

## PROGRAMME LIST 2021

Blk 191 Bishan St 13 #01-415 Singapore 570191

Tel 6353 5338

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[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	Mail completed membership form along with a photocopy of your Identification Card & Payment Cheque to Parkinson Society Singapore at Blk 191 Bishan St 13 #01-415 Singapore 570191.		
ORDINARY (BELOW 60 YEARS)	PER CALENDAR YEAR	S\$50.00			

  

PHYSIOTHERAPY/ SPEECH/OCCUPATIONAL	DAY	CLASS TIME	TOTAL SESSIONS	FEE/SESSION (Member)	THERAPIST/ TRAINER
PHYSIOTHERAPY CLASS 1	MONDAY	9.30AM - 10.30AM*	5 to 12*	\$12 to \$20	MS NG YEE LING
PHYSIOTHERAPY CLASS 2	MONDAY	12.00PM - 1.00PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 3	MONDAY	1.15PM - 2.15PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 4	MONDAY	2.30PM - 3.30PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 1	TUESDAY	9.00AM - 10.00AM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 2	TUESDAY	10.15AM -11.15AM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 3	TUESDAY	12.45PM - 1.45PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 4	TUESDAY	2.00PM - 3.00PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 5	TUESDAY	3.15PM - 4.15PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 1	WEDNESDAY	9.00AM -10.00AM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 2	WEDNESDAY	12.45PM - 1.45PM*	5 to 12*	\$12 to \$20	MS SHAMINIAN BALAKRISHNAN
PHYSIOTHERAPY CLASS 3	WEDNESDAY	2.00PM - 3.00PM*	5 to 12*	\$12 to \$20	MS RACHEL TAN
PHYSIOTHERAPY CLASS 4	WEDNESDAY	3.15PM - 4.15PM*	5 to 12*	\$12 to \$20	MS RACHEL TAN
PHYSIOTHERAPY CLASS 1	THURSDAY	9.00AM -10.00AM*	5 to 12*	\$12 to \$20	MS NG YEE LING
PHYSIOTHERAPY CLASS 2	THURSDAY	10.15AM -11.15AM*	5 to 12*	\$12 to \$20	MS NG YEE LING
PHYSIOTHERAPY CLASS 1	FRIDAY	9.30AM - 10.30AM*	5 to 12*	\$12 to \$20	MS ANDREA TAY
PHYSIOTHERAPY CLASS 2	FRIDAY	10.45AM -11.45AM*	5 to 12*	\$12 to \$20	MS ANDREA TAY
PHYSIOTHERAPY CLASS 3	FRIDAY	12.00PM - 1.00PM*	5 to 12*	\$12 to \$20	MS ANDREA TAY
PHYSIOTHERAPY CLASS 4	FRIDAY	1.15PM - 2.15PM*	5 to 12*	\$12 to \$20	MS ANDREA TAY
SPEAK L.I.F.E* *Speech, Online	WEDNESDAY	9.30AM -10.30AM	10	\$12 to \$20	TTSH SPEECH THERAPIST



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### Admission Guidelines For Therapy Based Classes:

1. For Admission, you need to be referred by a medical specialist/institution to certify you Fit For Rehab and provide details on your medical conditions.
2. Pre-Admission Assessment is applicable for all clients registering for Physiotherapy with a fee. Pre and Post Assessments are necessary for Speech Class too.
3. Assessment and Class fee charges may vary due to Means Testing.
4. A fee of \$54 per session of therapy is applicable to foreigners who are non-PSS Members.
5. The listed class times and total sessions may be subject to change in lieu of MOH advisory for COVID-19 for Centre-Based Care.\*

<b>ACTIVE KICKBOXING (Modified)</b>	TUESDAY	11.30AM -12.30PM*	5 to 10*	\$40 to \$80	MR JOEL LYE
<b>SITTING TAI CHI</b>	WEDNESDAY	10.15AM -11.15AM*	6 to 12*	\$48 to \$96	MS JENNIFER CHUNG
<b>ACTIVE KICKBOXING (Standard)</b>	WEDNESDAY	11.30AM -12.30PM*	5 to 10*	\$40 to \$80	MR JOEL LYE
<b>STANDING TAI CHI</b>	THURSDAY	11.30AM -12.30PM*	6 to 12*	\$48 to \$96	MS JENNIFER CHUNG
<b>YOGA</b>					
- Class 1		2.00PM - 3.00PM*			
- Class 2 (Independent)	THURSDAY	3.15PM - 4.15PM*	6*	\$48	MS ANGELINE GOH
<b>DO RE MI</b> (Online Class, Mandarin)	FRIDAY	1.00PM - 2.30PM	10*	\$80	MR DONALD CHEW

WORKSHOP/PROGRAM	Aug-21	Sep-21	Oct-21	Nov-21	Dec-21
<b>EMOTIONAL FREEDOM TECHNIQUE (EFT)</b> \$20/SESSION FOR PSS MEMBER & CAREGIVER \$100 FOR NON-PSS MEMBER ~ Conducted by Dr Tan Siok Bee	14/8/2021 10am to 12nn	11/9/2021 10am to 12nn	16/10/2021 10am to 12nn	13/11/2021 10am to 12nn	
<b>CAREGIVERS' WORKSHOP</b> FREE FOR CAREGIVERS OF PSS MEMBERS \$10/PERSON FOR CAREGIVERS OF NON-PSS MEMBERS ~ Facilitated by TTSH		18/9/2021 Pre and Post DBS ~ Dr Wan Kai Rui			18/12/2021 Speech & Swallowing for People with Parkinson
<b>LOUD SPEECH &amp; BIG MOVEMENTS</b> FREE FOR PSS MEMBERS ~ Facilitated by Betty Wong	28/8/2021 10am to 11am	25/9/2021 10am to 11am	30/10/2021 10am to 11am	27/11/2021 10am to 11am	
<b>YOUTHFUL PARKINSON CIRCLE (YPC)</b> FREE FOR PSS MEMBERS DIAGNOSED BELOW 60 YEARS ~ Facilitated by SGH		25/9/2021 2pm to 4pm Part I - Maximising Life After Parkinson ~ Ms Teh Kaili Part II - Sharing by Brain Bank Singapore ~ Dr Joan Sim & Ms Jilian		27/11/2021 2pm to 3pm The Importance of Emotional Health for Parkinson ~ Mr Christopher Gabriel	

\*For pre-registration/enquiry, please contact Parkinson Society Singapore at [info@parkinson.org.sg](mailto:info@parkinson.org.sg) or 6353 5338.

\*And we practise SafeEntry and Safe Distancing Measures within our premises.

BOOKS AVAILABLE AT PARKINSON CENTRE	PRICE /UNIT
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