

## PROGRAMME LIST 2020

BLK 191 Bishan St 13 #01-415 S(570191)

Tel 6353 5338

Fax 6353 3085

[www.parkinson.org.sg](http://www.parkinson.org.sg)

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MEMBERSHIP TYPE	VALIDITY	FEE	
ORDINARY SENIOR (ABOVE 60 YEARS)	PER CALENDAR YEAR	S\$30.00	
ORDINARY (BELOW 60 YEARS)	PER CALENDAR YEAR	S\$50.00	

  

PHYSIOTHERAPY/ OCCUPATIONAL/SPEECH THERAPY	DAY	TIME	TOTAL SESSIONS	FEE (PER SESSION)	THERAPIST/ TRAINER
Class 1	MONDAY	9.45AM - 10.45AM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 2	MONDAY	12.30PM - 1.30PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 3	MONDAY	1.45PM - 2.45PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 4	MONDAY	3.00PM - 4.00PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 1	TUESDAY	9.30AM - 10.30AM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 2	TUESDAY	10.45AM - 11.45AM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 3	TUESDAY	12.00PM - 1.00PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 4	TUESDAY	2.00PM - 3.00PM	9 to 12	\$12 to \$20	MR ZHAO XIANG
Class 5	TUESDAY	3.15PM - 4.15PM	9 to 12	\$12 to \$20	MR ZHAO XIANG
Class 1	WEDNESDAY	9.45AM - 10.45AM	9 to 12	\$12 to \$20	MS SYLVIA LIEW
Class 2	WEDNESDAY	12.30PM - 1.30PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 3	WEDNESDAY	1.45PM - 2.45PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 4	WEDNESDAY	3.00PM - 4.00PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 1	THURSDAY	9.00AM - 10.00AM	9 to 12	\$12 to \$20	MS NG YEE LING
Class 2	THURSDAY	10.15AM - 11.15AM	9 to 12	\$12 to \$20	MS NG YEE LING
Class 1	FRIDAY	9.30AM - 10.30AM	9 to 12	\$12 to \$20	MS ANDREA TAY
Class 2	FRIDAY	10.45AM - 11.45AM	9 to 12	\$12 to \$20	MS ANDREA TAY
Class 3	FRIDAY	12.00PM - 1.00PM	9 to 12	\$12 to \$20	MS ANDREA TAY
Class 4	FRIDAY	1.15PM - 2.15PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
Class 5	FRIDAY	2.30PM - 3.30PM	9 to 12	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
SPEAK L.I.F.E <sup>*ST</sup>	THURSDAY	10.00AM - 11.00AM	10	\$12 to \$20	MS FERLIN SEOW
SPEAK L.I.F.E <sup>*ST</sup>	THURSDAY	11.30AM - 12.30PM	10	\$12 to \$20	MS FERLIN SEOW



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For Therapy Based Programs (Physiotherapy, Occupational Therapy & Speech Therapy):

1. For Admission, rehab certification and detailed medical history from a referring medical specialist is needed.
2. Pre-Admission Assessment is compulsory for all clients.
3. A fee of \$54 per session of therapy is applicable to foreigners who are non-members.
4. Fee charges may vary due to Means Testing.

DANCE CLASS	MONDAY	11.00AM -12.00PM	10	\$80 (Member) \$200 (Non-Member)	MS SITI FARAHAZIRAH
ACTIVE KICKBOXING	TUESDAY	11.00AM -12.00PM	10	\$80 (Member) \$200 (Non-Member)	MR JOEL LYE
SITTING TAI CHI	WEDNESDAY	10.15AM -11.15AM	12	\$96 (Member) \$240 (Non-Member)	MS JENNIFER CHUNG
ACTIVE KICKBOXING	WEDNESDAY	11.00AM -12.00PM	10	\$80 (Member) \$200 (Non-Member)	MR JOEL LYE
STANDING TAI CHI	THURSDAY	11.30AM -12.30PM	12	\$96 (Member) \$240 (Non-Member)	MS JENNIFER CHUNG
YOGA - Class 1 - Class 2 (Independent)	THURSDAY	2.00 PM - 3.00 PM 3.15PM - 4.15PM	6	\$48 (Member) \$120 (Non-Member)	MS ANGELINE GOH
CALLIGRAPHY	FRIDAY	10.00AM -12.00PM	12	\$96 (Member) \$240 (Non-Member)	MR MA POH HOW
DO RE MI (in Mandarin)	FRIDAY	1.30PM - 3.00PM	12	\$96 (Member) \$240 (Non-Member)	MR DONALD CHEW

WORKSHOP/PROGRAM	Jan-20	Mar-20	Apr-20	May-20	Jun-20
<b>KARAOKE @ YMCA</b> Function Room 3, L4, YMCA International House	No Session	No Session	No Session	No Session	No Session
<b>EMOTIONAL FREEDOM TECHNIQUE (EFT)</b> ~ Conducted by SGH	No Session	No Session	No Session	16 May 9.30am - 12noon \$20(M); \$30 (NM) <b>*To be confirm</b>	No Session
<b>CAREGIVER WORKSHOP</b> (For Caregivers of Members) ~ Facilitated by TTSH	No Session		No Session	No Session	
<b>YOUTHFUL PARKINSON CIRCLE (YPC)</b> SUPPORT MEMBERS WHO ARE DIAGNOSED BEFORE 60 YEARS, FREE ~ Facilitated by SGH	11 Jan 2pm - 4pm Topic: Talk and think out LOUD	No Session		16/5/2019 2pm - 4pm Topic: Medications in Parkinson's Disease: What do I need to know? <b>*To be confirm</b>	

\*Pre-register with Parkinson Society Singapore at 6353 5338, subject to vacancies. And dates stated may be subject to change.

\* Do Re Mi & Speak L.I.F.E classes are suspended till further update by Parkinson Society Singapore, in lieu of COVID-19.

BOOKS AVAILABLE AT PARKINSON CENTRE	PRICE
MOVING TOWARDS A BRIGHTER TOMORROW (ENGLISH)	\$20.00
MOVING TOWARDS A BRIGHTER TOMORROW (CHINESE)	\$20.00
I'LL HOLD YOUR HAND SO YOU WON'T FALL	\$5.00
BITS & PIECES OF LIFE JOURNEY	\$5.00



