

Cogworx Balance and Cognition Week 14 Session

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

A man is walking along a beach and finds a bottle. When he rubs the bottle, a genie appears and says, "I can grant you one wish." "Well," says the man, "I have never been too fond of flying, so could you make a highway from California to Hawaii?" The genie says, "Do you know how much of my power that would take?" The man says, "Okay, I have never really been to understand women, so could you make that happen?" The genie then says, "You want that highway two lanes or four lanes?"

4. **History Trivia:** _____/_____
5. **Deep Breathing Exercise #6:** Four/Four Nasal
6. **Seated Exercise #6:** Marching Shoulder Claps
7. **Concentration Drill #2:** Pinkie-Thumb Drill
8. **Standing Exercise #1:** Sit-to-Stand
9. **Toe Tapping Activity:** "Hello Dolly" Louis Armstrong, 1964
Bal. and Cog. PPT's: Exercise: Jive Toe Tapping 2 PPT
10. **Standing Exercise #12:** Toe Squats
11. **Standing Exercise #6:** Single Leg Stance: Math Equations

Right Leg equations:

$35 \div 7 = 5$ $4 \times 7 = 28$ $22 - 13 = 9$ $7 + 18 = 25$ $6 \times 8 = 48$ $49 \div 7 = 7$ $80 - 12 = 68$ $4/16 + 4/16 = 1/2$
 $18 \div 6 = 3$ $3 \times 14 = 42$ $5 + 8 + 7 = 20$ $41 - 11 - 9 = 21$ $60 \div 4 = 15$ $9 \times 6 = 54$ $18 + 3 + 4 = 25$

Left Leg equations:

$42 \div 2 = 21$ $3 \times 12 = 36$ $39 - 13 = 26$ $17 + 18 = 35$ $4 \times 11 = 44$ $51 \div 17 = 3$ $60 - 14 = 46$
 $3/4 + 3/4 = 1 1/2$ $28 \div 4 = 7$ $5 \times 14 = 70$ $6 + 9 + 4 = 19$ $31 - 5 - 8 = 18$ $30 \div 6 = 5$ $7 \times 6 = 42$
 $108 + 12 + 4 = 124$

12. **Stand to Sit**
13. **Balance and Balance PPT's:** Seated
 - a. Memory LT: Three's a Crowd 2 PPT
 - b. Memory ST: Jaws 1 PPT
14. **History Trivia Recall:** Who, What, When, Where?'s
15. **Standing Exercise #1:** Sit-to-Stand
16. **Music Memory Activity:**
"I'm My Own Grandpa" (10) Guy Lombardo, 1947