

## Cogworx Balance and Cognition Week 11 Session

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

A man in the grocery store notices a woman with a three year old girl in her cart. As they pass the cookie section, the little girl screams for cookies. The mother says, “Now Missy, we only have a few more aisles to go—don’t throw a fit. It won’t be long.” In the candy aisle, the little girl whines for candy. The mother says, “There, there, Missy, don’t cry. Two more aisle and we’ll be checking out.” When they get to the checkout stand, the little girl howls for gum. The mother says, reassuringly, “Missy, we’ll be done in five minutes, and then you can go home and have a bottle and a nice snooze.” In the parking lot, the man stops the woman to compliment her. “I couldn’t help noticing how patient you were with little Missy,” he says. The mother sighs, “Oh, no—my little girl’s name is Francine. I’m Missy.”

4. **History Trivia:** \_\_\_/\_\_\_
5. **Deep Breathing Exercise #3:** Four/Seven/Eight
6. **Concentration Drill #10:** Locomotion with plates
7. **Cross-Lateral Drill #7:**  
**Bal. and Cog. PPT’s:** Cross-Lateral: Colors and Arrows w/Arm Movements 4 PPT
8. **Standing Exercises #1:** Sit-to-Stand
9. **Toe Tapping Activity:** “In the Mood”, Glenn Miller, 1939  
**Bal. and Cog. PPT’s:** Exercise: Jive Toe Tapping 3 PPT
10. **Standing Exercise #20:** Tennis Ball Drills
11. **Standing Exercise #4:** Single Leg Stance: Number Recall  
  
**Right Leg:** Forward number recall (3 or 4 numbers) as appropriate  
3,4,6,7 5,3,9,1 8,2,1,5 1,4,3,8 6,7,4,9 2,3,9,5 4,1,8,3 7,5,3,6 9,1,4,1 6,5,2,3  
  
**Left Leg:** Reverse number recall (3 or 4 numbers) as appropriate.  
8,3,4,7 6,2,9,4 7,4,5,6 5,8,3,2 3,7,1,9 3,4,7,5 5,6,8,9 4,1,0,5 2,8,1,3 7,4,2,9
12. **Stand to Sit**
13. **Balance and Cognition PPT’s:** Seated
  - a. Attention: Thumbs Up, Thumbs Down 2 PPT  
(Have participants keep count of the number of matching pictures=12)
  - b. Math: Numbers Series 2 PPT
14. **History Trivia Recall:** Who, What, When, Where?’s
15. **Standing Exercise #1:** Sit-to-Stand
16. **Music Memory Activity:**  
“Running Bear”(8) Johnny Preston, 1959

