

## Cogworx Cognition and Focus Week 12 Session

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

Saint Peter is at the gates of Heaven. He's had too much coffee and now needs to use the bathroom. He sees Jesus walking by and stops him. "Jesus, thank goodness you're here. I have a favor to ask. Can you watch the gate while I use the bathroom?" Jesus, ecstatic at the chance to help says, "Of course... But what do I do?" "It's simple, as people come up you must check their names to see if they are in this book I have. If they are then welcome them in! If not, turn them away." And with that Peter leaves to go to the bathroom. Jesus waits for some time and eventually an elderly man walks up to him. Jesus greets him energetically and asks his name. The old man looks dismayed. "I was hit on the head when I died... I don't remember it." "Well sir," says Jesus, "tell me about yourself! Perhaps I can guess it?" The old man's brow furrows in thought. "All I can remember is that I was a carpenter and my son was beloved by millions of people. Now Jesus begins to choke up at this. "Dad...?" The old man looks hard at Jesus and says "Pinocchio!?"

4. **History Trivia:** \_\_\_/\_\_\_
5. **Deep Breathing Exercise #4:**
  - a. **Cognition PPT's:** Cross Lateral: Lazy Eights PPT
6. **Standing Exercise #1: Sit to Stand** (if appropriate)
7. **Toe Tapping Activity:** "It Had to Be You" Artie Shaw, 1944
  - a. **Cognition and Focus PPT's:** Exercise: Jive Toe Tapping 4 PPT
8. **Stand to Sit** (if appropriate)
9. **Cognition PPT's:** Alphabet: Alternating Alphabet 1 w/cues PPT
10. **Worksheets:** Common Bonds
11. **Cognition PPT's:** Language: Same or Different PPT
12. **Worksheet:** Finish the Body Part Expression 1
13. **History Trivia: Recall**
  - a. Who, What, When, Where?
  - b. Provide a multiple choice or T/F option
14. **Standing Exercise #1: Sit to Stand** (if appropriate)
15. **Music Memory Activity:**

"Blue Skies" (4) "blue" (8) Dick Haymes, 1950