

PROGRAMME LIST 2022

Blk 191 Bishan St 13 #01-415 Singapore 570191

Tel 6353 5338

Fax 6353 3085

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.*

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

WORKSHOP/PROGRAM	Jan-22	Feb-22	Mar-22	Apr-22	May-22
EMOTIONAL FREEDOM TECHNIQUE (EFT) \$20 FOR PSS MEMBERS & CAREGIVERS \$100 FOR NON-PSS MEMBER ~ Conducted by Dr Tan Siok Bee	15/1/2022 10am - 12noon	19/2/2022 10am - 12noon	19/3/2022 10am - 12 noon	23/4/2022 10am - 12noon	28/5/2022 10am - 12noon
CAREGIVERS' WORKSHOP FREE FOR CAREGIVERS OF PSS MEMBERS \$10/PERSON FOR CAREGIVERS OF NON-PSS MEMBERS ~ Facilitated by TTSH					
P-Net Workshop FREE FOR PSS MEMBERS WITHIN THE FIRST 5 YEARS OF THEIR DIAGNOSIS & CAREGIVERS \$10/SESSION FOR NON-PSS MEMBERS	8/1/2022 10am - 12noon Understanding Parkinson & Treatment ~ Prof Prakash Kumar	5/2/2022 10am - 12noon Making Sense of Parkinson Diagnosis ~ Dr Gilbert Fan	5/3/2022 10am - 12noon Moving Well with Parkinson ~ Ms Ng Hui Sin & Ms Viji Navamany Visvalingam	2/4/2022 10am - 12noon Communicating with Parkinson ~ Ms Or Hui Fang	7/5/2022 10am - 12noon Emotional Wellness ~ Dr Gilbert Fan
LOUD SPEECH & BIG MOVEMENTS FREE FOR PSS MEMBERS ~ Facilitated by Betty Wong					
YOUTHFUL PARKINSON CIRCLE (YPC) FREE FOR PSS MEMBERS DIAGNOSED BELOW 60 YEARS ~ Facilitated by SGH	22/1/2022 2pm - 3pm Mental Wellness for Parkinson ~ Ms Koay Way Inn		26/3/2022 2pm - 3pm Understanding Parkinson - The 5 Stages, Treatments ~ Prof Prakash Kumar		14/5/2022 2pm - 4pm Part I - Managing Speech Loss & Swallowing ~ Ms Or Hui Fang Part II - Brain Bank Singapore Presentation ~ Dr Joan Sim & Ms Jilian Terese Teo

*For registration/enquiry, please contact Parkinson Society Singapore at info@parkinson.org.sg or 6353 5338.