

Cogworx Balance and Cognition Week 10 Session

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

In Ireland, Fr. Norton woke up Sunday morning and realizing it was an exceptionally beautiful and sunny early spring day, decided he just had to play golf. So... he told the Associate Pastor that an emergency came up and asked if would say Mass for him that day. As soon as the Associate Pastor left the room, Father Norton headed out of town to a golf course about forty miles away. This way he knew he wouldn't accidentally meet anyone he knew from his parish. Setting up on the first tee, he was alone. After all, it was Sunday morning and everyone else was in church! At about this time, Saint Peter leaned over to the Lord while looking down from the heavens and exclaimed, "You're not going to let him get away with this, are you?" The Lord sighed, and said, "No, I guess not." Just then Father Norton hit the ball and it shot straight towards the pin, dropping just short of it, rolled up and fell into the hole. IT WAS A 420 YARD HOLE IN ONE!

St. Peter was astonished. He looked at the Lord and asked, "Why did you let him do that?"

The Lord smiled and replied, "Who's he going to tell?"

4. **History Trivia:** ___/___
5. **Deep Breathing Exercise #2:** Trunk Rotation
6. **Concentration Drill #9:** Alternating Finger Numbers
7. **Cross-Lateral Drill #6:** Cross Knee Claps
8. **Standing Exercise #1:** Sit-to-Stand
9. **Toe Tapping Activity:** "I Get a Kick out of you", Wally's Swing World, 1998
Bal. and Cog. PPT's: Exercise: Jive Toe Tapping 2 PPT
10. **Standing Exercise #14:** Exercise: Color Squares PPT
 1. Touch the color squares with Right foot "after" they are called out by the facilitator.
Red, Green
Red, Green, Yellow
Red, Green, Yellow, Red
Red, Green, Yellow, Red, Green
Red, Green, Yellow, Red, Green, Blue
Red, Green, Yellow, Red, Green, Blue, Yellow
 2. Display the second Four Square with Colors PPT slide.
 3. Shift weight to Right leg keeping knee "soft" by not locking the knee.
 4. Touch the color squares with Left foot "after" they are called out by the facilitator.

Red, Yellow
Red, Yellow, Blue
Red, Yellow, Blue, Green
Red, Yellow, Blue, Green, Red
Red, Yellow, Blue, Green, Red, Blue
Red, Yellow, Blue, Green, Red, Blue, Yellow

5. Shift weight to Left leg keeping knee “soft” by not locking the knee.
6. Touch the color squares with Right foot in reverse order “after” they are called out by the facilitator.

Blue, Yellow, Green
Yellow, Green, Red
Green, Blue, Yellow
Red, Blue, Yellow
Blue, Red, Green, Yellow
Red, Green, Yellow, Blue
Green, Yellow, Blue, Red
Yellow, Blue, Red, Green

7. Shift weight to Right leg keeping knee “soft” by not locking the knee.
8. Touch the color squares with Left foot in reverse order “after” they are called out by the facilitator.

Yellow, Green, Blue
Green, Red, Yellow
Yellow, Green, Red
Red, Blue, Yellow
Green, Blue, Red, Yellow
Blue, Green, Yellow, Blue
Red, Yellow, Blue, Green
Green, Yellow, Blue, Red

11. **Standing Exercise #3:** Single Leg Stance: Number Skipping by 3’s

Right Leg: Count from 1-50 skipping every third number.

1,2,__,4,5,__,7,8,__,10,11,__,13,14,__,16,17,__,19,20,__,22,23,__,25,26,__,
28,29,__,31,32,__,34,35,__,37,38,__,40,41,__,43,44,__,46,47,__,49,50

Left Leg: Count backwards from 50-1 skipping every third number.

50,49,__,47,46,__,44,43,__,41,40,__,38,37,__,35,34,__,32,31,__,29,28,__,
26,25,__,23,22,__,20,19,__,17,16,__,14,13,__,11,10,__,8,7,__,5,4,__,2,1

12. **Stand to Sit**

13. **Balance and Cognition PPT's:** Seated

a. Language: Linguistics 101 PPT

b. Exe. Functioning: Numbers and Letters 3 PPT

14. **History Trivia Recall:** Who, What, When, Where?'s

15. **Standing Exercise #1:** Sit-to-Stand

16. **Music Memory Activity :**

“Money Honey“ (12) Clyde McPhatter and the Drifters, 1953