

## Cogworx Cognition and Focus 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 says, "You want that highway two lanes or four lanes?"
4. **History Trivia:** \_\_\_/\_\_\_
5. **Deep Breathing Exercise #6:** Four/Four Nasal
6. **Standing Exercise #1:** Sit to Stand
7. **Toe Tapping Activity:** "Hello Dolly" Louis Armstrong, 1964
  - a. **Cognition and Focus PPT's:** Exercise: Jive Toe Tapping 2 PPT
8. **Stand to Sit** (if appropriate)
9. **Cognition PPT's:** Exe. Function: U.S. States 1 PPT
10. **Worksheet:** Famous People
11. **Cognition PPT's:** Language: Antonyms E-F PPT
12. **Worksheet:** U.S. Presidents and 1<sup>st</sup> Ladies
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
15. **Music Memory Activity:**  
"I'm My Own Grandpa" (10) Guy Lombardo, 1947