

Cogworx Balance & Cognition Week 4 Session

1. Day/Date ____/____
2. **Days/Weeks Used – Days/Weeks Left** ____/____ - ____/____
3. Joke du Jour

Two buddies, Bob and Earl, were two of the biggest baseball fans in America. For their entire lives, Bob and Earl discussed baseball history in the winter and read over every box score during the season. They went to sixty games per year. They even agreed that whoever died first would try to come back and tell the other if there was baseball in Heaven. One fall night, Bob passed away in his sleep after watching the Yankees' victory earlier in the evening. He died happy. A few nights later, his buddy, Earl awoke to the sound of Bob's voice from beyond. "Bob, is that you?" Earl asked. "Of course, it's me," replied Bob "This is unbelievable!" Earl exclaimed. "So, tell me, is there baseball in Heaven?" "Well, I have some good news and some bad news for you. Which do you want first?" "Tell me the good news first." "Well, the good news is that, yes, there is baseball in Heaven, Earl." "Oh, that is wonderful! So what could possibly be the bad news?" "You're pitching tomorrow night."

4. **History Trivia:** ____/____
5. **Deep Breathing Exercise #4:** Lazy Eights
Bal. and Cog. PPT's: Cross- Lateral: Lazy 8's Breathing PPT
6. **Seated Exercise #4:** X-Marks the Spot
7. **Concentration Drill #3:** Yardstick Tap Drill
Sample call list: R6, L12, L24, R24, L18, R30, L30, L12, R6, R18, L6, L24, R12, L18, R18, R24, L30, L6, R12, R24, L30, R30, R6, L12, L24, R24, L18, R30, L30, L12, R6, R18, L6, L24, R12, L18, R18, R24, L30, L6, R12, R24, L30, R30, L12, R24, R30, L12, R6, L6, R12, R18, L30, R12, L30, R6, L24, L18, L30, R6, L6, R12, R18, L30, R12, L30, L12, R24, R30, L12
8. **Standing Exercise #1:** Sit-to-Stand
9. **Toe Tapping Activity #4:** "Boogie Woogie", Tommy Dorsey, 1949
Bal. and Cog. PPT's: Exercise: Jive Toe Tapping 4 PPT
10. **Standing Exercise #12:** Toe Squats
11. **Standing Exercise #16**
Bal. and Cog. PPT's: Exercise: Leg Lifts 4 PPT
12. **Stand to Sit**
13. **Balance and Cognition PPT's:** Seated
 - a. Math: Alphabet and Number Sequence 1 PPT
 - b. Math: Time 2 PPT
14. **History Trivia Recall:** Who, What, When, Where ?'s
15. **Standing Exercise #1:** Sit-to-Stand
16. **Music Memory Activity #4:**
 4. "Be Bop a Lula" or "bop a Lula" (16) Gene Vincent, 1956