PSS ADAPTED RHYTHMIC MOVEMENTS		10:30AM-11:30AM	10*	Jan 7, 14, 21 Feb 4, 11, 18, 25 Mar 4, 11, 25			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	10*	Jan 7, 14, 21 Feb 4, 11, 18, 25 Mar 4, 11, 25	MS ELSIE WONG		
PSS SOCIAL SESSION		12:30 - 2:30pm	10*		COMPLIMENTARY FOR MEMBERS	PSS LEAD	
SING WITH ME (CHINESE)		2:30PM - 4:30PM	10*	Jan 7, 14, 21 Feb 4, 11, 18, 25 Mar 4, 11, 25	\$15 PER SESSION	MR HUN CHIN GUAN MS LEE CHENG SIANG	
PSS CHINESE CALLIGRAPHY	WEDNESDAY	10:00AM - 12:00PM	11*	Jan 8, 15, 22 Feb 5, 12, 19, 26 Mar 5, 12, 19, 26	\$10 PER SESSION	MR MA POH HOW	
SITTING TAI CHI		10.15AM -11.15AM*	10*	Jan 8, 15, 22 Feb 5, 12, 19, 26 Mar 5, 12, 26		MS JENNIFER CHUNG	
PSS ADAPTED PILATES 3		12:45AM - 1.45PM	10*	Jan 8, 15, 22 Feb 5, 19, 26 Mar 5, 12, 26		MS JACQUELINE LEE	
STANDING TAI CHI	THUSDAY	11.30AM -12.30PM*	12*	Jan 2, 9, 16, 23 Feb 6, 13, 20, 27 Mar 6, 13, 27	\$10 PER SESSION	MS JENNIFER CHUNG	
YOGA - CLASS 1 - CLASS 2		2.00PM - 3.00PM 3.15PM - 4.15PM	TBC	TBC		MS KERIN KOH MS ZARA FAISAL MS DAWN SEE	
PSS PILATES - SEATED CLASS 1 - SEATED CLASS 2 - ADAPTED CLASS 4	FRIDAY	9:30AM - 10:30AM 10:45AM - 11.45AM 12:00PM - 1:00PM	10*	Jan 3, 10, 17, 31 Feb 7, 14, 21 Mar 7, 14, 28	\$10 PER SESSION	MS RUTHLYNN TAN	
PSS TABLE TENNIS TOGETHER		11:00AM - 1:00PM	10*	Jan 3, 10, 17, 24 Feb 7, 14, 21, Mar 7, 14, 28	COMPLIMENTARY FOR MEMBERS	PSS LEAD	
PSS SING TOGETHER!		1:00PM - 3:00PM	13*	Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28 Mar 7, 14, 21, 28			

PROGRAMMES LIST 2025 Q1

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

Tel: **6353 5338** Mobile: **90178842**

www.parkinson.org.sg

 Parkinson Society Singapore

DATE:30 DEC 2024

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

EVENT/WORKSHOP	DAY	TIME	DATES			PSS MEMBER FEE	PSS NON-MEMBER FEE
YMCA KARAOKE @ PSS	FRIDAY	1:00PM-3:00PM				\$5 PER PERSON	NOT AVAILABLE FOR PSS NON MEMBERS
LIFE IN BALANCE ~ FACILITATED BY DR TAN SIOK BEE	SATURDAY	10:00-12:00PM	26 Apr - LIB	26 Apr - LIB	29 Nov - LIB	\$10 FOR PSS MEMBERS & CAREGIVERS	\$100 FOR NON-PSS MEMBER
P-NET WORKSHOP ~ FACILITATED BY SGH ALLIED HEALTH PROFESSIONALS		10:00-12:00PM	22 Feb - Making meaning of Parkinson	28 Jun - Enhancing emotional wellness through hope & resiliency building	23 Aug - Staying positive despite calamities: The Virgin Island Experiential Exercise	COMPLIMENTARY FOR PSS MEMBERS	\$10/SESSION FOR NON-PSS MEMBERS
CAREGIVER ~ FACILITATED BY ALLIED HEALTH PROFESSIONALS		10:00AM-12:00PM	11 Jan - Speech Therapy in PD	3 May - Nutrition in PD	2 Aug - Caregiver Wellbeing 1 4 Oct - Caregiver Wellbeing 2	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	15 Mar - TBC 15 Nov - TBC			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				