

Cogworx Balance and Cognition Week 13 Session

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

Stevie Wonder and Tiger Woods meet at a fund raiser. Woods turns to Wonder and says, "How is the singing career going?" Stevie Wonder replies, "Not too bad! How's the golf?" Wood replies, "Not too bad, I've had some problems with my swing, but I think I've got that right now." Stevie Wonder says, "I always find that when my swing goes wrong, I need to stop playing for a while and not think about it. Then, the next time I play, it seems to be all right." Tiger Woods says, "You play golf?" Stevie Wonder says, "Oh yes, I've been playing for years." Woods says, "But you're blind. How can you play golf if you're blind?" Wonder replies, "I get my caddy to stand in the middle of the fairway and call to me. I listen for the sound of his voice and play the ball towards him. Then, when I get to where the ball lands, the caddy moves to the green or farther down the fairway and again I play the ball towards his voice." "But, how do you putt? Asks Woods. "Well," says Stevie, I get my caddy to lean down in front of the hole and calls to me with his head on the ground and I just play the ball toward his voice." Woods asks, "What's your handicap?" Stevie says "Well, I'm a scratch golfer." Woods, incredulous says to Stevie, "We've got to play a round sometime." Wonder replies, "Well, people don't take me seriously, so I only play for money, and I never play for less than \$10,000 a hole", Woods thinks about it and says, "Ok, I'm game for that, when would you like to play?" Stevie says, "Pick a night."

4. **History Trivia:** ___/___
5. **Deep Breathing Exercise #5:** Neck Rotation
6. **Concentration Drill #1:** Yardstick Counting

18/18, 17/19, 16/20, 5/21, 14/22, 13/23, 12/24, 11/25, 10/26, 9/27, 8/28, 7/29, 6/30, 5/31, 4/32, 3/33, 2/34, 1/35, 0/36

7. **Cross-Lateral Drill #1:** Cross- Lateral: Ear to Nose PPT
8. **Standing Exercise #1:** Sit-to-Stand
9. **Toe Tapping Activity:** "Jump, Jive and Wail", Louis Prima, 1945
Bal. and Cog. PPT's: Exercise: Jive Toe Tapping 1 PPT
10. **Standing Exercise #11:** Grounders
11. **Standing Exercise #10:** Leg Stances: R/L- Staggered, Semi-Tandem, Tandem
12. **Stand to Sit**
13. **Bal. and Cog. PPT's:** Seated
 - a. Attention: Stroop Test Colors 5 PPT
 - b. Language: Word Links PPT

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

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

16. **Music Memory Activity:**

“Please No Squeeze da Bananas” (10) Louis Prima, 1945