

Cogworx Balance and Cognition 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 restroom. 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 go to the restroom?" 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. 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 and perhaps we can figure it out together." 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:** Cross-Lateral: Lazy 8's Breathing PPT
6. **Cross-Lateral Drill #8:** Cross-Lateral: Lazy 8's PPT
7. **Seated Exercise #1:** Exercise: Leg Lifts 2 PPT
8. **Standing Exercise #1:** Sit-to-Stand
9. **Toe Tapping Activity:** "It Had to Be You", Artie Shaw, 1944
Bal. and Cog. PPT's: Exercise: Jive Toe Tapping 4 PPT
10. **Standing Exercise #21:** Scarf Toss
11. **Standing Exercise #18:** Cross Lateral: Clap Tap 2 PPT
12. **Stand to Sit**
13. **Bal. and Cog. PPT's:** Seated
 - a. Memory LT: Three's a Crowd 1 PPT
 - b. Math: Alphabet Addition Sequence 1 PPT
14. **History Trivia Recall:** Who, What, When, Where?'s
15. **Standing Exercise #1:** Sit-to-Stand
16. **Music Memory Activity:**
"Hit the Road Jack" (12) Ray Charles, 1961