

## Cogworx Balance and Cognition Week 15 Session

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

An atheist and a devout Christian women were discussing the infallibility of the Bible. The atheist asks the women if she believes everything in the Bible. The women replied, "Of course I do. It's the Bible." He said, "Well, what about that guy that was swallowed by that whale?" She replied, "Oh, Jonah. Yes, I believe that. It's in the Bible." He asked, "Well, how do you suppose he survived all that time inside the whale?" The lady said, "Well, I don't really know. I guess when I get to heaven, I'll ask him." "What if he isn't in heaven?" the atheist asked sarcastically. "Then you can ask him." replied the women.

4. **History Trivia:** \_\_\_/\_\_\_
5. **Deep Breathing Exercise #7:** Twisted Arm w/Back Bends
6. **Concentration Drill #3:** Yardstick Tap  
Sample call list: R6, L12, L24, R24, L18, R30, L30, L12, R6, R18, L6, L24, R12, L18, R18, R24, L30, L6, R12, R24, L30, R30, R6, L12, L24, R24, L18, R30, L30, L12, R6, R18, L6, L24, R12, L18, R18, R24, L30, L6, R12, R24, L30, R30, L12, R24, R30, L12, R6, L6, R12, R18, L30, R12, L30, R6, L24, L18, L30, R6, L6, R12, R18, L30, R12, L30, L12, R24, R30, L12
7. **Cross-Lateral Drill #2:** Figure 8's with Ball
8. **Standing Exercise #1:** Sit-to-Stand
9. **Toe Tapping Activity:** "Opus One" Tommy Dorsey, 1944  
**Bal. and Cog. PPT's:** Exercise: Jive Toe Tapping 3 PPT
10. **Standing Exercise #17:** Exercise: Leg Lifts 3 PPT
11. **Standing Exercise #7:** Single Leg Stance: Number Skipping by 4's

**Right Leg:** Count from 1-51 skipping every fourth number.

1,2,3,\_\_,5,6,7,\_\_,9,10,11,\_\_,13,14,15,\_\_,17,18,19,\_\_,21,22,23,\_\_,25,26,27,\_\_,  
29,30,31,\_\_,33,34,35,\_\_,37,38,39,\_\_,41,42,43,\_\_,45,46,47,\_\_,49,50,51

**Left Leg:** Count backwards from 51-1 skipping every fourth number.

51,50,49,\_\_,47,46,45,\_\_,43,42,41,\_\_,39,38,37,\_\_,35,34,33,\_\_,31,30,29,\_\_,27,26  
25,\_\_,23,22,21,\_\_,19,18,17,\_\_,15,14,13,\_\_,11,10,9,\_\_,7,6,5,\_\_,3,2,1

12. **Stand to Sit**
13. **Balance and Cognition PPT's:** Seated
  - a. Math: Weights and Measures PPT
  - b. Math: Alphabet and Number Sequence 2 PPT
14. **History Trivia Recall:** Who, What, When, Where?'s
15. **Standing Exercise #1:** Sit-to-Stand
16. **Music Memory Activity:**  
"Comeback My Love" "love/loving" (19) The Wrens, 1955

