

## Cogworx Balance and Cognition Week 9 Session

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

A little girl asks her mother, “How did the human race appear?” The mother answers, “Well, God made Adam and Eve and then they had kids. So all mankind was made.” Two days later the little girl asks her father the exact same question. The father answers, “Many years ago, there were monkeys from which the human race evolved.” The confused little girl returns to her mother and says, “Mom, you told me the human race was created by God and Dad said man developed from monkeys. Why do you have different stories?” The mother answers, “Well, I was referring to my side of the family and your dad was talking about his side.”

4. **History Trivia:** \_\_\_\_\_/\_\_\_\_\_
5. **Deep Breathing Exercise #1:** Four/Four
6. **Seated Exercise #5:** Trunk Rotations
7. **Concentration Drill #8:** Hand Circles
8. **Standing Exercise #1:** Sit-to-Stand
9. **Toe Tapping Activity:** “Hey Ba-Ba-Re-Bop” Tex Beneke/Glenn Miller, 1942  
**Bal. and Cog. PPT’s:** Exercise: Jive Toe Tapping 1 PPT
10. **Standing Exercise #10:** Leg Stances: R/L – Staggered, Semi-Tandem, Tandem
11. **Standing Exercise #2:** Single Leg Stance: Reverse Number Counting

Right Leg: Count backwards by 2’s starting from 51

51,49,47,45,43,41,39,37,35,33,31,29,27,25,23,21,19,17,15,13,11,9,7,5,3,1

Left Leg: Count Backwards by 3’s starting from 74

74,71,68,65,62,59,56,53,50,47,44,41,38,35,32,29,26,23,20,17,14,11,8,5,2

12. **Stand to Sit**
13. **Balance and Cognition PPT’s**
  - a. Math: Is it Odd or Even PPT
  - b. Alphabet: Volley 1 with cues PPT
14. **History Trivia Recall:** Who, What, When, Where?’s
15. **Standing Exercise #1:** Sit-to-Stand
16. **Music Memory Activity:**  
“Sally Was a Good Ole Girl” (17) Waylon Jennings, 1963