

Cognition and Balance Session Format

1. Day/Date of the Year orientation
2. **Mental Math:** Days used/ Days left
The participants are asked to subtract the number of days passed since Jan. 1st from 365/366 to figure out how many days are left. i.e. $365 - 225 = 140$.
3. **Humor:** Joke du Jour:
4. **Long Term Memory/Attention:** History Trivia:
Usually three historical events. Will be utilized with the History Trivia Recall segment at the end of the session.
5. **Cognitive Health:** Diaphragmatic Breathing
6. **Balance/Cognition:** Jive Toe Tapping: Music with a PPT that will prompt the participant to toe tap to the beat of the music while following the foot movement diagrams.
7. **Seated Exercises:** Core and Leg strengthening
8. **Cognition:** Concentration and Cross-Lateral activities and drills - Promotes attention and mental alertness.
9. **Balance:** Standing exercises and drills often with a cognitive component to challenge both attention and balance.
10. **Cognition:** PPT's that engage an area of cognition such as executive functioning, processing, short term memory, reaction, language, attention, reasoning and visual-spatial.
11. **Short Term Memory:** History Trivia Recall:
Participants answer possible Who, What, When, Where questions from the History Trivia segment.
12. **Concentration and Balance:** Music Memory:
Music changes every session. Participants listen for a specific word or phrase of a song and must remember the number of times they hear it while performing single leg lifts at each word/phrase occurrence.